

# SANDWICH COUNCIL ON AGING



# NEWS

Jtimmons@townofsandwich.net

www.Sandwichmass.org

PHONE 508 888-4737

FAX 508 833-9154

270 QUAKER MEETINGHOUSE ROAD, EAST SANDWICH, 02537

DIRECTOR: JANET TIMMONS

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We're Here For You!

September 2016

## DIRECTOR'S REPORT:

**September is Senior Center Month!** We can assure you we do lots in our small Human Services Building! New programs are always being planned for your benefit .... And your suggestions are welcome. Also...the demographics, they are a changing.....

Did you know there are 6,141 residents of Sandwich age 60 and over (31% of population)? Did you know that in 2026 we estimate (from town census records) there will be 9,820 residents over age 60 (50% of the population)? The Council on Aging staff and our Board are VERY aware and discussing, researching and planning to ensure quality programs and services and facility remain a focal point in Sandwich. Stay tuned....we are planning today for the future!

The following are the Council on Aging Board advocating on your behalf-- officers: Neal O'Brian-Chair; Greg Anderson -Vice Chair; Carolyn Motta-Treasurer; Jill McDonald-Secretary as voted at the June meeting. Our board members are: Richard Davies, Patricia Walsh, Michael Bondarek, John Vibberts, James Pierce, Paula Johnson. We are very fortunate of have such a wide range of talent and experience to advocate for the needs of senior citizens and their caregivers—and future senior citizens. The board is waiting for the completion of the update to the 2005 Senior Center Feasibility study and will be presenting the results sometime this Fall. Work will begin on some short videos of our programs and services to be played on Sandwich Cable Access TV. The national accreditation is moving forward – slowly. We hope to speed the progress of this project and I thank Mike Bondarek for his patience!

Do you know the difference between the Council on Aging and Friends of Sandwich Council on Aging? Many people ask – the *Sandwich Council on Aging* is your town department which provides programs and services to you—fitness, wellness, social, educational, support groups, transportation, assistance accessing needed services to remain safely in your home, information and referral to appropriate services to you and/or your family, limited financial assistance. The '*Friends of*' raise funds to assist the Council on Aging provide some of the above – such as; covering the cost of entertainers, purchase of equipment such as the chairs and table dollies, and in the past have helped with van repair expenses. They plan fundraisers throughout the year. They welcome donations to honor or in memory of a friend or loved one. The 'Friends' meet the third Thursday at 3:00 p.m. at the Sandwich COA. They are looking to recruit members as well as board members willing to work with them on various fundraising ideas or perhaps bring your ideas.

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**Sandwich Council on Aging Newsletter is on TV!** As an additional venue for those wanting to learn what's happening each month at the COA, tune to Sandwich Community TV throughout the month. Host Greg Anderson will talk about what's happening and provide helpful information about ways for you to make the most of our events and programming. Greg has fun with this program and we hope you check it out!

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**Friends of Sandwich Council on Aging** will be at some of the Tuesday Farmer's Market on Route 6A. Stop by to say '*hello*' to them (and check out their table!) while enjoying the wonderful offerings of local vendors. For those who no longer drive, the Council on Aging is scheduling transportation to the Farmer's Market. This will be free of charge and no other errands can be scheduled on these trips. We thank the 'Friends of Sandwich Council on Aging for making this transportation possible.

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**Friends of fundraiser: Sept. 25 at Town Hall – “Sounds for Sandwich” Performance by Liz Saunders and Bill Bourke.** See information at the end of this newsletter. Please attend and support their efforts!

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**FITNESS & WELLNESS PROGRAMS:**

**NOTE: ALL PARTICIPANTS MUST HAVE A MEDICAL RELEASE FORM SIGNED BY YOUR DOCTOR. This form is good until there is a change in your medical condition.**

**A REGISTRATION FORM FOR EACH SESSION is required. Forms and payment due one week before start of session. Walk – ins on the day of the first class will not be permitted. Note: It is our policy you can try one class to see if it fits your needs before committing to registration.**

**Please note: The prices noted below are the discounted prices for Sandwich Residents – Non-residents add \$10.**

<b>Zumba Gold</b>	<b>Peg</b>
<b>Monday/Friday mornings</b>	<b>7:50 – 8:40 a.m.</b>
Fall #1 Sept. 2 – 30 (No 9/5 & 9/9)	\$35
Fall #2 Oct. 3 – 31 (No 10/10)	\$40

<b>Evening Yoga – Mondays</b>	<b>3:30 – 4:30 p.m.</b>	<b>Susan</b>
Fall #1	Sept. 12 – 26	\$15

<b>YOGA CLASS -- TUESDAYS</b>	<b>Sherill</b>
9:00 a.m. – 10:00 a.m.	<b>GENTLE YOGA</b>
10:30 a.m. – 11:30 a.m.	<b>MORE CHALLENGING</b>
Fall #1	September 6 – Oct. 11 \$36
Fall #2	Oct. 25 – Nov. 29 (no 11/22) \$30

<b>YOGA CLASS -- Thursdays at 9:00 a.m.</b>	<b>Sherill</b>
<b>CHAIR YOGA – Thursdays at 10:30 a.m.</b>	<b>Sherill</b>
Fall #1	September 8 -- Oct. 13 \$36
Fall #2	Oct. 27 – Dec. 1 (no 11/24) \$30

<b>RESTORATIVE YOGA - Wednesdays at 4:30 p.m.</b>	<b>Sherill</b>
Fall #1	September 7 – Oct. 12 \$42
Fall #2	Oct. 26 – Nov. 30 (no 11/23) \$35

