

SANDWICH COUNCIL ON AGING NEWS

270 QUAKER MEETINGHOUSE ROAD
EAST SANDWICH, MA 02537

PHONE 508-888-4737 FAX 508-833-9154

WWW.SANDWICHMASS.ORG

Volume 32, Issue 2

March 2018

DIRECTOR'S REPORT

Spring is March 20th! New buds will appear on trees and flowering plants will poke through the soil. There is a sense of energy, hope, and new beginnings. Some of us are buying seeds and planning our gardens while others are buying new running or walking shoes and talking friends into long walks or runs at the canal. It's a good time to inventory home repairs that need to be done. You might also consider an energy assessment from Cape Light Compact. No charge! They help make your home more energy efficient and have free incentives and rebates. The number is 800-797-6699.

Scammers are impersonating the Social Security Administration. They call and say that there's been a computer problem and they need to confirm your Social Security number.

- . Don't give out information
- . Don't trust a name or phone number they may give you
- . Check with the Social Security Administration directly if you have questions. 800-772-1213.

The Year's at the Spring by Robert Browning

The year's at the spring;
And day's at the morn;
Morning's at seven;
The hill-side's dew pearled;
The lark's on the wing;
The snail's on the thorn;
God's in his Heaven---
All's right with the world!

A BIG THANK YOU TO:

The Sandwich-Bourne Lions Club

For another Very Successful Pancake Breakfast! The following make this Fund-Raiser possible every year!

Lion Russell Norton-Lion Larry Higgins
Lion Toni Gleason-Lion Scott McCue
Lion Wanda Sissum-Lion Ted Dowling
Lion Donna Dowling-Lion Mark Menkello
Lion Judy Barclay-Lion Joseph Jochnowitz
Lion Dianne Tattersall-Lion Randy Lewis
Lion Karen Lewis AND a Very Special
Thanks To: Ben, Charlotte and Caroline
Kaluzny!

HEALTH MATTERS

A new study from Harvard T.H. Chan School of Public Health finds that inflammation causing properties in foods such as red and processed meats, sugary beverages, and refined grains may be responsible for increasing people's risk of colorectal cancer. Diet is one of the factors that may place the body in a chronic inflammatory state. The study found that chronic inflammation has been linked with cancer, arthritis, cardiovascular disease, and diabetes. One marker for this inflammatory state is the C-reactive protein. Controlling chronic inflammation can include exercise, weight management, medication, and DIET. More studies need to be done on anti-inflammatory foods but the Mediterranean-style diet is a good example of an anti-inflammation diet. Come to our office if you need more information on this diet.

OUTREACH CORNER:

Rita Wahlstedt - COA Outreach Coordinator

3 Types of Adult Day Care

If your loved one lives with you, and you need help so you can go to work or engage in other activities, then adult day care might be the solution for you. Adult day care centers are designed for older adults who need help with activities of daily living. At the centers, seniors are able to socialize, receive assistance and supervision. It's especially beneficial for those who are unable to structure their own daily activities any longer or can't be safe at home alone. In addition, the centers also give caregivers a break, providing peace of mind that their loved one is in good hands. There are varying levels of adult day care that cater to seniors' specific needs.

1. Social Day Care

These facilities focus on enriching seniors' lives through an engaging social community and activities that build upon each individual's skills, knowledge and unique abilities. *Creative expression through arts and crafts, Musical entertainment and group sing-a-longs, Mental stimulation games like bingo, Stretching and gentle exercise like chair yoga, Discussion groups about books, films or current events, Holiday and birthday celebrations, Local outings, Nutritious meals/snacks.*

Some programs provide recreation, transportation to the center, social services, caregiver support groups, and health support services such as blood pressure monitoring and vision screening.

2. Adult Day Health Care (ADHC)

These facilities typically use the term Adult Day **Health** Care, as they provide medical services, physical, occupational, and speech therapy. They are staffed with health professionals and require a physician's health assessment prior to admission. ADH centers provide adults with problems related to stroke, confusion or other conditions with the opportunity to participate in activities in a supervised setting. Joint Medicare/ Medicaid participants may be eligible to receive ADHC from a local Program of All Inclusive Care for Elderly (PACE). Individuals 55+, certified by the state as needing nursing home level care, able to live safely in the community are serviced with these programs.

