

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

Volume 31, Issue 7

We're Here For You!

September 2017

Director's Report:

September is Senior Center Month:

At long last, the Council on Aging was able to present the updated Feasibility Study to the Board of Selectmen and the Community on July 13. Our Board Members did an outstanding job crafting an informative and hopefully enlightening presentation as did Architect John Catlin.

We thank the Friends of Sandwich Council on Aging for their support and funding the study to update the plans for a Senior Center. Their generous donation of \$6,750.00 made the study possible.

The Council on Aging thanks the Selectman for inviting us to present the completed study.

Also needed to be thanked are the many, many interested seniors who attended to learn more about the project and/or to show support. We look forward to your feedback and working with everyone to bring this project to completion.

The Council on Aging will be happy to meet with any group to present the results of the study and to speak about the work of Council on Aging.

You can contact Chair Neal O'Brien at 774-313-8984 (nob516@yahoo.com) or Council on Aging Director, Jan Timmons, at 508-888-4737 (jtimmons@townofsandwich.net).

NOTE: Please see information on Page 6 -- AARP Foundation seeking Tax-Aide volunteers to prepare income tax returns for low and moderate income people.

Walk to End Alzheimer's: COA Volunteer Jeff Hyman, has created his team! Please support him by donating or walking. When: Sunday, September 17, 2017 --- 9:00 a.m. at Veterans Park Beach, Hyannis.

Additional information or to donate to Jeff's team 'Strong Boomer.com' at alzwalkMANH.org or contact Jeff at jsh17@comcast.net or 774-521-9235.

Nursing Department Update: The tentative dates for *Flu Clinics* are – Thursday, October 5 and Tuesday, October 17. For additional information please contact the Nursing Department at 508-833-8020.

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. You may only attend class for which you registered.

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.

Zumba Gold		Peg
Monday/Friday mornings		7:50 – 8:40 a.m.
Fall #1	Sept. 1 – 29 (no 9/4)	\$40
Fall #2	Oct. 2 – 30 (no 10/9)	\$40

Late Yoga – Mondays		3:15 – 4:15 p.m.	Susan
Fall #1	Sept. 11 - 25		\$18
Fall #2	Oct. 2 – 30 (no 10/9)		\$24

YOGA CLASS -- TUESDAYS		Sherill
9:00 a.m. – 10:00 a.m. GENTLE YOGA		
10:30 a.m. – 11:30 a.m. MORE CHALLENGING		
Fall #1	Sept. 5 – Oct. 3 (no 9/19)	\$24
Fall #2	Oct. 10 – Nov 14 (no 10/17 or 24)	\$24
YOGA CLASS -- Thursdays at 9:00 a.m.		
CHAIR YOGA – Thursdays at 10:30 a.m.		
Fall #1	Sept. 7 – Sept. 28	\$24
Fall #2	Oct. 12 – Nov 16 (no 10/26)	\$30
RESTORATIVE YOGA - Wednesdays at 3:15 p.m.		
Fall #1	Sept. 6 – Oct. 4	\$35
Fall #2	Oct. 11 – Nov 15 (no 10/25)	\$35
Please plan to arrive early to class as there is time needed for you to set up your area. Also, bring a beach towel, pillow and/or blanket.		

Tai Chi – Qi Gong Tuesdays 3:15 p.m.		Lauren
Fall #1	Sept. 5-26	\$20
Fall #2	Oct. 3-31	\$25
<u>Tai Chi</u> – for balance: can enhance one’s overall wellness, peace of mind, and balance. <i>Taught by certified instructor</i>		
Note new time!!		

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.

Cardio/Strength Building Class		Dianne
Wednesdays		9 – 10:00a.m.
Fall #1	Sept. 6 – 27	\$30.00
Fall #2	Oct. 4 – 25	\$30.00
Fridays		9 – 10:00 a.m.
Fall #1	Sept. 1 – 29	\$37.50
Fall #2	Oct. 6 – 27	\$30.00
Total body workout – a low impact dance aerobics and strength training program.		

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. 508-685-4594

FREE OSTEO FITNESS PROGRAM: Series #2 ----
Next Session: Sept. 6 – Dec. 27 from 8:00 – 9:00 a.m. – Monday/Wednesdays. This program will be held at Wing School as long as possible and then will be held at the COA. This program is made possible by Elder Services and the volunteer instructors.
Required: the COA **must** have a doctor release as well as a registration available at the COA office or on line. Registration is also required by Elder Services.