**Please plan to arrive early to class as there is time needed for you to set up your area.**

<b>Tai Chi – Qi Gong Tuesdays 1:00 p.m.</b>	<b>Ya-Li Ho</b>
Fall #1	Sept. 6 – 27 \$20
Fall #2	Oct. 4 -- 25 \$20
<b>Tai Chi – for balance: can enhance one’s overall wellness, peace of mind, and balance.</b>	

<b>20 – 20- 20 (Advanced)</b>	<b>Dianne</b>
<b>Wednesdays</b>	<b>7:45 a.m.</b>
Fall #1	Sept. 7 – 21 \$22.50
Fall #2	Oct. 5 – 26 (no 10/12) \$22.50
<b>Saturdays (Advanced)</b>	<b>9:00 – 10:00 a.m.</b>
Fall #1	Sept. 3 – 24 \$30
Fall #2	Oct. 1 – 29 \$30
<b>Total body workout – a low impact dance aerobics and strength training program. Some floor work.</b>	

**MASSAGE: Dee**  
**First and Third Wednesday each month. \$1.00 a minute – minimum of 15 minutes.**  
 Great program to help reduce stress and stiffness, etc.  
  
 Call Sandwich COA at 508-888-4737 to book your appointment.

<b>Cardio/Strength Building Class</b>	<b>Dianne</b>
<b>Wednesdays</b>	<b>9 – 10:00a.m.</b>
Fall #1	Sept. 7 – 21 \$22.50
Fall #2	Oct. 5 – 26 (no 10/12) \$22.50
<b>Fridays</b>	<b>9 – 10:00 a.m.</b>
Fall #1	Sept. 2 – 30 \$30
Fall #2	Oct. 7 – 28 \$30
<b>Total body workout – a low impact dance aerobics and strength training program. A great workout for ALL levels.</b>	

**Reike - Various days and times Sandwich Seniors receive generous discount. Due to lack of space, Ms. Schermerhorn has agreed to continue our program. Appointments are now held at the office of Time to Touch, Route 6A, Sandwich. 508-888-8007**

**Walking Group: Meets 8:00 a.m. at the Canal, Freezer Road. This group walks Mondays and Thursdays. They welcome new participants. Call Sandwich COA at 508-888-4737 if interested.**

**ANY INTEREST IN:** We are exploring exercise programs for men...any interest in Yoga for Men or Fitness for Men? Let Jan Timmons (508-888-4737) know and we will work to recruit instructors!

**Please note:** *Sandwich COA does not endorse any seminars. Seminars are for informational purposes only.*

**SEPTEMBER PROGRAMS:**

**Mondays --- 10AM – 12Noon CRIBBAGE GROUP** – Come spend a few hours learning and playing cribbage. No experience necessary. **Join this fun group!**

Please call Sandwich COA at 508-888-4737 to register for this program.

**GENEALOGY** Classes - **Thursday, September 1 at 1:00 pm** **GENEALOGY- Judy Hendy** Note: Ms. Hendy will also work on your genealogy for a very small fee.

**Fridays September 2 and 16 – 10:00 a.m. – Noon UNWIND AT THE COA (lower level) - Four** of the books topping Amazon's best seller list this past season have been **ADULT COLORING BOOKS**. We will have all the colored pencils, fine point markers, and Adult Coloring Books ready for you to try the newest craze! Come enjoy a relaxing morning. Unwind, unplug, and do something good for yourself. Besides, it's fun!

Call the Sandwich COA at 508-888-4737 to sign up. **Join this fun group!**

**Friday, September 9 and 23 at 10:30 a.m. CURRENT EVENTS DISCUSSION GROUP** Discussion program will have organized areas of discussion on such topics as politics, arts, science, world events, etc. Come and join this very welcoming group.

Call the Sandwich Council on Aging at 508-888-4737 to let us know you will be attending.

**Sunday, September 11 from 1:00 – 3:00 p.m. Grandparents Day Celebration Intergenerational Tea**

Grandparents are invited to bring their grandchildren (best for children age 3 and over) to a catered intergenerational tea at Oak Crest Cove Clubhouse, 34 Quaker Meetinghouse Rd. Background music is provided by Denya Levine.

Denya Levine will perform favorites of young and old on her guitar and ukulele. Tea, coffee and sparkling punch will be served and a delicious buffet of pastries and desserts will be sure to please anyone with a sweet tooth!

Much appreciation to Kiwanis Club for funding this event. Thank you to Recreation Department.

**You must register with the Sandwich Council on Aging by calling 508-888-4737 with the number of guests and ages of the children. Deadline to sign up is Tuesday, September 6.**

**Tuesday September 13 at 1:00 p.m. SOLO DINING** The restaurant for *September is Fisherman's View*. A nice way to meet people. You order off the menu and we try to pick restaurants that agree to give individual checks.

No Walk-Ins Please as we do call and make a reservation. Call Sandwich COA at 508-888-4737 to sign up by the *deadline date of noon, Friday, September 9.*

**Wednesday September 14<sup>th</sup> 1-4 PM Painting Class with Ann** Instructor Ann DesRoches will be offering a fall painting class called "Focus and Finish". Please bring an unfinished painting that you have tucked away in your closet or one you might not have finished in one of our classes. (If it's a medium other than acrylic, please bring your own supplies and the supply fee will be waived.) Cost is \$35.00 which covers the class and all materials. **Call the COA by September 7<sup>th</sup> to register.**

**Wednesday, September 14 at 1:00 – 3:00 p.m. PAINTING CLASS – Pastel Workshop -- Stunning Still Lifes Like the Masters with Greg Maichack - - Cost \$20.00 -- minimum of 15 students**

Mr. Maichack taught a very popular class at the Library last year. He has won many awards and is a portraitist and painter working primarily in pastels. This class is designed for sheer beginners to experienced artists. Participants will freely experiment with hundreds of the artist's professional

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grade pastels, pastel pencils, and pastel paper in this fun workshop. This new, highly researched two hour workshop you will have fun producing your own still life pastel paintings.

