



YARMOUTH SENIOR SERVICES

MILESTONES

JANUARY
FEBRUARY
2022



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- ❖ Sepsis Presentation
- ❖ Spanish Basic II
- ❖ Square Dancing
- ❖ Suburban Wildlife

Hello and Happy New Year!

We at Senior Services wish you a Happy New Year filled with good health, hope and happiness to last throughout the year. Let's put the past behind us and focus on what the future can hold for you.

At Senior Services we have a lot to look forward to. We are offering many new programs at your request. One in particular is the Social Outing Group where you can go places and socialize with other members of the Yarmouth Community. Places such as: dining out at local restaurants, museums, walks, sightseeing, and all while being in the company of others. We hope that you will enjoy these outings and the many friendships that will be formed. If you do not have transportation, fear not, just call Ken at Senior Services and he will schedule you a ride on the Voyager.

Also, at Senior Services we are hosting a Pop-up Vaccine Booster Clinic. This clinic is being brought to you by the Board of Health and Cape Cod Healthcare. Specific details on this clinic can be found on the back page of this newsletter.

Best Wishes,
Dianne



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Our Mission

The mission of the Town of Yarmouth's Division of Senior Services is to foster an Age-Friendly community that enhances the quality of life for the Town's older adults (60+) and their families by providing programs and services in a supportive and accessible environment that contributes to vital aging through mental, physical, and financial wellness.

YARMOUTH SENIOR SERVICES

528 Forest Road
West Yarmouth, MA 02673
Phone: 508-394-7606
Fax: 508-398-9866

Our Hours

Monday - Friday 8:30 AM - 4:30 PM

Our Staff

Dianne Kane, Director x1332
Nicole Bohane, Administrative Assistant x1334
Linda Colby, Social Worker MSW, LCSW x1337
Hilda Davenport, Outreach Coordinator x1335
Karen M. LeBlanc, Office Coordinator x1338
Lisa M. Noferi, Program & Communication Admin x1333
Jane Spallina, Receptionist x1330
Steve Estey, Maintenance
Ken Watson, Transportation Coordinator x1331
Van Drivers: Alan Cavanagh, Lou Proulx, Kurt VonHone



RESPECT | INCLUSION | UNITY

MY SENIOR CENTER

When you enter the Center please check in at one of the computers to register for your event, even if you are just dropping in.

Or you can go to My Active Center:

<https://myactivecenter.com/#signup/yarmouth-senior-services> on your tablet or smartphone.

- ❖ Enter the 8 Digit Number off the back of your My Senior Center key card (include the X)
- ❖ Enter your phone number that is associated with your account
- ❖ Click on the event and click the green box that says Register.



VOYAGER VAN SERVICE

Ken Watson, Transportation Coordinator

Scheduling Hours:

Monday - Friday | 8:30 AM - 12:30 PM

Van Hours:

Monday-Friday | 8:30 AM - 4:30 PM

48 hours advanced notice required

Suggested Roundtrip Donation

\$3.00 Yarmouth, \$5.00 Hyannis

TRANSPORTATION OPTIONS

DART BUS & BOSTON HOSPITAL BUS
operated by the CCRTA: 1-800-352-7155

FREE FARE Wednesday & Friday

EMERGENCY CONTACT INFORMATION

EMERGENCY

911

Police Non-Emergency.....	508-775-0445
Fire Non-Emergency	508-398-2216
Department of Public Works	508-775-2516
Cape Cod Emergency Alert	WQRC 99.9 FM
CORD	508-775-8300
Elder Services Cape & Islands	800-244-4630
Eversource Power Outage	800-592-2000
National Grid Gas Outage	800-233-5325
Poison Control	800-222-1222
24/7 General Information Call Center.....	211

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Town of Yarmouth, West Yarmouth, Massachusetts 06-5359

OUTREACH SERVICES



Linda Colby, Social Worker
MSW, LCSW
508-394-7606 X1337
lcolby@yarmouth.ma.us
Serving residents age 80 and up



Hilda Davenport,
Outreach Coordinator
508-394-7606 X1335
hdavenport@yarmouth.ma.us
Serving residents under age 80

Winter

A time of bears hibernating and the temptation to just nap our days away, watch TV for hours, eat everything in sight and become a hermit are upon us. We tend to want to walk around the house in our old slippers, bathrobes and blankets wrapped around us, hunting for something (maybe the sun) to give us energy and motivation. Research shows enjoying a natural high eases pain and anxiety.

- * Go outside to fill the bird feeders.
- * Enjoy looking at nature through a window.
- * Be A Social Butterfly and Enjoy Life!
- * Head to the park, beach or the woods in our beautiful Town of Yarmouth.
- * Check out what's new in the neighborhood, town gathering spots: Senior Center, Libraries or Post Office.
- * Spend time with friends! Maintaining friendships and social relationships will help to get rid of the winter blues and combat the inclination to want to isolate.
- * Volunteer your time to help others. This will improve your own mental health and satisfaction. Maybe this will entice you to venture out of your cave.
- * When the weather outside is frightful the thoughts of exercise are not all that delightful but exercise puts you in a good mood and can significantly improve your mental health. Clinical studies have shown even short periods of physical activity such as a brief walk can have an immediate positive effect on your mood outdoor activities can relieve cabin fever, pump up your energy on a gloomy day and boost your immunity during Flu season.



With a few tips and preparations you can have FUN in the cold weather:

- * Check with your health care provider first and get their approval.
- * Dress in layers, fleece or wool for insulation and a waterproof breathable outer layer.
- * Wear a warm hat and gloves.
- * After dark - Stay visible. Wear light colored or reflective clothing and clip on, or carry a Flashlight.
- * Put on footwear with good traction to avoid slips.
- * Use sunscreen and sunglasses to reduce UV rays and glare.
- * Watch the wind chill factor and consider staying indoors when it's below zero outside.
- * Stay hydrated. Drink one or two cups of water before exercising.
- * Exercise with a buddy or let someone know your route & when you plan to be back.
- * If the weather is below zero and you have to stay in, consider tickling your funny bone. Watching a hilarious movie is as good for circulation as 20 minutes of jogging say the experts.



Take care to avoid frostbite and hypothermia. If you experience pain, numbness, tingling or skin whitening, usually on the face, hands, fingers, or toes, **GET OUT OF THE COLD IMMEDIATELY**, slowly warm the area without rubbing.