Walking Group: the COA Walkers meet at the Council on Aging at Human Services Building at 8:45. The group will then walk along the sidewalk or down to the school and along the sidewalk.

Required: the COA must have a doctor release as well as a registration -- available at the COA office or on line.

Please call the COA at 508-888-4737 to register for the COA walking group and for additional info.

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

SEPTEMBER PROGRAMS:

Friday, September 1 at 8:45 A.M. Council on Aging Board Meeting – lower level

***GENEOLOGY* Classes - Thursday, September 7 at 1:00 p.m.** in our lower level meeting room.
Please call Sandwich COA if you will be attending.

Wednesdays, September 6 & 27 and October 4 and 11 at 10:00AM – 11:00AM.
Introduction to Crochet
This free 4 week lesson series is designed to teach the beginner to crochet. Learn basic crochet stitches in this relaxed atmosphere. Become familiar with terms and patterns as you practice chain stitch, slip stitch, single crochet, etc. Please bring crochet hook H, I, or J and any ball of yarn.
Class size is limited; please call the COA to reserve your spot at 888-4737.

Wednesday, September 6 at 11:00 a.m.
The Fund for Sandwich
with Madeleine Wing Adler
Join us to learn about this new non-profit and how the Fund can help our Sandwich community.
Please call Sandwich COA at 508-888-4737 to sign up for this program. Refreshments served.

Wednesday, September 6 at 1:00 p.m.
Crafts with Meagan
Cape Heritage Rehabilitation & Health Care Center is proud to sponsor Crafts with Meagan, a monthly craft series held at the Sandwich Council on Aging starting September 6 at 1:00 p.m. All supplies will be provided as well as light refreshments!
Reservations are a must...please call Sandwich COA at 508-888-4737 to sign up. Deadline is Friday, September 1.

Thursday, September 7 at 1:00 p.m. Identity Theft and Scam Prevention
Robin Putnam, research and Special projects Manager from the Office of Consumer Affairs and Business Regulations, will present “Consumer University” with a focus on identity theft. The presentation will include information about the Office and what they do. It will also cover how to spot and avoid scams, and how to prevent identity theft.

Please reserve your seat by calling Sandwich Council on Aging at 508-888-4737.

Friday, September 8 and 22 - 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 10 at 1:00 p.m.
GRANDPARENTS DAY! Davis Bates Entertaining
Join us at the Council on Aging – bring your grandchildren! We will be serving refreshments and Davis Bates will be entertaining us. Bring your grandchildren, neighbor children, children!
Refreshments will include dessert classics such as cookies and cupcakes with tea and juices.
We have teamed up with Early Childhood Learning and the Sandwich Cultural Council is sponsoring the entertainment.
Reservations are required to help plan refreshments. Call Sandwich COA at 508-888-4737. Deadline to register is Wednesday, September 6.

Note: Our Hand and Foot card game group is looking for new players to join them. Game is similar to canasta and no experience is necessary!! Why not stop by – they play Fridays at 12:30 p.m. in our lower level.

Tuesday, September 12 at 1:00 p.m. SOLO DINING

The restaurant is *Lindseys Restaurant, Buzzards Bay*. A nice way to meet people. You order off the menu and we 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 8.

Wednesdays, September 13th – October 18th

12:00PM – 2:00PM –

Introduction to Painting Lessons

\$75.00 for the series. Come learn to paint! It's a great way to relax! We are offering a 6 week **"Introduction to Painting Lessons"** taught by Artist Ann DesRoches.

These beginner classes will cover composition, color, mixing & application, perspective and technique taught in a fun un-intimidating art class. Have you ever said "I can't draw a straight line!"? This class is for you!

You must register for this series – checks payable to Sandwich COA. Deadline is Thursday, Sept. 7 at noon

Wednesday, Sept. 13 from 1:00 – 3:00 p.m. Pastel Painting with Greg Maichack - The 45-Million Dollar Flower

This program is a pastel workshop for adults with all materials included. You will enjoy producing a pastel painting of Georgia O'Keeffe's 'Jimson Weed/White Flower No. 1' that sold for 45.4 million dollars. This pastel painting is very easy for anyone to have fun with since it has been described as a vehicle for pure expression.