**(Program funding in part from Sandwich Cultural Council and Mass Cultural Council)**

Pre-registration and payment is required. Please contact the Sandwich Council on Aging at 508-888-4737. **Deadline to register and pay is Wednesday, August 31, 2016.**

**Thursday, September 15 at 3:00 p.m. . Friends of Sandwich COA Board Meeting – Upper Level**

**Friday, September 16 at 11:00 a.m.  
Meet the Photographer – Robby McQueeney**

Robby McQueeney first visited Eastham, Cape Cod, as a fifth-grader in 1966. He eventually became a Cape Cod historian, collector, and photojournalist. After his first stay in one of the isolated, primitive shacks in the Provincetown Lands dunes, he became immersed in the "dune culture". Enjoy a lively narrative and extensive slideshow in this hour presentation. Mr. McQueeney, an engaging writer and photographer, **has captured the beauty and mystery of the outer Cape Cod dune shacks, past and present.**

Please register for this interesting program – call Sandwich COA at 508-888-4737 to sign up.

**Wednesday, September 21 at Senior Center Luncheon - Yesterdays Country Band at 12:30 p.m.**

**Come celebrate Senior Center Month** with a delicious lunch of *chicken broccoli ziti, a small salad, and dessert.* Entertainment provided by Yesterdays Country Band. **\$6.00 per person.**

The Council on Aging Board will also be awarding the Senior Citizen of the Year award!

Please call Sandwich COA at 508-888-4737 to sign up. Deadline is Wednesday, Sept. 14.

**Thursday, September 22 at 6:00 p.m. NEW TO MEDICARE SEMINAR presented by Sheila Curtis, Manager of the Cape and Islands SHINE program.**

Congratulations on turning 65 (or approaching it) and becoming eligible for Medicare! What, exactly, does that mean?? Come and get the straight story from an expert -- Sheila Curtis. There are some important things you should know about signing up for Medicare and about your options once you're enrolled. Ms. Curtis will introduce you to the wonderful world of Medicare A, B, C, and D, MassHealth, Prescription Advantage, open enrollment periods, medigaps, and Medicare Advantage plans.

Please join us for this informative seminar. A light supper will be served. This program is also appropriate for family members helping or caring for parents

Please call the Sandwich COA at 508-888-4737 to reserve your seat.

**Thursday, September 29 at 3:00 – 4:00 p.m. KALIEN CRYSTAL BOWLS**

**BACK BY POPULAR DEMAND!**

Come relax with the sounds of the Crystal Bowls. Everything we experience in life is stored in our vibrational being. When we become out of balance due to stressors we create blockages that cause us to vibrate out of tune causing 'dis'ease'. Crystal Bowls are a vibrational light therapy. The bowls are perfectly tuned to each of your chakras. With your intention the bowls will allow your chakras to begin to vibrate at their own frequency again while unblocking stored energy. Experiencing the bowls feels very healing to the mind, body and soul leaving you with a feeling of wellness.

Pre-registration is required with Sandwich Council on Aging at 508-888-4737. **Cost: \$5.00 payable by Wednesday, September 21, 2016.**

**September 30 @1:00PM Meet the Author - Deborah J. Swiss -**

Join us as Colleen Hayes, Sandwich Reference Librarian hosts a discussion of the novel, *The Tin Ticket with the Author, Deborah J. Swiss*. "The Tin Ticket takes readers to the dawn of the nineteenth century and into the lives of three women arrested and sent into suffering and slavery in Australia and Tasmania-where they overcame their fates unlike any women in the world. It also tells the tale of Elizabeth Gurney Fry, a Quaker reformer who touched all their lives. Ultimately, this is a story of women who, by sheer force of will, become the heart and soul of a new nation." -Amazon.

Please call the COA at 508-888-4737 to register. We have books available if you would like to borrow one.

**Monday, September 26 at 8:30 a.m. COA Board Meeting - Lower Level**

**THIS AND THAT:**

**Gratitude - The gift that keeps on giving!** "Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend" Melody Beattie

We would love to have you share some of your life thoughts as well as those things that happen in your life for which you are grateful. **The next time you visit the COA/Senior Center, stop for a minute, jot down your thoughts and drop them in the gratitude jar in the lobby.** We will print some of your responses in future newsletters. Sandwich COA would like to acknowledge the Plymouth COA and Mashpee COA for this information.

**Some of the submissions received recently:**

\* Grateful for Lorraine who lives on the next street, who, while on her morning walk will pick up my paper from the foot of my driveway and place it on my doorstep.

- \* Grateful for a wonderful life.
- \* Grateful for all COA does for seniors.
- \* I'm so grateful for the Sandwich COA -have the yoga classes with Sherill - all of you are great.
- \* I love coming to this COA. Everyone's so helpful and friendly. When is the new building coming?

Please know -- the Staff and COA Board are grateful that you choose us for fitness, wellness, educational, transportation, information and referral, assistance accessing services, and volunteer opportunities!

Keep your gratitude thoughts coming! More next month.

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AARP Falmouth Chapter #953 invites all senior interested in meeting other seniors from surrounding towns to hear topics of interest and socialize at AARP monthly meetings.

This group meets from 10:00 a.m. - noon the second Thursday of each month except for July and August at the Gus Canty Center, 790 East Main Street, Falmouth.

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Harwich Council on Aging, 100 Oak St. in Harwich, has Ping Pong Tables and players for anyone who would like to join them and play for

free; experience an asset but not necessary. They realize there are several Senior Centers who do not have Ping Pong tables and they want to share in the fun of using theirs. Down the road a bit, the Harwich COA would even like to host a Ping Pong Tournament too with medals and trophies for any senior over the age of 60 who enjoys playing the sport of ping pong to participate in. They have 4 tables' available and approx. 8 current players who love the sport and would love some company from any seniors around the Cape to join them!