If hypothermia symptoms occur: **intense shivering, slurred speech, fatigue or loss of coordination, seek EMERGENCY help call 911.**

IMPORTANT REMINDER: Call us for any help with Fuel Assistance

OUTREACH SERVICES

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Brown Bag Food Program

Yarmouth Senior Center works with the Greater Boston Food Bank to distribute brown bags of food for eligible seniors on the 1st Friday of the month. Bags may include fresh fruit or vegetables, meat or frozen foods. If you are low income and/or are on Mass Health, SNAP or Fuel Assistance you may qualify. For more information contact Hilda Davenport, Outreach Coordinator at X 1335.

Consumer Assistance Council

Stand up for consumer rights, cut through red tape, get answers and results. All provided at no charge to the consumer. They are conveniently located in Hyannis. Email: info@consumercouncil.com or Call: 1-800-867-0701

CORD—Cape Organization for Rights of Disabled

Options Counseling is available through CORD. Please contact Steve at: 508-775-8300 X 20, or email him at: steve@cilcapecod.org

Eversource

◆ Medical Life Support Programs

Eversource offers a number of programs to assist senior customers and those who may have a medical condition

Call Eversource at: 1-800-592-2000 for more information. Representatives are available Monday-Friday, 8:30 AM-6:00 PM.

◆ NUStart

Forgiveness program is offered to Eversource customers who are experiencing difficulties paying their utility bills. This program assists customers who receive certain government benefits and help with past due bills. Eversource will forgive past due balances over a period of time. For more information call 866-315-2496 or visit www.eversource.com.

Helping Hand

Yarmouth Senior Services will offer you the opportunity to qualify for a little extra help to cover the costs of participating in classes or programs offered at Yarmouth Senior Center.

We don't want anyone to miss out on anything offered here at our Center.

Please speak with Hilda Davenport, Outreach Coordinator. Don't miss out on the fun, and let us give you a Helping Hand. All applications are confidential. Call: 508-394-7606 X 1335

Home Modification Loan Program

If you or a household member are an elder or is disabled, the HMLP can provide a loan so you can make needed adaptations or modifications to your home. Modifications can help you remain in your home and live more independently. Contact: Susan Gilliam: 800-500-5599

Housing Assistance Corporation

There are more housing assistance programs than ever before! The eligibility levels now are at the 80% estimated state median income level so many people who couldn't get help before, now can. This includes renters and homeowners' with a mortgage. In some cases, you may be able to get help if you know a future payment is going to be missed. Call Housing Assistance Corporation in Hyannis at 508-771-5400. Be sure to ask about the RAFT program if a renter and the ERMA program if a homeowner with a mortgage.

Meals on Wheels

Meals are delivered between 10:00 AM and Noon, Monday–Friday, except holidays. Driver's needed, call: 508-398-5060. Call for information and referral at 508-394-4630 or 1-800-244-4630

Real Estate Tax Exemption

Real Estate Tax Exemption is a benefit to you from the Town of Yarmouth. This service offers real estate tax relief for a senior who meets certain age, income and asset thresholds established by law. Applications must be filed with the Assessor's Office annually by April 1st. You can apply or reapply for assistance with your real estate taxes, Clause 41C and deferrals.

Call our Outreach Department to speak with Hilda Davenport at X1335 or Linda Colby, MSW, LCSW at X1337

View self-help video tutorials, applications and instructions on TOY Assessor's website: <https://www.yarmouth.ma.us/144/Tax-Forms>

Safety First

Sponsored in collaboration with Yarmouth Fire Department. Are you sure your house numbers are visible from the road for first responders and have you replaced your batteries in smoke detectors or carbon monoxide detectors? The Fire Department will gladly assist you. Call: 508-394-7606 X 1335.

SHINE News

Can I change my Medicare Plan after Open Enrollment? Even though Medicare's Annual Open Enrollment ended on 12/7/2021 (that's the period in which you can change your Medicare Part D Drug Plan or Medicare Advantage Plan - Part C) you may still have some options:

For those with Medicare Parts A and B (Original Medicare For those with a Medicare Advantage Plan (HMO or PPO): Between January 1st and March 31st, you can drop your Medicare Advantage Plan, effectively switching back to Original Medicare. For Prescription Advantage members or if you are getting "Extra Help" paying for prescription drugs: You can change your prescription plan during the year outside of the Annual Open Enrollment. Call: 508-375-6762



Alzheimer's Family Support Center of Cape Cod

Currently offers 47 FREE virtual support groups for caregivers, as well as, for people experiencing memory loss. Please call: 508-896-5170 for more information and to register for the group that best meets your needs. www.alzheimerscapecod.org We also provide step-by-step phone support on how to access these groups through Zoom.

Bereavement Support Group

A bereavement support group for those who have lost a loved one . This 8 session group will meet on the 1st and 3rd Tuesdays from 10:00AM to 11:30 AM. Pre-registration is required. For more information and/or to register, please contact: Danielle Lucca, LCSW, Bereavement Coordinator with VNA of Cape Cod Hospice at 774-470-8906, for additional information and to register in advance.

Cape Cod Elder Abuse Coalition

Meets the 4th Monday of the month at Yarmouth Senior Center at 1:00 PM. This coalition will assist and support each other in a shared belief that all people are entitled to a life free of violence. All towns welcome. Facilitators are Chris Morin, Independence House and Joe Gordon, County Sheriff. Call: 508-394-7606 X1337.

Caregiver's Support Group

Meets 2nd Friday of the month at 10:30 AM. Program is structured to benefit anyone who is caring for a loved one with health conditions. Pre-registration is required by calling Hilda at: 508-394-7606 X1335.

Clutterer's Support Group

Thursdays 2:00 PM-4:00 PM

This workshop is a 15 week workshop for two hour sessions weekly. This self help group is for people who accumulate and save more stuff than they have room for. Research has indicated that participation in the Buried in Treasures workshop improves people's ability to use their homes. Call Linda Colby, MSW, LCSW at 508-394-7606 X 1337

Grief Recovery Workshop

Tuesdays, 2:00 PM-4:00 PM

The Grief Recovery Method is a course designed to give people skills to deal with many of the typical responses associated with grief including reduced concentration, a sense of numbness, disrupted sleeping patterns, changed eating habits and the roller coaster of emotional energy. We will deal with the many losses that are considered grief. Call Linda Colby MSW, LCSW at 508-394-7606 X 1337.

Parkinson's Support Group

This program is formatted to ease the burden of the disease by providing education, information, and emotional support with camaraderie and socialization for those affected and their loved ones. Sponsored by the American Parkinson's Disease Association. Call info and referral center: 617-638-8466.