How to Select a Care Center *

First, start by considering the needs of your loved one. What's important; social activities, mental or physical stimulation, assistance with walking, eating or taking medications?

AgingCare.com

3. Alzheimer's and Dementia Day Care

These programs provide services specifically for seniors with cognitive challenges. In this setting, activities appropriate for the participants' functional abilities are provided in a secure environment to prevent wandering, and the staff has specialized training in dementia care.

How to Select a Care Center *

First, start by considering the needs of your loved one. What's important; social activities, mental or physical stimulation, assistance with walking, eating or taking medications?

AgingCare.com

VOLUNTEER CORNER -

Birthdays wishes our volunteers celebrating a Birthday this March! Best Wishes to Phyllis Mason and Patricia Walsh! Thanks for all you do!

FRIENDLY VISITOR PROGRAM

More than 30 years ago a wonderful group of volunteers started a program to insure that homebound Sandwich seniors would see a friendly face on a weekly basis. Purely social, this important program continues today working to prevent isolation. If you know of someone who would benefit from a visit, please give the COA a call and ask for Pat Ryan, our Volunteer Coordinator.

SHINE NEWS – Are you happy with your 2018 Medicare health Insurance plan?

Now that you are a few months into 2018, let's think about your 2018 Medicare health and prescription plans. Have you had some out of pocket expenses you did not anticipate? Were your co-payments more than you thought they should be? Are you struggling with premium expenses? Do you just need someone to explain what you have for coverage?

SHINE counselors can help explain your policies so you have a better understanding of what your financial obligations are. We can also look to see if you qualify for any assistance programs to help alleviate some of the out of pocket expenses.

You can make an appointment with a SHINE counselor at your local senior center or call the Regional SHINE Office, Barnstable County- Dept. of Human Services, at 508-375-6762.

Upcoming Special Events in March

Consumer Assistance Council Presentation. Wednesday March 7th at 10:30AM

Illegal scams are becoming more common and more sophisticated. The Consumer Assistance Council is a nonprofit agency that works closely with the Attorney General's Office to assist with consumer complaints, fraud, and scams. Come have your consumer questions answered, learn how to file a claim if you have been, and what new scams you should be aware of.

Crafts with Megan – Thursday March 8th 1:00 – 3:00PM. Always fun! Megan will be here once again to host a craft hour. This month's class has a spring theme. Please call to register for this free class.

Solo Dining Tuesday, March 13 1:00 Captain Scott's Restaurant - *Registration required, please call as we do make reservations. 508-888-4737*

St. Patrick's Day Celebration! Wednesday, March 14th at 12:30PM Time to break out those Irish Knit Sweaters and Scully Caps! Join us for a traditional Irish feast featuring Corned Beef and all the fixings! Sing along to your favorite Irish Ballads with popular entertainer, Dave Hickey! Wear your green and join us for this fun, festive celebration!
Call ahead to reserve your spot, cost \$5.00.

Book Club –Wednesday March 21st at 1:30PM. Lower Level- Sandwich Public Librarian Colleen Hayes facilitates this popular book discussion. This month's book club selection is "Pope Joan" by Donna Woolfolk Cross. In this International Bestseller, Cross makes an excellent, entertaining case this work of historical fiction that, in the Dark Ages, a woman sat on the papal throne for two years. Refreshments served. Books available at the COA for you to borrow.

Bingo – Wednesday March 21st 12:00 – 2:00PM Free! Bring your good luck charms and your appetite! Join us for a fun afternoon of refreshments, sandwiches, and BINGO. Prizes and Lunch provided by All American Assisted Living. Space is limited for this event so please call to reserve your spot.

Spring Wreath Class – Thursday, March 22nd at 1:00PM. Artist Phyllis Callan will be here to lead us through a decorative wreath workshop. Learn how color and texture combine to create a beautiful wreath suitable to give as a lovely gift or to keep for yourself. The wreath will include a collection of spring silk flowers on a handmade wreath base. Join us for a relaxed and educational afternoon. Phyllis has taught this popular class throughout Cape Cod. Cost is \$30.00 and includes all materials. Please call 508 888-4737. March 16th is the registration deadline.