If you play/enjoy the game of Ping Pong and would like to visit their center to play and perhaps later on even join them for a fun Ping Pong Tournament, please call 508-430-7550 ext 10 and leave the Harwich COA Director, Barbara-Anne Foley a message with your name and phone number.

**Outreach Corner: Rita Wahlstedt****Fuel Assistance Application Recertifications**

The fuel assistance recertifications for the 2016-2017 winter fuel season will be beige in color. Be sure to look through your mail carefully! Remember to send in copies of necessary verifications along with the application, just as in previous years. If you have any questions regarding these verifications, need assistance in completing or reviewing the application, please contact the Sandwich Council on Aging to schedule an appointment with Outreach. If you have not applied in the past and are interested in finding out more about the Fuel Assistance Program, please call Rita Wahlstedt, Outreach Coordinator at 508.888.4737.

**Emergency Forms and Knox Boxes**

Thank you for returning updated Knox Box and Sandwich Council on Aging Emergency Forms! If you do not have an Emergency Form on file with the SCOA, please call us or stop in for one. The pertinent information is confidential, entered into our computer system and used by Paramedics in the event of a medical or weather emergency. If you are interested in finding out more about protection for your household with the Knox Box, please contact Rita at the COA or your local fire department.

**Housing Resources for Seniors: Massachusetts**

Want advice on buying a home, renting, foreclosure avoidance, credit issues or reverse mortgages? HUD sponsors housing counseling agencies throughout the country to provide free or low cost advice. Search online @ [housing counseling agency](#) or call HUD at: **(800) 569-4287**.

**Volunteer Corner: Pat Ryan**

**Happy Birthday** to all our volunteers celebrating a September birthday! Best wishes to Gilbert Martin, Pamela Horn, Connie Tarvis, Barbara Enderle, and Norma Mederios. Thanks for all you do!

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**Grocery shopping van drivers needed!!**

We are looking for a Volunteer or two to help us with our Thursday morning shopping van. This **one morning a month** commitment involves picking Seniors up at their homes in our van and bring them to Stop and Shop where they have an hour to shop. Stops are also allowed at banks and pharmacies.

For more information please call the COA at 508-888-4737 and ask for Pat.

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*Do you have experience in Marketing, Researching and Writing Grants, or perhaps updating/maintaining Facebook information or Constant Contact? If so, we need you!*

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We have been asked to restart showing movies. We would need one or two volunteers to develop a list of movies for six months or so and to then reserve and pick up at library and set up for the showing. Let us know you are interested.

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September 30 @1:00PM **Meet the Author – Deborah J. Swiss -**

Join us as Colleen Hayes, Sandwich Reference Librarian hosts a discussion of the novel, *The Tin Ticket* **with the Author, Deborah J. Swiss.** “*The Tin Ticket* takes readers to the dawn of the nineteenth century and into the lives of three women arrested and sent into suffering and slavery in Australia and Tasmania-where they overcame their fates unlike any women in the world. It also tells the tale of Elizabeth Gurney Fry, a Quaker reformer who touched all their lives. Ultimately, this is a story of women who, by sheer force of will, become the heart and soul of a new nation.” –Amazon.

**Please call the COA at 508-888-4737 to register or for more information.**

**Contact Pat Ryan at 508-888-4737 if interested in volunteering! Or – do you have a program you would like to present- travelogue, special interests or hobby?**

**SHINE NEWS...**

**\*\*Hospital Observation Stays and Original Medicare\*\*** Hospitals often admit patients under observation status. Patients under “observation” are considered outpatients even though they may stay in a hospital bed for many days. For those with Original Medicare, outpatient stays at a hospital could result in increased costs. For instance, Medicare requires a three-day inpatient stay at a hospital before it will pay for any stay in a skilled nursing facility and time spent under “observation” in a hospital will not count toward that three-day minimum.

In addition, a Medicare Supplement (Medigap) **will not** cover any of the costs of the skilled nursing care if Medicare has not paid first. So patients with Original Medicare who have been under observation status, whether they have a Medigap or not, must decide whether to pay out-of-pocket for the medically necessary rehab/skilled nursing care, or cut care short and return home, because they are unable to cover the costs.

Medicare Advantage plans (HMOs, PPOs) **will** cover costs of skilled nursing facility care, if it is medically necessary, because they do not have a three-day minimum in a hospital stay requirement. However, in a Medicare Advantage plan, skilled nursing facility services are subject to co-payments, which can be substantial.

The Medicare Advocacy Project (MAP) would like to hear from you if you were in the hospital under “observation” and you now have a large bill from a skilled nursing facility. The Medicare Advocacy Project for the Cape and Islands is through South Coastal Counties Legal Services in Hyannis and their phone number is 508-775-7020. This is a free service for those on Medicare and MAP can help with all types of Medicare appeals.

SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Please call the Senior Center at 508-888-4737 to schedule a SHINE appointment.

**(Please read additional info on Page   9  )**

**A REMINDER...**

The Sandwich Council on Aging does have a scholarship program available to low-income seniors for activities and programs. There is an application process with documentation required. This is a confidential process. Please contact Jan Timmons or Rita Wahlstedt to discuss this process.

**Foot Care for Seniors....**

A foot care program provided by specially trained registered nurses. The following services for those that are not diabetic are: assessments of the feet and lower extremities including circulation, skin conditions, overall podiatric health, trimming, filing and cleaning of nails; reduction of thickened toenails, smoothing of corns and callouses; massaging, moisturizing lotion and powdering of the feet. Cost is \$29 per visit and is not covered by insurance. Home visits are available for shut-ins for \$50.00. Call Sandwich COA at 508-888-4737 to make your appointment – second Friday each month.