Sight Loss Services

Group meeting on the third Tuesday monthly at Yarmouth Senior Center from 12:30 PM-1:30 PM Yarmouth residents who have been diagnosed as legally blind by their eye doctor and received a "Certificate of Blindness" from the Massachusetts Commission for the Blind may call Sight Loss Services at 508-394-3904 for a list of our services that includes adaptive aids, peer-led support groups, information and referral.



HEALTH SERVICES & RESOURCES

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Benefits Checkup

Free service of the National Council on Aging (NCOA) a nonprofit service and advocacy organization in Washington, DC.
<https://www.benefitscheckup.org/>

Consumer Toolkit for Advanced Healthcare Planning

Published by the American Bar Association. This kit is very useful in helping you understand and think about the issues people need to be aware of when they can no longer make health care decisions for themselves. Call the Center for your copy.

COVID-19 Relief Programs

The Town of Yarmouth COVID-19 Relief Programs provide assistance to income eligible residents experiencing financial hardship due to the COVID-19 pandemic. Financial assistance is available for rent, mortgage, utilities, childcare, internet, and COVID-19 testing costs. We have also expanded local food programs. For more information please contact Mary Waygan in the Community Development at 508-398-2231 X1275 or 774-212-1668. mwaygan@yarmouth.ma.us <http://www.yarmouth.ma.us/1872/COVID-19-Community-Resources>

Dental Hygiene Clinic

This clinic offers: dental cleanings, exams, fluoride treatments, denture care, and education. Services are free to MassHealth Standard/Medicaid up to four times a year. Affordable private pay rates available. Appointments are available once monthly, call 508-827-6725 to schedule in advance.

File of Life

Pick up your magnet envelope used for medical emergency information for Emergency Medical Personnel should you need assistance. File of Life envelopes are to be kept on your refrigerator. Available by calling our Outreach Department.

Five Wishes

An easy to use document that lets adults plan how they want to be cared for in the event they become seriously ill. Once completed, "Five Wishes" should be attached to a Health Care Proxy Form, which designates the person/persons who will be making healthcare decisions for you. Call the Center for your copy.

Footcare

Office visits include health interview, physical assessment, treatment of toenails, calluses, corns and a moisturizing massage. Diabetics and clients with serious vascular issues need to see a podiatrist. To schedule your appointment with Jennifer Reif, RN, CFCS call 508-394-7606 X 1330.

Health Care Proxy

No one should be without it, and now is the time to do this NOT when you are experiencing a health crisis. By completing a Massachusetts Health Care Proxy Form, you are appointing a Health Care Agent who can make decisions for you ONLY when a doctor determines that you lack the ability to make your own decisions. Pick up a free copy of the Health Care Proxy Form at the Senior Center.

Hearing Clinic

This wonderful free program is sponsored by Hearing Life. Make your appointment to meet Susanne Capra, Hearing Instrument Specialist. Services provided will include a visual inspection of both ears, a hearing screening and a cleaning with check-up of existing hearing instruments. Call 508-394-7606 X1330 to make your appointment.

Legal Advice – Michael Lavender & Adam Dupuy
Mondays by appointment. Call to schedule an appointment with an attorney: 508-394-7606 X1330.

Massachusetts Equipment Distribution Program

If you are a Massachusetts resident with a permanent disability that limits your ability to use the phone effectively you may be eligible to receive free or at reduced rate assistive telephone equipment depending on your income. Disabilities include deafness, hearing loss, speech, vision impairment, blindness, cognitive or motion impairment that affects phone use. Call 1-800-300-5658 (V/TTY) to learn more.

Medical Equipment

Medical Equipment: We are lending and receiving medical equipment returns and donations between the hours of 10:00 AM - 12:00 PM, Monday – Friday. We only accept donations in clean working condition. Please call ahead 508-394-7606 X1330.

Medicare Annual Wellness Visit

Launched in 2011, includes coverage of cognitive screening services for Medicare beneficiaries every twelve months. The parameters of the program allow physicians to access the beneficiary's cognitive function by direct observation while considering information from beneficiary reports and concerns raised by family members, friends, caregivers and others.

Senior Dining**Donation: \$3**

Lunch is served at 11:30 AM-12:30 PM, Tuesday, Wednesday, & Thursday in a congregate setting. Make reservations by calling 508-398-5060, 24 hours in advance.

Spanish Basic II**Fee: 10 weeks / \$50.00**

Wednesdays, January 6th - March 10th, 2022, 10:00 AM – 11:00 AM

In this class, we learn how to conjugate the Spanish regular verbs in the present tense to describe situations of real life. We will learn how to express basic wishes and near future plans. These phrases can be helpful when traveling to Spanish speaking countries or interacting with your Spanish speaking friends. Pre-payment / pre-registration required.

COVID-19 Vaccine Booster Pop-Up Clinics

Friday, January 7, 2022, 9:00 AM-10:00 AM & Thursday, January 13, 2022, 1:30 PM-3:30 PM

Yarmouth Senior Services at 528 Forest Road in W Yarmouth, MA. Sponsored by Yarmouth Board of Health and Cape Cod Healthcare. Registration is required for both clinics by calling 508-394-7606 X 1330.

Moderna, Pfizer and Johnson & Johnson vaccines will be available. Masks are required for all participants of these clinics. Clinics are for Yarmouth residents age 18 and older. Please contact Yarmouth Senior Center for an immunization questionnaire and fill it out to bring with you to your scheduled appointment.

Men's Cooking Class**Fee: 8 weeks / \$60.00**

Fridays, January 7, 2022 - March 4, 2022, 12:30 PM - 3:00 PM,

The men's cooking class will begin a 8-week workshop facilitated by Chef, Stephen Higgins of the Catania Group. Classes are informal and delicious. Each week a three course meal is prepared then everyone will dine together, share stories, clean up and look forward to the next class. All you need is an apron and an appetite. Pre-payment, pre-registration is required.

Office Hours

Wednesday, 1/12/22 & 2/9/22, 10:00 AM - 12:00 PM, Representative Kip Diggs.

Friday, 1/21/22 & 2/18/22, 10:00 AM - 12:00 PM, Selectman, Mark Forest

Come in and discuss your concerns regarding the Commonwealth and Yarmouth.

Contractor Consumer Protection Presentation

Building a deck? Installing an alarm system? Repaving the driveway?