Poetry Tea-Wednesday March 28th 1:00-2:30

Love poetry? Join us for "Poetry Down Memory Lane." A wealth of experience combined with a joy for words should lead to some memorable verse. Bring your original work, or an old favorite to read, as we share a literary afternoon with coffee, tea and treats. Sponsored by the Sandwich Arts Alliance in celebration of National Poetry Month, this is a free event at the COA. Please call to reserve your seat! Hope to see YOU there!



Fitness and Wellness

Note: All participants must have a Medical Release Form signed by your Doctor. This form will remain good until there is a change in your Medical Condition. A Registration Form for each session is required. Forms and Payments are due one week before the start of the session. Walk-ins at the start of the class are not permitted. You may only attend the class for which you registered. It is our policy you may try one class to see if it fits your needs before committing to the registration. Prices shown are for Sandwich Residents. Add \$10.00 for Non-Residents

ZUMBA GOLD

MONDAY AND FRIDAY MORNINGS WITH PEG 7:50-8:40AM

Spring 1 March 2nd – March 30th \$45.00

Spring 2 April 2nd – April 30th \$40.00 (no class 4/16)

YOGA

SHERILL

***Gentle Yoga Tuesdays 9:00-10:00**

***Yoga II More Challenging Yoga Tuesdays 10:30-11:30**

Winter January 23rd-March 6th (no class 02/20) \$36.00

Spring 1 March 13th – April 10th \$30.00

Spring 2 April 24th –May 22nd \$30.00

Restorative Yoga Wednesdays 4:30-5:30

Winter January 24th-March 7th (no class 02/21) \$42.00

Spring 1 March 14th- April 11th \$35.00

Spring 2 April 25th-May 23rd \$35.00

Gentle Yoga Thursdays 9:00

Chair Yoga Thursdays 10:30

Winter January 25th-March 8th (no class 02/22) \$36.00

Spring 1 March 15th – April 12th \$30.00

Spring 2 April 26th-May 24th \$ 30.00

TAI CHI-QI GONG

LAUREN - TUESDAYS 3:15

Spring 1 March 6th – March 27th \$20.00

Spring 2 April 3rd- April 24th \$20.00

Tai Chi for balance can enhance one's overall wellness, peace of mind, and balance. Instructor is certified.

Men's Exercise

Get Fit and Social!

Mondays and Thursdays 9-10am – Lower level

Small, friendly group. No instructor.

Light weights and stretching.

Fitness and Wellness

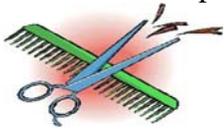
MASSAGE WITH DEE

1ST AND 3RD
WEDNESDAY OF EACH
MONTH
\$1.00 PER Minute with a
15 minute minimum.
Helps reduce stress and
stiffness.
APPOINTMENTS
NEEDED PLEASE CALL
508-888-4737



Fred the Barber!

Thursdays
8:30-11:30
Free men's haircuts!
Donations accepted.



Pedicare Program

Second Friday each
month offered by
trained registered
nurse. Service
provided is: Filing and
reduction of toenails;
smoothing corns and
calluses, massaging.
Cost is \$29 – home
visit \$50. Call the
COA at 508-888-4737
to make your 30
minute appointment.

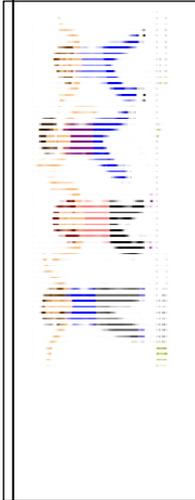


Cardio/Strength Building w/Diane

Wednesdays 7:45-8:45 and 9:00-10:00
Spring 1 March 7th – March 28th **\$30.00**
Spring 2 April 4th-25th **\$30.00**

Fridays 9:00-10:00
Spring 1 March 2nd- March 30th **\$37.50**
Spring 2 April 6th- April 27th **\$30.00**

Saturdays 9:00-10:00
Spring 1 March 3rd- March 31st **\$37.50**
Spring 2 April 7th – April 28th **\$30.00**
**Total body workout-a low impact
dance aerobics and strength
training program.**



Winter Walking Group Inside the Wing School

October 30th- April 27th 8:00-9:00am
Please call 508-888-4737
Registration is required.