Registration is required. Cost is \$20 and payable upon registration. Please register with the Sandwich Council on Aging at 508-888-4737 or stop by at 270 Quaker Meetinghouse Rd, E. Sandwich.

This program is partially funded by the Sandwich Cultural Council.

Friday, September 15 at 10:00 a.m. Friends of

Sandwich COA Board Meeting – Upper Level - back room

Tuesday, September 19 at 1:00 p.m. GEO Blue

and Dental Blue 65 presented by Peta Shepherd of Blue Cross/Blue Shield

Geo Blue – is the travel health insurance offered by Blue Cross Blue Shield of MA. It provides travelers with International health insurance for multiple trips throughout the year. It also assists you to access quality healthcare anywhere in the world.

Dental Blue 65 – is the dental insurance that is offered to all Massachusetts residents aged 65 or older. There are various dental plans to meet your needs.

Registration is required – please call Sandwich COA at 508-888-4747.

Wednesday, September 20 at 12:30 p.m.

Senior Center Month Luncheon --

Join us for a special treat – Spaghetti and Meat Sauce homemade by "Chef Al" ! Dessert will be sherbert. (The COA staff did do taste testing on your behalf and can tell you –delicious!!)

Cost is \$5.00 payable by registration deadline date.

Entertainment is: *Who's The Boss Quartet*

Join us for a fun filled afternoon,

Please contact Sandwich COA at 508-888-4737 to sign up. Deadline is Thursday, September 14 at noon.

Thursday, September 21 at 1:30PM.

Book discussion with Sandwich Public Librarian Colleen Hayes. The September challenge is to

read a book you read in school. The Great Gatsby has been chosen as the September book. We have books available for you to borrow. Please call the COA to register.

Light refreshments served and new faces always welcome.

Wednesday, September 27 at 11:00 a.m.

“Slip into Fall” Cape Cod Orthopaedics Physical Therapy will cover seasonally specific topics including seasonal allergy induced vertigo, signs symptoms and relation to your fall risk. Also, to be presented will be injury prevention strategies you can implement with outdoor activities such as gardening, golfing, as well as other activities.

Handouts will be provided to assess your personal home fall risk level and educational material on how to make your living environment safer. Also incorporated will be an exercise routine that you will be able to perform for activity specific injury prevention.

Registration is required...please call Sandwich COA at 508-888-4737.

Thursday, September 28 at 1:00 p.m. ‘Don’t Let Ankle Pain Slow You Down!’

Join us for a free seminar...take the first step towards understanding your joint pain as local physician Dr. James Boyle (Cape Cod Orthopaedics and Sports Medicine) answers your questions. Discussed will be Ankle Pain and Non-surgical and surgical alternatives.

Light refreshments and giveaways provided.

Registration is required – call Sandwich COA at 508-888-4737.

SAVE THE DATE:

Wednesday, Oct. 11 – AARP HomeFit program Discussed – how to evaluate your home for ‘livability’ in order to remain independent in your home. Workbook provided.

Wednesday, Oct. 18 – Intergenerational get together with young children from Early Childhood Learning

Wednesday, Oct. 25 – Learn To Self-Publish with Henry Quinlan, Publisher and Author

...and more to come!

Disabled Parking Placards are Not Transferrable....

When a person who holds a disabled parking placard passes away, the placard must be returned to the Registry of Motor Vehicles as soon as possible. A disabled placard is only authorized for use by the person to whom it is issued. Penalties for misuse = \$500 citation & 30 day license suspension! The person using the placard issued to someone else (living or deceased) can face penalties.

Community News:

Save the Date: American Legion Post #188 will be holding a Live Auction on October 14, 2017 at the American Legion building located at 20 Main Street in Sandwich. The American Legion Post 188 provides support and guidance for veterans, military personnel, their families and the community. The assistance comes in such forms as personal assistance, cash grants, donated goods, labor and through programs and scholarships. The Legion supports the community through participation in holiday events and celebrations.

In order to meet these needs, the Legion needs to hold fundraisers. Items such as: one year free residential trash pick-up, golfing adventures, restaurant outings, beautiful jewelry, custom made guitar, and much more!! To catch the eye of the sports enthusiast there are items donated from the New England Revolution, the Boston Red Sox, and even an autographed bottle of wine from former New England Patriot Quarterback Drew Bledsoe.

So please plan on attending this event at 5:30 p.m. on October 14. Can’t come to the auction but want to make a donation, please send your check to the Sandwich American Legion Post #188, Box 956, Sandwich, MA 02563. Please send to attention of Robin Walker.