Tuesday, January 18th, 2022, 10:30 AM – 11:30 AM

You can save time, money, and frustration by knowing the signs of a home improvement scam, and the consumer protections that may be available with the Cooling Off Rule. Join Attorney Marie C. Clougher of the Consumer Assistance Council, Inc. working in collaboration with the Office of the Massachusetts Attorney General as she wades into this area of concern for many Yarmouth residents contemplating hiring a contractor. You will learn what to watch for when hiring a home improvement contractor, whether already planned or in response to a natural disaster such as what we all recently experienced after the Bomb Cyclone. Call to register.

Square Dancing Class with instructor Dave Perrault**Fee: 10 weeks / \$50.00**

Wednesdays, January 19, 2022, - March 23, 2022, 1:00 PM - 2:30 PM

Perhaps you think you know square dancing from your school days. Well think again, because this is not your father's dance routine. There is new music and new dance steps. No more rough dancing in barns. It's all about people! Square dancing is a party every time you do it. Square dancing brings people together for fun and fellowship. The fun starts right on the very first lesson. You meet new friends and the fun keeps right on going as long as you do.

Dave Perrault is the caller and instructor. He has had over 50 year of teaching experience. He has called square dances all over the New England states and up and down the Atlantic seaboard, and even in Europe. He makes the learning process very easy. Fun is the goal! Join the fun, fellowship, and get some exercise too. Pre-payment / Pre-registration is required.

Beaded Jewelry Class with Pete Malpass**Fee: \$20 per session**

Thursdays, 9:00 AM - 10:30 AM

January 20th & 27th, 2022 / Session I & February 17th & 24th, 2022 / Session II

Participants may make a bracelet or necklace using memory wire & beads. Pre-payment / pre-registration is required. Call 508-394-7606 X 1330 for more information.

The Hidden Risks of Hearing Loss

Monday, January 24, 2022, 10:00 AM - 11:00 AM

Join Audiologist Olivia Perry and Hearing Specialist Susanne Capra for a discussion on the hidden risks of hearing loss and the health dangers of untreated hearing loss. There will be a Powerpoint presentation, a demonstration of different styles of hearing devices, followed by a question & answer period.

Adult Ballet For Beginners with instructor Catherine Johnson**Fee: 8 weeks / \$48.00**

Mondays, January 31, 2022 - March 28, 2022, 1:00 PM - 2:00 PM

Enjoy both music and movement as we learn the basics of Russian classical ballet training. Geared for the adult beginner, this class focuses on simple barre and center exercises. Adult ballet is a wonderful way to improve balance, flexibility, coordination and memory skills, all while enjoying moving to beautiful classical music. Come join the fun, no experience necessary!

Mindfulness Meditation Circle

Fee: 8 weeks / \$48.00

Tuesdays, January 25th – March 15th, 2022, 1:30 PM – 2:30 PM

This ongoing class shows how to decrease stress and increase happiness through easy mindfulness techniques while seated in chairs. This nonsectarian class is taught by experienced meditation teacher and retired professor James Kershner. No experience necessary. Pre-payment and pre-registration is required.

Sepsis in Older Americans: Saving Lives Through Early Recognition

Tuesday, January 25, 2022, 10:30 AM–11:30 AM

In the United States, approximately 270,000 people die from Sepsis each year. By knowing the symptoms of Sepsis, you may avoid severe suffering or a potential death for you or a loved one. Meet Gerry Bedard, Sepsis Awareness Advocate. Join us for a video discussion presentation for seniors. All age groups are encouraged to attend because the information is so critical. Sepsis can affect anyone from a newborn to seniors. It is an equal opportunity disease and killer. Knowledge about Sepsis could save a life at any age. Registration required.

Outing Club - Breakfast/Lunch

Fee: Separate Check

Wednesday, January 26, 2022, 12:00 PM

Hearth 'n Kettle, 1196 Main St, South Yarmouth

Introducing the Outing Club which hopes to get you out of the house for some great company and socialization. The Outing Club is being coordinated by YSC and the Age-Friendly Community Team. Look for trips to restaurants, museums, hikes and activities. First trip will be to the Hearth 'n Kettle for some Wholesome Food and Conversation. Registration required by 1/21/22 so we can call the restaurant for seating. Rides can be scheduled on the Voyager Van by calling Ken Watson at 508-394-7606 x 1331 to register.

Suburban Wildlife

Yarmouth Department of Natural Resources Presentation

Monday, January 31, 2022, 10:00 AM-11:00 AM

Wildlife and human interaction has risen dramatically as development has sprawled from the fringes of our cities out to areas once considered rural. Across Massachusetts, urban residents are seeing wildlife once seen only in rural and undeveloped areas. Many suburban and urban residents feel enriched to see wildlife. However, as wildlife populations increase, encounters are no longer at a distance and new health risks introduced by wildlife become a concern. Some individuals in the public feels personally threatened and the wild animal that was once an enjoyable experience now becomes a nuisance. Join us for an educational program facilitated by Karl vonHone. Registration required.

AARP Tax Aide Program

Wednesday, February 2, 2022 - Thursday, April 14, 2022, 9:00 AM – 4:00 PM

Tax Aides trained by the IRS provide income tax counseling and preparation of returns for those with low and moderate incomes. The service is free and AARP membership is not required. AARP is currently working on ways to safely offer the tax preparation program. Please call the Yarmouth Senior Center at 508-394-7606 X1330 to schedule your appointment and for instructions for processing your returns this year.

Ballroom Dance Class

Friday, February 11, 2022, 1:00 PM – 3:00 PM

Sponsored by FOYCOA

Spend the afternoon learning a new dance step and also having a practice dance afterwards. A great way for getting together, socializing and for exercise. Registration is required.

History of the Blues.

Tuesday, February 15, 2022, 10:30 AM - 11:30 AM

This interactive presentation explores the origins of original American music from its African origins through the twentieth century revival. Various musicians will be seen and heard and attendees are encouraged to participate in song or dance. Registration is required.

Fit & Strong Fitness Osteoarthritis Class

Tuesday & Thursday, February 17, 2022 - May 5, 2022, 1:00 PM - 2:30 PM

Fit & Strong Fitness combines flexibility, strength training and aerobic walking with health education for sustained behavior change among older adults with lower extremity osteoarthritis. This is an evidence-based, multiple component exercise program. Class is free. This class is sponsored by VNA of Cape Cod and the Islands. Call Amy Chipman at the VNA with any questions and for registration at 508-957-7423.

Carving Demonstration

Monday, February 28, 2022, 9:30 AM - 11:00 AM

Join our group of award winning carvers to learn the skill of bird carving and low relief carving. Speak with four instructors, view beautiful work in progress and see the hands-on instruction shared through out this skilled group. If you're looking for a new hobby to learn or would just like to meet some of our carving specialists we look forward to meeting you. Call to register.