**TICK TESTING.....**

Cape Cod Cooperative Extension recently received funding from Cape Cod Healthcare as part of their Community Benefits Grant program. These funds will support a subsidized tick testing program for Cape Cod residents in 2016. Under this program people would pay \$15/test which normally runs \$50. The results provide valuable data for people to share with their health care provider to help arrive at a correct diagnosis for tick-borne disease.

You can contact Larry Dapsis, Entomologist at Cape Cod Cooperative Extension at 508-375-6642 or [ldapsis@barnstablecounty.org](mailto:ldapsis@barnstablecounty.org). It is very easy process to submit a tick for testing: place tick in a sealable plastic bag; complete the online submission form at [www.TickReport.com](http://www.TickReport.com). Pay the \$15 fee online with a credit card or enclose a check; label the bag with the order number assigned by TickReport; send the labeled tick in an envelope to: Laboratory of Medical Zoology, Fernald Hall, University of Massachusetts, 270 Stockbridge Rd., Amherst, MA 01003; results of the tick test will be sent to you in five (5) business days or less.

**COA – Miscellaneous Info:**

**SUPPORT GROUPS:**

**Bereavement, Changes and Loss Support Group:** Richard Bickford, LICSW, is facilitating this program, generously co-sponsored by the VNA, for people who are coping with the loss of a spouse/significant other or any other major changes that are difficult to deal with.

*The program meets the second and fourth Wednesday each month at 1:00 p.m.*

**Sight Loss Support Group for Visually Impaired** Meets 4<sup>th</sup> Friday – Mashpee COA 10:00 a.m. – Noon Transportation available. Call Sight Loss Support at 508-394-3904.

**Aphasia Community Group/Caregivers - (1<sup>st</sup> Wednesday) 2<sup>nd</sup> Fl. Dining Room – Spaulding Cape Cod.** Aphasia Group meets in Dining Room and Caregivers meet in room next door. For additional info contact Barbara Fitton at 508-833-4268.

**SUGGESTION BOX** – We have a **Suggestion Box** in the meeting room to the left of the door. Please use this to make suggestions regarding programs, activities you would like the COA to offer. Also, you can give us your thoughts on existing programs. You may also call Jan Timmons at 508-888-4737. Many of our programs and services happen because you asked for them.

**GRATITUDE BOX – LOCATED IN THE RECEPTION AREA IN FRONT HALL** – Please jot down your thoughts on what you are grateful for in your life .... We hope to print some of these in future newsletters.

*Spring and Summer Programming....Do you have a program you wish to present? How about programs you would like to see offered? Now is the time to let us know. Please call Jan Timmons at 508-888-4737 with your ideas. Many of YOUR suggestions become successful programs!*

**COA Lending Library:** The COA has books and videos in the bookcases for you to take. These have been donated by various people for that purpose. Some of our books are large print as well. Please stop by and check out the selection next time you are in the area. We also have lots of puzzles for you to take as well.

**We need your help.....**  
As a program participant you know that many of our activities and programs are booked back-to-back. We need **your** help in insuring that the meeting rooms are kept clean and organized. *We also ask you to be respectful of other groups and people. If you do arrive early, you may not be able to access your meeting space so please plan on waiting in the waiting area in our front hall.*

**After your group/activity, please pick up and throw away your trash and put tables and chairs back to where you found them.** If you spill something, let us know so it can be cleaned ASAP.

We appreciate your support in keeping your meeting space neat.

**We need your consideration.....**  
When you sign up for a program, class, or make an appointment to meet with one of the professionals who donate their time to YOU – **please be courteous and call the Council on Aging office to let us know you cannot attend.** Many of our program providers travel a distance to meet with you.



**TRANSPORTATION OPTIONS:**

**Provided by Sandwich Council on Aging:  
COUNCIL ON AGING VAN/BUS  
TRANSPORTATION  
9:00 A.M. – 2:00 P.M.**

Call for availability to schedule a ride to COA programs, hairdressers, local errands, doctors and more! **Please book appointments no earlier than 9:30 a.m. (local) and no later than 2:00 p.m.**

Call the Sandwich Council on Aging at 508-888-4737 early to book your reservation. Seating is limited. *If using a wheelchair you must have a companion with you —the driver cannot accompany you into the building for your appointment.*

Also, Sandwich Council on Aging volunteers provide **transportation to medical appointments.** This service is for routine visits only. We ask for at least three days notice prior to your appointment in order to succeed in finding a volunteer driver. We also ask that you book your appointments no earlier than 9:00 a.m. (local) and no later than 2:00 p.m.

We also have our **grocery shopping van** to Stop and Shop on Thursday mornings as well as to a pharmacy and bank.

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**Provided by Cape Cod Regional Transportation:  
BOSTON LOCAL HOSPITAL  
TRANSPORTATION**

Travel from Cape Cod direct to Boston hospitals on a wheelchair accessible bus, Monday – Fridays ( no holiday service).

Pickup Locations Mid & Upper Cape

8:00 a.m. Barnstable (Rt. 6 & 132 Burger King)

8:15 a.m. Sagamore (Rotary Commuter Lot)

Reserve by 11:00 a.m. the day before. Cost is \$30 round trip; \$15 one way. Reservations - 1-800-352-7155. Schedule medical appointments between 10:00 a.m. and 2:00 p.m. Bus leaves Boston no later than 3:00 p.m.

**CAPE COD REGIONAL TRANSIT AUTHORITY... FIXED BUS ROUTES!**

Cape Cod Regional Transit Authority (CCRTA) has begun a fixed route service in Sandwich. The route begins at the Sagamore Park and Ride Lot and makes various stops on its way to Hyannis. You can access this service at the specified stops or flag the bus down if you are between stops. Cost for senior citizens age 60 and over and disabled of any age is \$1.00 per one way ride.