Come support our Veterans and Military families and have some fun!

Outreach Corner Rita Wahlstedt

****FUEL ASSISTANCE INFORMATION****

Review your mail carefully! The South Shore Community Action Council has mailed your blue fuel assistance recertification. Remember, **all required, updated documents for the 2017-18 fuel assistance season are to be submitted along with the recertification.** If in doubt, or need qualification guidelines, please schedule an appointment for assistance with the Outreach Coordinator, Rita at 508.888.4737. New applicants can apply the last week of September.

Encourage a Senior with Limited Mobility to Get Outside!

There are a number of hurdles that prevent seniors from getting outside. Even a short excursion can take a great deal of energy. If you are caring for someone with mobility issues, the act of going outdoors can be a struggle. Breathing a little fresh air and changing up one's surroundings can do more than help diminish boredom and complacency. **Studies show that people who get outside on a daily basis are less likely to have a wide variety of health problems, like chronic pain or sleep disorders, and are more likely to remain active.**

*Ways for seniors to enjoy time outdoors without having to overexert themselves:

Sit by an open window for a few minutes in the mornings or evenings to read the newspaper or enjoy a beverage, or take a drive to watch the activity at a local marina. Fresh air on the face may inspire one to spend more time outside.

If your loved one's home has a covered patio or porch or a fenced in back yard, get them started on spending time out there.

Set up a bird feeder within view from a window or a porch to bird watch. You can enlist their help with keeping the feeder full.

Consider planting a small garden. Certain plants attract butterflies, and new seedlings are exciting to watch as they grow. This may lead into a visit to a nearby botanical garden.

Even a short jaunt to the mailbox each day will provide a few minutes of fresh air. Adding this to a senior's routine can help them feel useful and improve coordination, strength and stamina

Find ways to incorporate their favorite indoor hobbies and activities with the outdoors. For example, if they enjoy art or crafts, set up their supplies near an open window or on the porch. Find outdoor concerts or performances in their area. Invite their grandchildren over to play outside or host a casual backyard picnic or barbecue. So, get outside, feel the sun's warmth, and breathe in that fresh air! **References by Renata Gelman, RN, B.S.N.**

Volunteer Corner: Pat Ryan

Birthday wishes

Happy Birthday to all our volunteers celebrating a birthday this September! Best wishes to Barbara Enderle, Susan Faria, Pam Horn, Ann Keil, Gilbert Martin, Linda McArdle, and Norma Mederios. Thank you for all you do!

Thursday September 21st Book discussion with Sandwich Public Librarian Colleen Hayes. – See Page Four for information.

Painting Series Coming in September

Introduction to Painting Lessons,
Wednesdays, September 13th – October 18th
12:00PM – 2:00PM – See Page Three for info.

Our **Friendly Visitor Program** has been in existence for more than 30 years! It began when a group of individuals began making social visits to Sandwich Seniors who were confined to their homes and would benefit from a "friendly visit". Today, a dedicated group of volunteers are still visiting those who are homebound in town. If you or someone you know would benefit from a weekly drop in visit, please call the Council at 508 888-4737.

Thank You! We want to thank all of you who shared your overabundance of home grown vegetables with the Council on Aging this summer. We have delivered them to homebound seniors and shared them with those who come into the Center for an appointment or a class.

SHINE UPDATE:**Serving Health Insurance Needs of Elders****MEDICARE'S OPEN ENROLLMENT IS JUST AROUND THE CORNER...**

Don't wait until it is too late!

The Open Enrollment Period (**Oct 15 – Dec 7, 2017**) for Medicare Advantage Plans (Part C) and Prescription Drug Plans (Part D) will be here before you know it and it is **very important** to re-evaluate your Medicare options for **2018** during this period. Each year Medicare plans can change premiums, deductibles, co-pays and the prescription formulary (list of drugs they cover). In addition, Medicare Advantage Plans (HMOs, PPOs) often add and/or drop primary and specialty physicians, skilled nursing facilities and hospitals.

Your current plan is required to notify you by September 30th of any changes for the coming year. This letter is called the Annual Notice of Coverage (ANOC) - please make sure you review it. If you decide to stay with your current plan there is no further action required. If you switch your Medicare Advantage (Part C) or Medicare Prescription Drug (Part D) Plan during the Open Enrollment Period it will take effect January 1, 2018 (Please note - this enrollment period may not affect you if you have retiree coverage).