Bit of Bliss Yoga Classes with Janet Bettey
Wednesdays, 3:00 PM - 4:00 PM

Fee: \$10 per class or 5 / \$45

Experience a balance of movement and stillness as you nurture your body, mind and soul. These gentle yoga classes take a holistic approach to stretch and strengthen the body gradually, enhancing your body's ability to move and empowering you both physically and mentally. For beginners to experienced practitioners looking for a nourishing experience to restore vitality and find peace within. Class size is limited and you must "Reserve Your Spot" Call: 978-500-2390 at www.bitofblissyogaofcapecod.com

Dance Fit
Mondays, Wednesday and Friday, 8:45-AM - 10:00 AM

Fee: \$5 per class

A total body workout with dance, weights, floor stretches, yoga & meditation. For more information contact Lucky at 508-430-2606 or email: luckydancer@gmail.com. Drop by and join us.

Joe Guardino Fitness Class
Tuesday and Thursday, 10:00 AM – 11:00 AM

Fee: \$5 per class

Join Joe Guardino with a new program, designed to restore and reenergize us.. Gently, each class will bring you back to the place where you may have left off. Please bring your light hand-weights, exercise cord, water and of course, hand sanitizer. . For more information, call:508-398-2091.

Yoga with Paul Howard (No classes 1/3/2022-2/14/2022)
Mondays and Fridays, 10:00 AM – 11:15 AM

Fee: \$10 per class

A yoga class with Paul Howard: strengthens the body, reduces muscular tension and calms the mind. Paul's teaching style adapts well to all experience levels. An active older adult would feel comfortable in each yoga class. Anyone is welcome to attend class to get an idea of what is involved.

ZUMBA GOLD with Peg Taylor on Zoom at Yarmouth Senior Center
Tuesday and Thursday, 8:45 AM - 9:45AM. Live streamed during January & February.

Fee: \$5 per class

Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! . Contact Peg Taylor: peg4zumba@aol.com

ACTIVITIES

- Bird Carving Class: Monday 9:00 AM - 12:00 PM
- Bingo: Tuesday and Wednesday 9:00 AM - 11:00 AM
- Co-ed Choral Group: Thursday 10:30 AM - 12:00 PM
- Coffee and Conversation: Tuesdays 9:30 - 10:30 AM
- Contract Bridge: Monday & Thursday 1:00 PM - 4:00 PM
- Crafters: Tuesday 1:00 PM - 3:00 PM
- Cribbage: Wednesday 1:00 - 3:00 PM
- Dominoes Group: Tuesday 1:00 PM - 3:00 PM
- Hand & Foot Card Game: Wednesday 1:00 - 3:00 PM
- Knitters Group: Tuesday 1:00 PM - 3:00 PM
- Low-Relief Carving Class: Monday 9:00 AM - 12:00PM
- Mahjonnng Group: Wednesday & Friday 1:00 - 3:00 PM
- Men's Poker Group: Thursday 12:30 PM - 2:30PM
- SCOPA Italian Card Game: Thursday 1:00 - 3:00 PM
- Scrabble Group: Wednesday 1:00 PM - 3:00 PM
- Swedish Weaving Group: Monday 9:00 AM - 11:00 AM
- Sports Roundtable: Wednesday 11:30 AM - 12:30 PM

Welcome Nicole Bohane

Nicole recently joined our Senior Services Staff as an Administrative Assistant. She has over 30 years' experience working with the Town of Yarmouth. Many of you may know her as Yarmouth Police Chief Frederickson's Administrative Assistant.



Please feel free to stop by and give Nicole a friendly hello and welcome her to her new role!

JANUARY & FEBRUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Dance Fit-B/b 9:00 Swedish Weaving-C 9:00 Bird Carving-B 9:00 Low Relief Carving B 10:00 Yoga w/ Paul - B/f 1:00 Contract Bridge - A	8:45 Zumba Gold - B/f 9:00 Bingo-A 9:30 Coffee & Conversation S 10:00 Joe G Fitness-B/b 11:30 Senior Dining - B/f 1:00 Dominoes Group - B 1:00 Scopas-A 1:00 Crafters & Knitters - A 1:00 Dominoes Group - B 2:00 Grief Recovery -C	8:30 Tax Prep-B 8:45 Dance Fit - B/b 9:00 Travel Club - PO 9:00 Bingo - A 11:00 Blood Pressure -PO 11:30 Senior Dining - B/f 11:30 Sports Round - A 12:30 AARP-PO 1:00 Hand & Foot - A 1:00 Scrabble - A 1:00 Mahjongg-S 2:00 Energy Comm-PO 3:00 Bit of Bliss Yoga-B/f	8:30 Tax Prep-B 8:45 Zumba Gold-B/f 9:00 AARP-PO 10:00 Joe G Fitness-B/b 10:30 Co-ed Choral-S 11:30 Senior Dining - B/f 12:30 Men's Poker-S 1:00 Scopas-A 1:00 Contract Bridge-A 2:00 Clutterers Support-C	8:45 Dance Fit-B/b 1:00 Mahjongg - S
JANUARY 3 10:00 Legal -PO	4 10:00 Bereavement-C 1:30 Mindful Meditation- S	5 9:00 FOYCOA Mtg-C 10:00 Spanish Basic II S 3:30 AFCT Mtg-S		7 12:30 Men's Cooking B/f & K 2:00 Brown Bag - A/B
10 10:00 Legal -PO 12:30 CC Men's Club Mtg-S 1:00 Caregiving / Covid-S 1:00 Hearing Clinic-PO	11 9:00 Footcare-PO 10:00 CC Men's Club Investment Group-C 1:30 Mindful Meditation- S	12 10:00 Office Hours-C Rep Kip Digs 10:00 Spanish Basic II S	13 1:30 Vaccine Booster-B/b	14 10:30 Caregivers-C 12:30 Men's Cooking B/f & K
17 CENTER CLOSED	18 10:00 Bereavement-C 10:30 Consumer Protection Presentation-S 12:30 Sight Loss Services-C 1:30 Mindful Meditation- S	19 10:00 Spanish Basic II S 3:30 AFCT Meeting 1:00 Square Dancing-B/b	20 9:00 Bead Jewelry Class-A	21 9:30 Dental-PO 10:00 Office Hours Mark Forest-C 12:30 Men's Cooking B/f & K
24 10:00 Legal -PO 10:00 Risks of Hearing Loss-B/f 1:00 C C Civil War Grp-A & B 1:30 Adult Ballet Class-B/f	25 9:00 Footcare-PO 10:30 Sepsis Presentation-S 1:30 Mindful Meditation- S	26 10:00 Spanish Basic II S 12:00 Outing Club -H&K 1:00 Square Dancing-B/b	27 9:00 Bead Jewelry Class-A	28 12:30 Men's Cooking B/f & K
31 10:00 Suburban Wildlife B/f 12:30 Legal-PO 1:00 Elder Abuse-Z 1:30 Adult Ballet Class-B/f				
	FEBRUARY 1 10:00 Bereavement-C 1:30 Mindful Meditation- S	2 9:00 FOYCOA Mtg-C 10:00 Spanish Basic II S 1:00 Square Dancing-B/b 3:30 AFCT Mtg-S	3	4 12:30 Men's Cooking-B/f & K 2:00 Brown Bag - A/B
7 10:00 Legal -PO 10:00 CC Men's Club Investment Group-C 1:30 Adult Ballet Class-B/f	8 1:30 Mindful Meditation- S	9 10:00 Office Hours-C Rep Kip Digs 10:00 Spanish Basic II S 1:00 Square Dancing-B/b	10	11 1:00 Ballroom Dance Class-F/B
14 10:00 Legal -PO 1:00 Hearing Clinic-PO 1:30 Adult Ballet Class-B/f	15 9:00 Footcare-PO 10:00 Bereavement-C 10:00 CC Men's Club Investment Group-A 10:30 History of The Blues-S 12:30 Sight Loss Services-C 1:30 Mindful Meditation- S	16 10:00 Spanish Basic II S 1:00 Square Dancing-B/b	17 9:00 Bead Jewelry Class-A 1:00 Fit & Strong-B/b	18 10:00 Office Hours Mark Forest-C 10:30 Contractor Presentation-S 12:30 Men's Cooking B/f & K
21 12:30 Legal-PO 1:30 Adult Ballet Class-B/f	22 10:00 Bereavement-C 1:00 Fit & Strong - B/b 1:30 Mindful Meditation- S	23 10:00 Spanish Basic II S 1:00 Square Dancing-B/b	24 9:00 Bead Jewelry Class-A 1:00 Fit & Strong-B/b	25 9:30 Dental Clinic-PO 12:30 Men's Cooking B/f & K
28 9:30 Carving Demo -A 12:30 Legal-PO 1:00 CCCivil War Grp-A & B 1:00 Elder Abuse-Z 1:30 Adult Ballet Class-B/f				