FREE OSTEOPATHY PROGRAM: ---- 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.

March 2018 Weekly Programs

	March 2018 Weekly Programs					
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	From the book: "How NOT to Become A Little Old Lady" By Mary McHugh "Wonder why a two pound box of candy can make you gain five pounds!"			1 8:00 Walking -Wing 8:30 Shopping Van 9:00 Men's Exercise 9:00 Yoga 9:00 Barber/Men 10:30 Scrabble 10:30 Chair Yoga 1:30-3:30 Vet's Agent	2 7:50 Zumba Gold 8:00 Walking -Wing 9:00 Cardio Fitness 12:30 Men's Poker 12:30 Hand and Foot	3
4	5 7:50 Zumba Gold 8:00 Walking -Wing 8:00 Osteo Fitness 9:00 Men's Exercise 9:00 Sandwich stiches 1 st /3 rd 10:00 Cribbage 1:00 Rummikub 1:00 Painting	6 8:00 Walking -Wing 9:00 Yoga 10:30 Yoga II 11:30 Am/Pm Quilters 1:00 Mah Jongg 3:15 Tai Chi	7 7:45 Cardio Fitness 8:00 Walking- Wing 8:00 Osteo Fitness 9:00 Cardio Fitness 10:00 Knitting/ Crocheting 1:00 Massage 4:30 Restorative yoga	8 8:00 Walking- Wing 8:30 Shopping Van 9:00 Men's Exercise 9:00 Yoga 9:00 Barber/Men 10:30 Scrabble 10:30 Chair Yoga 1:30-3:30 Veterans' Agent	9 7:50 Zumba Gold 8:00 Walking- Wing 9:00 Cardio Fitness 9:00 Footcare 10:30 Current events 12:30 Men's Poker 12:30 Hand and Foot	10
11	12 7:50 Zumba Gold 8:00 Walking Wing 8:00 Osteo Fitness- 9:00 Men's Exercise 10:00 Cribbage 1:00 Rummikub 1:00 Painting Group	13 8:00 Walking -Wing 9:00 Yoga 10:30 Yoga II 11:30 Am/Pm Quilters 1:00 Mah Jongg 3:15 Tai Chi	14 7:45 Cardio Fitness 8:00 Walking - Wing 8:00 Osteo Fitness 9:00 Cardio Fitness 10:00 Knitting/ Crocheting 4:30 Restorative yoga	15 8:00 Walking- Wing 8:30 Shopping Van 9:00 Men's Exercise 9:00 Yoga 9:00 Barber/Men 10:30 Scrabble 10:30 Chair Yoga 1:30-3:30 Veterans' Agent	16 7:50 Zumba Gold 8:00 Walking -Wing 9:00 Cardio Fitness 12:30 Men's Poker 12:30 Hand and Foot	17
18	19 7:50 Zumba Gold 8:00 Walking -Wing 8:00 Osteo Fitness 9:00 Men's Exercise 9:00 Sandwich stiches 1 st /3 rd 10:00 Cribbage 1:00 Rummikub 1:00 Painting	20 8:00 Walking -Wing 9:00 Yoga 10:30 Yoga II 11:30 Am/Pm Quilters 1:00 Mah Jongg 3:15 Tai Chi	21 7:45 Cardio Fitness 8:00 Walking- Wing 8:00 Osteo Fitness 9:00 Cardio Fitness 10:00 Knitting/ Crocheting 1:00 Massage 4:30 Restorative yoga	22 8:00 Walking-Wing 8:30 Shopping Van 9:00 Men's Exercise 9:00 Yoga 9:00 Barber/Men 10:30 Scrabble 10:30 Chair Yoga 1:30-3:30 Veterans' Agent	23 7:50 Zumba Gold 8:00 Walking -Wing 9:00 Cardio Fitness 10:30 Current events 12:30 Men's Poker 12:30 Hand and Foot	24
25	26 7:50 Zumba Gold 8:00 Walking -Wing 8:00 Osteo Fitness 9:00 Men's Exercise 10:00 Cribbage 1:00 Rummikub 1:00 Painting group	27 8:00 Walking - Wing 9:00 Yoga 10:30 Yoga II 11:30 Quilters 1:00 Mah Jongg 3:15 Tai Chi	28 7:45 Cardio Fitness 8:00 Walking - Wing 8:00 Osteo Fitness 9:00 Cardio Fitness 10:00 Knitting/ crocheting 4:30 Restorative yoga	29 8:00 Walking-Wing 8:30 Shopping Van 9:00 Men's Exercise 9:00 Yoga 9:00 Barber/Men 10:30 Scrabble 10:30 Chair Yoga 1:30-3:30 Veterans' Agent	30 7:50 Zumba Gold 8:00 Walking -Wing 9:00 Cardio Fitness 12:30 Men's Poker 12:30 Hand and Foot	