SHINE appointments fill up quickly so don't forget to call the Sandwich COA at 508-888-4737 late September or early October to make your SHINE appointment for this year's open enrollment.

Remember- don't wait until it is too late. If you don't make a change during the Open Enrollment Period (Oct 15 - Dec 7, 2017) you may have to stay with your existing plan for another whole year.

AARP Foundation Tax-Aide Program: Do you enjoy people? Do you think numbers can be fun? If yes, then we're looking to share the fun with you. Since 1968 AARP Foundation TAX Aide volunteers have been helping low and moderate income taxpayers complete their Federal and State income tax returns free of charge.

New volunteers participate in a training program each fall. Over a three week period of time (twice a week for three weeks) they are trained in the process of

completing tax returns. Counselors, upon passing the required test, are assigned to various centers across the Cape and Islands. Preference is given to centers near their homes. From February through April 15 wonderful people are met and needed help is given. Schedules are flexible and allow for vacation time.

Find out more about the fun you can have by being a Tax-Aide Volunteer Counselor. For more information contact: Pat Zeiss, Volunteer Coordinator at: Patzeiss@juno.com or call 508-255-2292.

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. This program is provided by Pedi-Care Inc.

Call Sandwich COA at 508-888-4737 to make your appointment – second Friday each month.

&&&

GRATITUDE

These are the latest submissions in the Gratitude Box located in the Reception Area.

My heartfelt appreciation for the Sandwich COA Staff: Janet, Rita, Pat, Mary-Ellen, Al (owl), Ginger (chickadee), Mike, and all the other volunteer drivers who are so kind and compassionate to give of their time and efforts to take people, like myself, frequently, to various medical appointments. Hearing a friendly voice on the telephone, seeing a smiling face in my driveway, and the genuine concern for my well- being is truly a blessing.

They are an amazing group of wonderful people who have all touched my life in a very positive way and have left footprints on my heart in the process. Strangers have become friends and I will be forever grateful. Thank you for all that you do. One day, hopefully, I, too, will be healthy enough, able to "pay it forward." You bring light and love into my darkness and isolation and I continue to hope for better days on the horizon. One day, I, too, want to become one of Mike's Maidens and Al's Gals, Bless you all.

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 4th Friday – Mashpee COA 10:00 a.m. – Noon Transportation available. Call Sight Loss Support at 508-394-3904.

Aphasia Community Group/Caregivers - (1st Wednesday) 2nd 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.

Parkinson’s Disease Support Group – (2nd Thursday Mashpee COA 10:00 – 11:30 a.m.

SUGGESTION BOX – We have a **Suggestion Box** in the Reception Area. 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. – (local) or 1:30 p.m. for out of town appointments.**

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.

**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.

MASS HEALTH MEMBERS may be eligible to obtain a PT-1 for transportation. Talk with your primary physician as PT-1's can be used for any of your MassHealth providers including doctors, therapists, dentists, counselors, etc.

**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 \$3.00 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.

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 2017.

2017 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
2017 Memberships run from November, 2016 to October, 2017**

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”
Watch for coming Fundraisers!**

Next Meeting of the Friends will be Sept. 15th at 10a.m.



The Friends of the Sandwich Council On Aging

Post Office Box 107
270 Quaker Meetinghouse Road
East Sandwich, Massachusetts 02537

Letter to our Friends, and other Sandwich Seniors

Dear Friends,

Since Senior Centers were Incorporated in Massachusetts, we have 350 Towns with active Centers. Most with a budget that is less than 1.2% of a City or Town budget. Senior Centers rely on donations, bequests, a line item by our State Legislators that give an ever-changing dollar amount to each Center based on the number of Seniors living in that City or Town. They also very much rely on the Friends for help with programs (sponsoring the entertainment, defraying cost of a meal, etc.). The Town of Sandwich falls into this category. It is the function of The Friends of the Sandwich Council on Aging to raise funds to help defer the costs incurred in providing these services.

Here is my request to those of you, who care, and appreciate the Center's work and want to see our Seniors keep on thriving in their homes and, within their Community.

WE NEED HELP!!!!

VOLUNTEERS DESPERATELY NEEDED. The Friends are looking for a few good souls to assist with Friends of projects.

Volunteers needed.