Program Times & Locations are Subject to Change

Bay to Sound Neighbors

Bay to Sound Neighbors is pleased to announce we are back to full steam ahead providing services to our members in Dennis and Yarmouth to help them age in place with some assistance from our crew of wonderful volunteers. We are seeking new volunteers to provide such services as rides to appointments, walks, in house visiting, and the like - all to enhance our members lives. Amount of volunteering is up to each individual - no set number of hours or days. Whatever fits your schedule. No pressure. Bay to Sound Neighbors thanks everyone for their patience during this past year. Call: 508-470-0585 or email: baytosoundneighbors@gmail.com

Cape Cod Family Table Collaborative

Serving Yarmouth Senior Center once a month. Call 508-394-7606 X 1330 to register for email notification. Pick up a meal made by local chefs on Friday 4:00 PM - 6:00 PM at the Hyannis Youth and Community Center, 141 Bassett Lane in Hyannis. Call: 508-790-6345 for more information.

Consumer Assistance Council

Stand up for consumer rights, cut through red tape, get answers and results. All provided at no charge to the consumer. They are conveniently located in Hyannis. Call: 508-771-0700
info@consumercouncil.com

Cape Cod and Islands Veterans Outreach

247 Stevens Street Suite E in Hyannis, MA 02601 | 508-778-1590 Fax 508-778-1094 | 9:00-2:00 on Thursdays. Food given bi-monthly and on emergency basis – All veterans and their families must furnish a DD214.

Paper Pantry and Takeaway Meal at St. David's Episcopal Church

Served third Wednesday of each month from 1:00 PM- 3:00 PM. Serving meals to take home, drive up service outside Nelson Hall. The paper pantry is held at the same time as the Takeaway meal. Call: 508-394-4222.

Registry of Motor Vehicles - "Senior Hours"

Hours offered every Wednesday from 9:00 AM-10:00 AM for customers age 65 and older. For further information call 857-368-8005.

The Town of Yarmouth is HIRING!

Visit us at: <http://www.yarmouth.ma.us/jobs.aspx>

Warming Station

Please use the Yarmouth Senior Center, Monday - Friday, 8:30 AM- 4:30 PM as a warming station any time there is a power outage. Bring your devices in to charge.





Meetings on Second Friday of each month at Town Hall Meeting Room. All are welcome to attend.

Our Vision: The Town of Yarmouth will always be a welcoming Community that emphasizes integration, inclusion and accessibility for all.

Board Members:

Chair: Dave Botting, Term expires: 2022
Vice Chair: Gail Charette, Term expires: 2023
Clerk: Evelyn Beal, Term expires: 2024

Members:

George "Jody" Warner, Term expires: 2023
Drew Krauss, Term expires: 2022
Sharon Ladley, Term expires: 2022

Mission Statement: The Disability Commission advises and assists the Town of Yarmouth to ensure it complies with Federal and State regulations regarding people with physical, intellectual or developmental disabilities. We endeavor to educate and raise awareness to our Community about the needs and rights of people with disabilities. The Commission functions as a liaison between concerned residents and the Town.

The Town of Yarmouth Commission on Disability (YCOD) wishes to highlight some of the projects that were completed during 2021. A user friendly webpage: www.yarmouth.ma.us/468 there you will find resources and a platform to voice your concerns/questions. Also those interested in serving on the Commission can visit our webpage "click here to contact us" on the talent bank form contact Disability Commission and enter your information. We look forward to hearing from you. Another project was an attractive and useful advertising handout the YCOD bookmark. These were distributed to our local libraries and the senior center. We hope to keep them in-stock at the town hall, being a popular item they do go quickly. The Commission would also like to make you aware of a project that was initiated by a group of Yarmouth citizens. A story coloring book about kindness and acceptance and was written and illustrated by two talented college students and with the help of some Yarmouth residents and the Yarmouth Rotary Club, this book was distributed to 740 D/Y School aged children between pre-k through 3rd grades during 2021 American Education Week, The guest presenters were the young author and illustrator, who read their book to the distinguish audience of 740 D/Y students via zoom. Thanks to D/Y Regional School Superintendent, Ms. Carol Woodbury and her staff for helping make this worthy project a reality.