Support and Services

Foot Care for Seniors:

2nd Friday of each month

A foot care program provided by specially trained registered nurses. Assessments of the feet and lower extremities including, circulation, skin conditions, overall podiatric health, trimming, filing and cleaning of the nails; reduction of thickened toe nails, smoothing of corns and callouses; massaging, moisturizing lotions and powdering of the feet. Cost is \$29.00. Home visits are available for shut-ins for \$50.00. This program is provided by Pedi-Care Inc. Please call the COA at 508-888-4737 to make your appointment.

SHINE COUNSELOR: Will assist you with health insurance questions and needs. Please call 508-888-4737 to schedule appointments.

Alzheimer's Family Support: Free monthly support groups for people living with Alzheimer's or other dementia related diseases and for the caregivers. Separate groups run simultaneously so caregivers are free to bring loved ones with them. For information call: 508-896-5170

4th Thursday of the month at the Sandwich Council on Aging. 1-2:30pm

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. Meets the 2nd and 4th Wednesday of each month at 1:00pm

Free Hearing Screenings at Spaulding Rehab the 2nd Wednesday of each month. Please call 508-833-4141 to schedule your free appointment.

Funding for this newsletter is provided in part, By the Massachusetts Executive Office of Elder Affairs and by our advertisers. Thank You!!!

Aphasia Community Group/Caregivers:

Spaulding Cape Cod, the 1st Wednesday of each month in the 2nd floor dining room. Aphasia group meets in the dining room and Caregivers meet next door. Contact Barbara Fitton for additional information 508-833-4268

Parkinson's Disease Support Group:

Meets the 2nd Thursday each month at the Mashpee COA from 10:00am to 11:30am

Sight Loss Support Group for Visually

Impaired: Mashpee COA meets the 4th Friday each month at 10:00 am to 12:00pm. Transportation is available. Call Sight Loss Support at 508-394-3904

ELDER SERVICES OF CAPE COD AND ISLANDS:

Elder Luncheon Program:

Healthy, delicious hot meals are served at the Sandwich Housing Authority, 20 Tom's Way, and 4 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 Friday. Reservations need to be made by calling 508-888-2965

COUNSELING OPTIONS:

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 please contact the referral department at 1-800-394-4630

Transportation Options:

Provided by the Sandwich Council of Aging:

Van/Bus Transportation 9:00am – 2:00pm

Call for availability to schedule a ride to COA programs, hairdressers, local errands, doctors and more! **Please book appointments no earlier than 9:30am (local) and no later than 2:00pm (local). For out of town appointments please do not book after 1:30pm.**

Call the Sandwich Council of Aging at 508-888-4737 as soon as possible 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.*

For Transportation to **medical appointments** please limit these appointments to routine visits only. We ask for at least 3 days advance notice so that we may make arraignments with our volunteer drivers.

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

Donations may be given to the driver

Suggested- Sandwich, Mashpee \$5.00, Bourne, Hyannis \$10.00, Falmouth, Yarmouth \$15.00
Plymouth, Wareham \$20.00

Cape Cod Regional Transportation

Rides to Boston: Travel from Cape Cod direct to Boston Hospitals on a wheelchair accessible bus.

Monday – Fridays (no holiday service)

Pickup locations Mid and Upper Cape

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

8:15 Sagamore (bridge commuter lot)

Reserve by 11:00am the day before. Cost is \$30 round trip; \$15 one way. Reservations can be made by calling 1-800-352-7155. Medical appointments should be made between 10:00am and 2:00pm.