We need to Recruit:

An Assistant Chair-Person, who will assist our Chair, function in their stead if they cannot make a meeting or an event.

An Assistant Treasurer to learn our system, so someone else has a thorough knowledge of what is happening financially.

A Chair of Communications, dealing with the media when it concerns Friend's issues, giving notification for planned Friends events, and Friend's meetings in all local media. Work with Sandwich Cable on promoting Friends programs and events that will enhance fund-raising.

Chair of the Friend's Membership, help to enlist new members, and follow up on those who wish to apply

EVENT VOLUNTEERS: A COMMITTEE WHO MEETS TO DISCUSS PLANS FOR A COMING EVENT WITH THE CHAIR.

Sign up and let us know how much time you can give to volunteer and when you are available and what kind of events you are interested in being involved in. Please attend our Friend's meeting on September 15 at 10:00 a.m. and let's talk.

Sincerely,

Florence Choate. Email fchoate.81ys @gmail.com

September 2017

COUNCIL ON AGING ACTIVITIES

Mondays	Sept.	Cribbage Group	10:00 a.m.
Thursdays	Sept.	Barber for Men	9-11:30a
Wednesday	Sept. 6	The Fund For Sandwich	11:00 a.m.
Wednesday	Sept. 6	Crafts with Meagan	1:00 p.m.
Thursday	Sept. 7	Geneology	1:00 p.m.
Thursday	Sept. 7	Identity Theft and Scam Prevention	1:00 p.m.
Friday	Sept. 8	Current Events-	10:30 a.m.
Sunday	Sept. 10	Grandparents Day w/Davis Bates	1:00 p.m.
Tuesday	Sept. 12	Attorney Tom Kosman**	10:00 a.m.
Tuesday	Sept. 12	Solo Dining- Lindsey's	1:00 p.m.
Wednesdays	9/13-10/18	Introduction to Painting Lessons	12-2 p.m.
Wednesday	Sept. 13	Pastel Painting w/Greg Maichack	1:00 p.m.
Thursday	Sept. 14	Attorney Michael Lavender	1:00 p.m.
Friday	Sept. 15	"Friends of" Meeting	10:00 a.m.
Monday	Sept. 18	Attorney Mello's Office**	9:00 a.m.
Tuesday	Sept. 19	Geo Blue and Dental Blue 65	1:00 p.m.
Wednesday	Sept. 20	Senior Center Month Luncheon	12:30p.m.
Thursday	Sept. 21	Book Club –	1:30 p.m.
Friday	Sept. 22	Current Events	10:30 a.m.
Wednesday	Sept. 27	Attorney John Kennan**	9:00 a.m.
Wednesday	Sept. 27	"Slip into Fall" w/CC Orthopaedics	11:00 a.m.
Thursday	Sept. 28	"Ankle Pain" w/Dr. Boyle	1:00 p.m.

MONDAY

Seniors on the Go
 7:50 Zumba Gold
 8:00 Walking Group (Wing)
 8:00 Osteo Fitness (Wing)
 9:00 Sandwich Stitchers
 (1st & 3rd)
 10:00 Cribbage
 1:00 Rummikub (down)
 1:00 Painting Group
 8:45 COA Board Meeting (4th)
 3:15 Afternoon Yoga

THURSDAY

Seniors on the Go
 Thursday Shopping Van
 8:00 Walking Group (Wing)
 9:00 Yoga
 9:00 Barber for Men
 10:00 Scrabble (down)
 10:30 Chair Yoga

TUESDAY

Seniors on the Go
 8:00 Walking Group (Wing)
 9:00 Yoga
 10:30 Yoga II
 1:00 Mah Jongg(down)
 1:00 PM Quilters
 3:15 Tai Chi

FRIDAY

Seniors on the Go
 8:00 Walking Group (Wing)
 7:50 Zumba Gold
 9:00 Cardio Fitness
 9:00 **Footcare (2nd)
 10:30 Current Events Discussion
 (2nd & 4th)
 12:30 Men's Poker
 12:30 Hand and Foot (down)

WEDNESDAY

Seniors on the Go
 8:00 Walking Group (Wing)
 8:00 Osteo Fitness (Wing)
 9:00 Cardio Fitness
 10:00 Knitting/Crocheting
 1:00 Massage (1st & 3rd)
 1:00 Bereavement Group
 (2nd & 4th)
 1:30-3:30 Veterans' Agent

****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
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