We encourage town residents to look into serving on The Town of Yarmouth Commission on Disability, we are here to serve those who may not be able to find their own voice but through YCOD dedication we can all make a difference. We wish you all a Very Happy and Healthy 2022!

CAPE COD ELDER ABUSE COALITION



From the desk of Cape Cod Elder Abuse Coalition

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? Or have you been in a relationship where your partner/spouse has to control all the finances? These behaviors signal a "red flag" and are controlling. They are signs of an unhealthy relationship and fall under the umbrella term, "domestic violence."

Domestic violence is a repetitive pattern of coercive behaviors that one person uses over another to gain power and control. When someone acts in a violent way - telling misogynist or racial jokes, monitoring what one wears or says or demeaning someone because they are different - it is abuse, it is a choice and it is preventable.

If you have concerns about a personal relationship, either yours or a friend's, call the Independence House hotline at 508-771.6507 x1 and you can speak with a counselor. All calls are confidential.

Everyone deserves to live a life free of violence.

Are you being treated with respect and dignity? Is anyone harming you or a friend? No one deserves to be harmed. If you would like to speak with someone confidentially, please call the Independence House hotline at 508.771.6507 x1.





Meetings on Wednesdays, the first and third week per month year-round. Meeting time:

Age-Friendly Team Update

The members of the AFCT wish you a Happy, Prosperous and Healthy New Year. We have experienced a lot during the last couple of years with pandemic numbers going up and down, supply shortages, masks, no masks, social distancing and last October a Nor'easter, plus much more, and in many cases much worse. The AFCT will be continuing to emphasize topics we consider important to you for your health and safety.

Such as:

SEPSIS AWARENESS

Sepsis can be prevented or eased if recognized soon. The acronym T.I.M.E is a quick way to remember the symptoms. T- a higher or lower temperature than normal, any type of infection, M- mental disorder, sleepy, difficult to rouse, E- extremely ill. If you have two or more of these symptoms, call 911 and say you suspect Sepsis.

ELDER ABUSE

If you see it or are worried about possible abuse of someone, report it! No one should have to live with any type of abuse. Would you? You might be saving someone from a terrible life or worse.

VACCINATIONS/STAYING HEALTHY

We all know what has to be done to stay safe and healthy because we learned and lived it the last two years. Staying vigilant and not getting complacent is vital for us maintaining our personal and community goal.

HOME MODIFICATION LOAN PROGRAM

If you or a household member is disabled or an elder, the HMLP can provide a loan so you can make needed adaptations or modifications to your home. Modifications can help you remain in your home and live more independently.

CHAIRMAN'S COMMENTS

I hope everyone reads the "Milestone" as closely as I did the last issue. I have to admit, I haven't in the past. I missed a lot of information and the dates for many interesting and special presentations or activities. This time, I went through it underlining upcoming programs to place the date on my calendar and for other information I found helpful for my use. I know, I wouldn't remember them any other way.

If you haven't, I suggest doing so before recycling it. A lot of great info is contained there that might help get us through these long, cold, dreary months. In addition, some of the facts might not be needed now, but could be in the future

Gerry Bedard, Chairman
Age-Friendly Community Team

Charge for the Age-Friendly Yarmouth Community Team

General Purpose: To advise the Board of Selectmen on matters pertaining to the Age-Friendly Community framework in keeping with membership in the World Health Organization Network. Framework:

- Outdoor Spaces & Buildings
- Social Participation, Transportation
- Housing, Respect and Social Inclusion
- Communication & Information
- Civic Participation & Employment
- Community Support & Health.

SPECIFIC CHARGES

Charged with creating useful data driven reports and developing plans that increase education, engagement and action that continuously improve upon an Age-Friendly Yarmouth using the WHO framework, an intergenerational Lens and Ageism awareness. The team is assigned to the Town Administrator and will serve as an advisory board to the Board of Selectmen.

AFCT MEMBERS

Three-Year Term:

Gerry Bedard Chairperson
Chris Morin

Two-Year Term:

Sharon Ladley, Kathy McPhee

One-Year Term:

Yvette Robida, Drew Krauss

Global Affairs Consultant:

Jan Hively



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PUZZLES

PAGE 16

VALENTINE SCRAMBLE

1. VLOTEURE
2. TAEWESTREH
3. INENETLAV
4. LTOCAOHCE
5. VLOEBDE
6. YNDAC
7. DSARC
8. CMROAEN
9. TARDESE
10. DIUCP

Valentine's Day Trivia

- 1) As well as being the unofficial patron saint of love, what occupation is St Valentine also believed to be the patron of?
- 2) What flowers are traditionally given to symbolize love?
- 3) What other gift sometimes accompanies a bouquet of red roses?
- 4) Which Roman god was either depicted as a plump cherub with a bow & arrow?
- 5) What is the year of the first Valentine ever sent?
- 6) Which was Shakespeare's most romantic play?
- 7) Who was the legendary Benedictine monk who invented champagne?



flappy
Valentines Days!

E	N	T	C	I	J	G	R	R	W	K	A	U	Z	G
F	M	P	F	G	Y	B	A	C	O	T	Y	B	P	N
G	U	O	A	H	L	G	L	J	N	G	X	A	V	I
R	K	V	S	C	G	X	U	E	D	O	G	B	T	Z
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M	S	U	O	L	U	B	A	F	C	A	T	J	T	U
E	Y	S	Y	V	C	C	I	L	M	O	P	Y	F	R
R	W	E	J	Q	V	C	B	S	A	H	O	H	S	C
H	A	O	R	J	R	E	K	P	W	F	R	L	Y	M

i think you're :

AMAZING
AWESOME
COOL
FABULOUS

FANTASTIC
FUN
MAGNIFICENT
SMART

SPECTACULAR
SUPER
TERRIFIC
WONDERFUL

Find 10 Differences



1. Bee keepers
2. Red Roses
3. Chocolates
4. Cupid
5. 1415
6. Romeo & Juliet
7. Dom Perignon

VALENTINE DAY TRIVIA ANSWERS

1. TRUE LOVE
2. SWEETHEART
3. VALENTINE
4. CHOCOLATE
5. BELOVED
6. CANDY
7. CARDS
8. ROMANCE
9. DEAREST
10. CUPID

VALENTINE SCRAMBLE ANSWERS

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Friends of Yarmouth Council on Aging

Website: FOYCOA.org

Email: FOYCOA@gmail.com

Mission Statement:

Friends of Yarmouth Council on Aging (FOYCOA) is a nonprofit 501(C)(3) organization that financially supplements the Yarmouth Senior Center for requested items not covered by the Town of Yarmouth. We recognize our seniors as one of our most valuable assets and strive to enhance their lives by providing special events, programs, and volunteer opportunities.