You must have exact change as driver will not make change. CCRTA vehicles are handicapped accessible. And the COA is a stop on this route!!

For additional information call CCRTA at 1-800-352-7155.

CCRTA also runs the **DART** bus that provides door-to-door service. They require 24 hour notice.

**ELDER SERVICES OF CAPE COD & ISLANDS INFORMATION:****Elder Luncheon Program:**

Healthy, delicious hot meals are served at the Sandwich Housing Authority, 20 Tom's Way, four days per week. The program provides a great chance to get out of the house during the week to make new friends or renew old acquaintances. A voluntary donation of \$2.00 per meal is recommended and lunches are served on Mondays, Tuesdays, Thursdays, and Fridays. Reservations need to be made by calling 508-888-2965.

**OPTIONS COUNSELING:**

Options Counseling is a short-term decision support process to assist consumers of any income (elders age 60 or over, or individuals over the age of 18 with any disability) and their family members, caregivers and/or significant others to make informed choices about their long term services, supports and setting. Options Counseling is a FREE service provided by Elder Services of Cape Cod and the Islands.

For more information, or to be connected to a counselor, please contact the Information and Referral Department at: 1-800-394-4630.

**SHINE INFORMATION ---- #2**

**Open Enrollment is just around the corner so don't delay!**

Medicare's Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment (**October 15 – December 7**) will be here before you know it and it is very important to review your Medicare options during this period. You will receive a notice from your Prescription Drug or Medicare Advantage (HMO, PPO) Plan in September. **Make sure you read this notice-** it will explain the changes (premiums, copays, tiers) to your plan for **2017**.

During the Annual Open Enrollment (**October 15 - December 7**), you will have a chance to CHANGE your plan. This change takes effect January 1, 2017. SHINE Counselors can help you understand your plan's changes, screen you for assistance programs and discuss other options you may have. If you do not change your plan during this period you may have to stay with your existing plan for another whole year. (Note: the open enrollment may not affect those with retiree coverage).

**DO NOT WAIT UNTIL IT'S TOO LATE- Appointments fill up fast!** Call the Sandwich COA at 508-888-4737 and make an appointment with a SHINE counselor for this year's open enrollment. Make sure you bring the list or bottles of your current medications to the appointment and if you are a couple, please ask for 2 appointments.

**Note from Executive Office of Elder Affairs:**

**Do not ignore Medicare Mail !! It is that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Pan (HMO, PPO) you should expect information from your plan by the end of September. This information is important because it explains changes in your plan for 2017. During Medicare Open Enrollment (Oct. 15 – Dec. 7), you will have a chance to CHANGE your plan for next year. SHINE Councilors can help you understand your plan changes as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!**

**Call Sandwich COA at 508-888-4737 to schedule your appointment!**

**RECRUITMENT**

**OCEAN SPRAY**

Ocean Spray has contacted the Sandwich COA to possibly recruit temporary, seasonal employees to work at the Middleboro and Carver Receiving Stations. Assignments begin in Mid-September and typically last through the end of November. Most positions are not labor-intensive and would offer a great opportunity to retired persons who are looking to make a little extra money in a short period of time.

Recruitment starts August 8 – 8:00 a.m. – 4:00 p.m. through October 31 (Monday through Friday). Location: Ocean Spray, 152 Bridge St., Middleboro, MA 02046. Job Description: primary responsibilities include receiving and processing freshly harvested cranberries at Middleboro and Carver, MA receiving stations with duties which could include admin, quality testing, record keeping, sanitation, forklift operation, wooden bin construction/repair, etc.

Qualification: Qualified candidates must be 18 or older, and will be expected to work in a team environment. Candidates should be able to follow instructions and adhere to good manufacturing, safety and environmental practices. Forklift experience a plus. Experience: No experience necessary, we will train. Pay for this position is: \$11.23/hr with overtime available. Overtime is paid for hours worked in excess of 8 in one day and all day on Sunday. All job offers are contingent on a successful pre-employment drug screening and background check.

**Now Enrolling! Over 55? Want to earn money while being trained? Looking for a Bridge Back To Work?**The Senior Community Service Employment program (Elder Services of Cape Cod and Islands) has immediate openings for income-eligible men and women who are now currently working. We offer paid internships with area non-profits and municipal agencies .

Contact the Mature Workers Program at: [info@escci.org](mailto:info@escci.org) or 508-394-4630 x 540.

- Coming in October: Save the date!
- Oct. 5 – Program on Substance Abuse
- Oct.12- Flu Clinic – Call Public Health Nurse -833-8020
- Oct. 19- Art for the Mind
- Oct. 26- Halloween Luncheon (plan costumes now!!)
- Oct.-27- Mediumship with Karen Schermerhorn
- And more being planned!