Hello Friends,

We welcome our new treasurer Marie Seufert and would like to thank our past treasurer Gail Charette for her work with the Friends. Welcome to the three new members to our board: Debbie Donahue, Peter Malpass and John Hayes. We look forward to a successful future with them.

Thank you to Nicki Hird and her committee for making the Polar Plunge-Community Give-Back Day a huge success. The following is a list of sponsors of the Polar Plunge.

A B Pizza	Royal II Restaurant	Adventures with Karyn	All Cape Locating
Animal Rescue League	Bagels & Beyond	Bayview Resort Hotel	Chapman
Cape Cod Five Bank	Cape Cod Gutters	Captain Parker's	Curley Direct
The Cultural Center of Cape Cod	Georg Davis Builders	Jefferson Dexter, D.M.D.	Green Spot Garden Center
Grew Building Company	Hallett Funeral Home	TLC Home Health Care Services	Hohmann Landscaping
Just Picked Gifts	The Ocean Club	OCB Boston	Platinum Auto
Professional Physical Therapy	Ryan Family Amusements	John G Sears & Son, Inc	Shaw;s S Yarmouth
Ship Shops, Inc	Stop & Shop	Taki's Pizza	Walgreen's S Yarmouth
Water Wheel Liquors	Whitten Landscaping	Windsor Skilled Nursing	Yarmouth House
Yarmouth Wine & Spirits	Yarmouth Fire Department	Yarmouth Police Department	Dunkin Donuts Station Ave

Please continue to give them your support.
Please stay vigilant until we can get all clear with the virus.

Stay safe - Stay healthy!

The FOYCOA Board

THANK YOU

The board would like to thank all who helped us to achieve our goals during the past year. The members who continued to support and encourage us. All the volunteers that made the Polar Plunge a success. The appraisers from Eldred Antiques who donated an afternoon for our fundraiser and the staff at the Yarmouth Senior Center. The FOYCOA Board looks forward toward working with all of you during the new year.



Board Members:

President: Chris Morassi,
Vice President: Ray Petruccelli,
Secretary: Delbert Patton,
Treasurer: Marie Seufert
Administrator: Sandi O'Donnell,
Board Member: Debbie Donahue, John Hayes, Peter Malpass

Meetings are held on:
the first Wednesday of the month
at 9:30 AM in the conference room of
Yarmouth Senior Center
Open to the public



Shop at Smile Amazon
Choose FOYCOA as your
charitable organization and
Amazon will donate 0.5% of
your purchase to FOYCOA.

Travel News Update

On sale now for 2022 Red Sox and Woo Sox Tickets - please call for details and availability! **DAY TRIPS:** Encore Casino w/ bonus 1/11 and 2/08, \$39; Imagine Van Gogh Boston 2/04, \$85; Riverdance World Tour 5/15, \$105; Newport Flower Show 6/17, \$69; **Broadway Shows:** \$25 holds your seat! Oklahoma PPAC 3/26-2 pm \$119/\$87; To Kill A Mocking Bird Boston 4/10 1 pm \$120; Ain't Too Proud PPAC 4/16, 2 pm \$119/\$89; My Fair Lady PPAC 1 pm 5/12, \$119/\$87; Blue Man Group PPAC 1 pm 5/22 \$105/\$79; "WICKED" Boston 6:30 pm 6/12, \$159. **DESTINATION TOURS:** Idaho Adventure-Lewis & Clark Discovery-Spokane to Boise 7 days, June 15, 2022, \$3,125; California Rail Discovery 7 days, October 12, 2022, \$3,250; Australia & New Zealand Uncovered small group-22 days, 31 meals, February 20-March 13, 2023, \$10,348; Viking Mississippi "Heart of the Delta" Cruise 8 days, 10/28/23-call for details-limited space! Destination tours include Cape Transfers! Stop by the Yarmouth Senior Center for the latest news and trip itineraries! For more information and a newsletter contact: Karyn Wendell at (508) 420-5288 Email: Karynmw1@comcast.net - Website: www.adventureswithkaryn.com
For more information and a newsletter contact: Karyn Wendell at (508) 420-5288
Email: Karynmw1@comcast.net - Website: www.adventureswithkaryn.com

COVID-19 VACCINE BOOSTER POP-UP CLINICS

At YSC | 528 Forest Road
Sponsored by Yarmouth Board of Health and Cape Cod Healthcare

January 13, 2022, 1:30 PM - 3:30 PM
150 Spots Available

Appointments must be made by calling Yarmouth Senior Center at 508-394-7606 X1330. Please contact YSC for an Immunization Form and have it filled out for your scheduled appointment.

Moderna, Pfizer and Johnson & Johnson vaccines will be available. Masks are required for all participants of these clinics. Clinics are for Yarmouth residents age 18 and older

YARMOUTH CONNECTS

CARD WRITING CAMPAIGN

Back by demand, Yarmouth Connects is a local card writing campaign for residents to take part in. All cards will be written by the public for homebound elders or in nursing homes. The cards can be dropped off at the front desk of the Senior Center or placed through the mail slot. Then we will deliver. Please leave cards and letters unsealed. Last year with your help we were able to make over 11,000 connections.

Together we can bring Cheer to Someone's Day!

DISCLAIMER: The Yarmouth Senior Center offers many legal, financial, recreational, medical-screening, or other services and/or activities by volunteer or nominal-cost practitioners. Seniors participating in these services do so with the understanding that the Yarmouth Council on Aging, The Yarmouth Senior Center, the Town of Yarmouth, Friends of Yarmouth Council on Aging, aka FOYCOA, or its employees or agents do not assume any legal responsibility for any advice or services rendered by such volunteer or nominal-cost practitioner. Any act, advice, or service by outside providers at the Council on Aging should not be presumed to be endorsed or sponsored by the Council on Aging. Yarmouth Senior Services does not discriminate on the basis of religion, race, color, national origin, sex, disability, age, height, weight, marital status or familial status in its programs, activities or in employment.

THE DISTRIBUTION OF THIS NEWSLETTER IS MADE POSSIBLE THROUGH FUNDING ASSISTANCE PROVIDED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS AND OUR FRIENDS OF YARMOUTH COUNCIL ON AGING.

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