**September 2016****COUNCIL ON AGING ACTIVITIES**

<b>Mondays</b>	<b>Sept.</b>	<b>Cribbage Group</b>	<b>10:00 a.m.</b>
<b>Thursdays</b>	<b>Sept.</b>	<b>Barber for Men</b>	<b>9:00-11:30</b>
<b>Thursday</b>	<b>Sept.1</b>	<b>Genealogy</b>	<b>1:00 p.m.</b>
<b>Friday</b>	<b>Sept 2, 16</b>	<b>Unwind at the COA- Adult Coloring</b>	<b>10:00 a.m.</b>
<b>Wednesday</b>	<b>Sept. 7</b>	<b>Massage Therapy**</b>	<b>1:00 p.m.</b>
<b>Thursday</b>	<b>Sept. 8</b>	<b>Attorney Michael Lavender**</b>	<b>1:00 p.m.</b>
<b>Friday</b>	<b>Sept. 9</b>	<b>Current Events</b>	<b>10:30 a.m.</b>
<b>Sunday</b>	<b>Sept. 11</b>	<b>Grandparents Day-Intergenerational Tea</b>	<b>1:00 p.m.</b>
<b>Tuesday</b>	<b>Sept. 13</b>	<b>Attorney Tom Kosman**</b>	<b>10:00 a.m.</b>
<b>Tuesday</b>	<b>Sept. 13</b>	<b>Solo Dining – “Fisherman’s View”</b>	<b>1:00 p.m.</b>
<b>Wednesday</b>	<b>Sept. 14</b>	<b>Painting Class with Greg Maichack “Pastels”</b>	<b>1:00 p.m.</b>
<b>Wednesday</b>	<b>Sept. 14</b>	<b>Painting Class w/Ann Deroches</b>	<b>1:00 p.m.</b>
<b>Thursday</b>	<b>Sept. 15</b>	<b>“Friends Of” Board Meeting</b>	<b>3:00 p.m.</b>
<b>Friday</b>	<b>Sept. 16</b>	<b>Meet Photographer-Robby McQueeney</b>	<b>11:00 a.m.</b>
<b>Monday</b>	<b>Sept. 19</b>	<b>Attorney Mello’s Office**</b>	<b>9:00 a.m.</b>
<b>Wednesday</b>	<b>Sept. 21</b>	<b>Massage Therapy**</b>	<b>1:00 p.m.</b>
<b>Wednesday</b>	<b>Sept. 21</b>	<b>Yesterday’s Country Band-Luncheon</b>	<b>12:30 p.m.</b>
<b>Thursday</b>	<b>Sept. 22</b>	<b>Medicare Presentation</b>	<b>6:00 p.m.</b>
<b>Friday</b>	<b>Sept. 23</b>	<b>Current Events</b>	<b>10:30 a.m.</b>
<b>Sunday</b>	<b>Sept. 25</b>	<b>“Sounds for Sandwich” Town Hall</b>	<b>1:30 p.m.</b>
<b>Monday</b>	<b>Sept. 26</b>	<b>COA Board Meeting - Lower Level-New Time</b>	<b>8:30 a.m.</b>
<b>Wednesday</b>	<b>Sept. 28</b>	<b>Attorney John Kennan**</b>	<b>9:00 a.m.</b>
<b>Thursday</b>	<b>Sept. 29</b>	<b>Kalien Crystal Bowls</b>	<b>3:00 p.m.</b>
<b>Friday</b>	<b>Sept. 30</b>	<b>Book Discussion Group-The Tin Ticket</b>	<b>1:00 p.m.</b>

**MONDAY**

Seniors on the Go  
 7:50 Zumba Gold  
 9:00 Walking Group  
 9:00 Sandwich Stitchers  
 (1<sup>st</sup> & 3<sup>rd</sup>)  
 10:00 Cribbage  
 1:00 Rummikub(down)  
 1:00 Painting Group  
 3:00 COA Board Meeting (4<sup>th</sup>)  
 3:30 Yoga

**THURSDAY**

Seniors on the Go  
 Thursday Shopping Van  
 9:00 a.m. Walking Group  
 9:00 a.m. Yoga  
 9:00 a.m. Barber for Men  
 10:00 a.m. Scrabble  
 10:30 a.m. Chair Yoga  
 Genealogy (1<sup>st</sup>)

**TUESDAY**

Seniors on the Go  
 9:00 Yoga  
 10:30 Yoga II  
 1:00 Mah Jongg  
 1:00 PM Quilters  
 1:00 Tai Chi

**FRIDAY**

Seniors on the Go  
 7:50 Zumba Gold  
 9:00 Cardio Fitness  
 9:00 \*\*Footcare (2nd)  
 10:30 Current Events Discussion  
 (2<sup>nd</sup> & 4<sup>th</sup>)  
 12:30 Men’s Poker  
 12:30 Hand and Foot

**WEDNESDAY**

Seniors on the Go  
 7:45 20-20-20 Fitness  
 9:00 Cardio Fitness  
 10:00 Knitting/Crocheting  
 1:00 Massage (1st & 3rd)  
 1:00 Bereavement Group  
 (2<sup>nd</sup> & 4<sup>th</sup>)  
 1:00 Painting Group  
 1:30-3:30 Veterans’ Agent

**SATURDAY**

9:00 20-20-20 Fitness

**\*\*APPOINTMENTS NEEDED—  
 PLEASE CALL 508-888-4737 (COA  
 OFFICE HOURS 8:30 A.M. TO 4:30  
 P.M.) Exercise and Wellness  
 Programs- Registration and  
 Payments are due 1 week before  
 the session starts. No Walk-Ins  
 Not Responsible for  
 Typographical Errors**

FRIENDS OF THE SANDWICH C.O.A.  
NEWS LETTER FALL EDITION 2016

HELP WANTED, LOOKING FOR VOLUNTEERS TO HELP WITH FUNDRAISING EVENTS!!!

Let us know when you're available; this commitment is based on your availability and the time you wish to give. We appreciate any time you have you give. Give us a call, or better still, come to our next Friend's Meeting, it is an open meeting on September 15<sup>th</sup> at 3pm at the Human services Building.

The monies that have been raised thus far by the Friends has been helping the Council expand their programs, however all monies that will be raised by Special Events going forward, will be used to helped to contribute to the long planned free-standing Senior Center. We are aware that we would never be able to raise all the monies needed to build a new Center; however, we feel that we can, and should contribute in a meaningful way. Jan Timmons, Director of the Sandwich C.O.A., Executive Board, and the Friends decided to use their money to purchase furniture and equipment necessary for the new Center. At the moment, we have only four members of the Friend's Board. As a former fund raiser, I can tell you this is not a recipe for success. We need your help to assure a successful outcome. What we need is a group of volunteers who can participate. Volunteers with the following talents/background would be helpful: publicity, planning fundraisers and financial. We are not asking for a long commitment; we only ask for some of your time.

We plan on sending this news-letter out a few weeks before a planned event. It will let you know: what the event is, the time and place, what help we are looking. We plan on four events for this year. The Friend's newsletter will give you time and please know that you are welcome to attend event planning! We welcome your opinions and your ideas.

This is a journey we cannot take alone. Take this journey along with us. Hoping to hear from you all.

Florence Choate, Vice President of the Friends of C.O.A. You can call me at 774-413-9808, or e-mail me at: [florencechoate@gmail.com](mailto:florencechoate@gmail.com)

**FIRST EVENT AND FUND RAISER: Sunday, September 25<sup>th</sup> @ Sandwich Town Hall.**

***"SOUNDS FOR SANDWICH"***

**Performance by Liz Saunders and Bill Bourke.**

**Doors Open @1:30p.m. Show at 2:00p.m.**

**Advanced Purchased Tickets \$18.00.**

**Tickets @ the Door \$20.00**

**Tickets Can Be Purchased at the Sandwich Council on Aging**

**270 Quaker Meetinghouse Road, East Sandwich, MA 02537**

**Questions? Call 508-888-4737, Sandwich Council on Aging**

*The Friends of the Sandwich COA wish to thank you for your dues, your donations, your donations to the Building Needs Fund and your support during 2016.*

## **2016 MEMBERSHIP**

I/we wish to join/renew membership to the *Friends* of the Sandwich Council on Aging

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

\_\_\_\_\_

Tel #: \_\_\_\_\_ E-mail: \_\_\_\_\_

Individual/Family Membership \$10

Business Membership \$25

*In addition to your becoming a member of the Friends, financial gifts to the Building Fund, bequests and participation in activities will also be appreciated*

**Enclosed is \$ \_\_\_\_\_ (please make check payable to Friends of Sandwich COA)  
Mail to Treasurer, PO Box 107, Sandwich, MA 02563 or drop off at the COA Office  
2016 Memberships run from November, 2015 to October, 2016**

### **FRIENDS OF THE SANDWICH COUNCIL ON AGING, INC.**

In Lieu of flowers, please consider making a tax-deductible contribution in memory/honor of a loved one or to support a service provided by the Sandwich Council on Aging. This coupon is for your convenience in making a gift that will enhance services for Sandwich senior citizens today and tomorrow. Families of those honored will be notified of your contribution.

#### **A Living Memorial / Honor**

I am enclosing \$ \_\_\_\_\_ (please make check payable to Friends of Sandwich COA)

and mail to PO Box 107, Sandwich MA 02563

Check one:    ( ) In Memory of                      ( ) In Honor of

Name: \_\_\_\_\_

Send card to: \_\_\_\_\_ Donor's Name (your name)

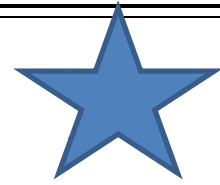
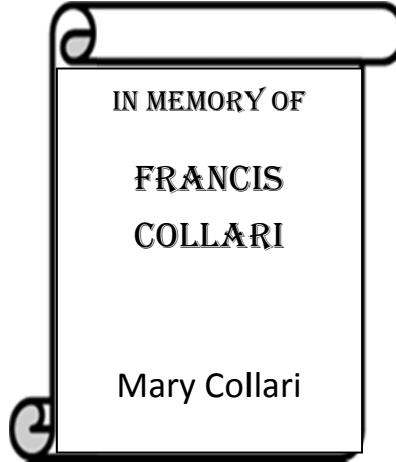
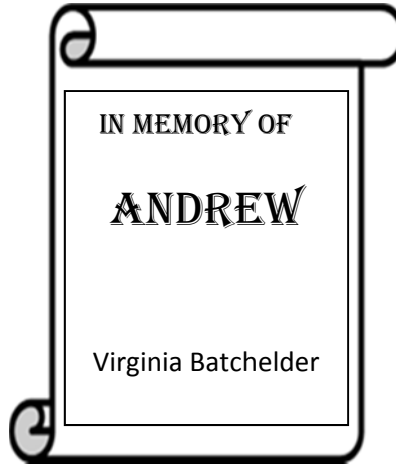
\_\_\_\_\_

\_\_\_\_\_

**"The Friends Of" are looking for volunteers to join their team. It's a great way to make friends and help the Council on Aging! The time has come to start advocating for a new center, but we need your help. Please come to one of our meetings and what we're all about. Next meeting is scheduled September 15 at 3pm. Save the Date..... September 25<sup>th</sup> for a Variety Show "Sounds For Sandwich", at the Town Hall Auditorium!**

***The Friends of the Sandwich COA wish to thank you for your dues, your donations, your donations to the Building Needs Fund and your support during 2016.***

Jean M. Baggs  
Virginia S. Batchelder  
Mary Collari  
Susan Connor  
Theresa Crooks  
Mary Cserny  
Charles & Margot Dustow  
Carl & Barbara Flodin  
Marion & Norman Hollis  
Pamela Horn  
Ron Jackson  
Gilbert E. Martin  
Virginia McCole  
Lorraine & Frank Miller  
Regina Peters  
William & Jeanne Peters  
Jacquelyn L. Putnam  
Pat Rathburn  
Deborah B. & Frederick T  
Stetson  
Sophie V. Vanderzee



*The Friends of the COA  
would like to  
acknowledge and thank  
the following for their  
generous donations. Such  
donations are used to  
enhance services for the  
Sandwich citizens of  
today and tomorrow!*

\*\*\*\*\*

*Virginia McCole  
Gilbert E. Martin  
Lorraine & Frank Miller*

8/2/16