Bus leaves Boston no later than 3:00

Cape Cod Regional Transit Authority Fixed Bus Routes

CCRTA has fixed bus 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 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. The COA is a stop on the route!!

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 Care Physician in regards to obtaining one. PT-1's can be used for any of your Mass Health providers.

LEGAL ASSISTANCE

Atty. Mello's office, 3rd Monday of the month.

Financial security, health care choices, trusts, will & estate management.

Atty. Tom Kosman 2nd, Tuesday of the month.

Housing problems, government benefits, health law, guardianship, reverse mortgage, and consumer

Atty. Michael Lavender, 2nd Thursday.

Elder law, trusts, estates, and wills.

Atty. John Kennan 4th Wednesday. Wills, trusts, estates, asset protection

*Home visits can be arranged if you're homebound.

Appointments are in the mornings. Please call 508-888-4737 to schedule appointments.

Meetings

COA Board of Directors-4th Friday 8:45

Lower Level

“Friends Of” Board of Directors-

A reminder:

The Sandwich Senior Center offers many legal, financial, recreational, medical screenings or other services and/or activities by volunteer or nominal-cost practitioners. Seniors participating in these services/activities do so with the understanding that the Sandwich Senior Center, Sandwich COA, Town of Sandwich or its Employees do not assume any legal or other responsibility for any advice or services rendered by such volunteer or for nominal-cost practitioners.

Any act or advice or service by outside providers at the Council of Aging should not be presumed to be endorsed and sponsored by the Council of Aging.

Funding for this newsletter is provided in part by the Massachusetts Executive Office of Elder Affairs and our advertisers. Thank you!!

Please let us know if you would like to receive the newsletter by email!

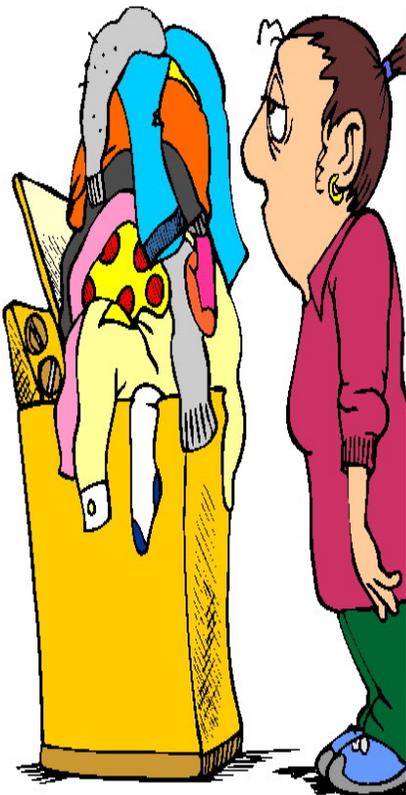
mesteeves@townofsandwich.net

PUBLIC SERVICE ANNOUNCEMENTS

BOSTON BRUINS PJs DRIVE LAUNCH



The Sandwich Public Library is once again supporting the Boston Bruins PJs Drive and you can help! Our library has participated for three years in a row. Please consider donating NEW pajamas, sizes Infants to Teen/Large. The larger sizes are especially appreciated. The PJ Drive runs February 3rd through March 15th and a donation box is located outside of our Children's Room. Our 2018 Goal is to collect 1001 PJs. Donations are distributed locally as well as throughout the state through the Cradles to Crayons organization. If you would like to consider contributing monetarily, \$10 equals a pair of pajamas and checks can be made out to CradlesToCrayons. Thank you! The Sandwich Council on Aging, once again has agreed to be an additional drop off site. See the drop-box in the office.



GOT CLOTHES? PILES OF CLOTHES? PILES AND PILES AND PILES OF CLOTHES???

Let us help you with your cleaning and put those unwanted piles to good use!

6th graders at the Oak Ridge School have teamed with SAVERS and are holding a clothing drive to raise money for an educational trip to Yellowstone this summer.

Until June 2, we will be collecting used clothing, shoes, bedding and towels. We are happy to pick up donations at your home!!

Simply call, text or email Alison Bruno at 774-238-6904

Or arbruno825@gmail.com to arrange pickup.



Alzheimer's Family Support Center of Cape Cod

New Support Groups at the Sandwich COA

Beginning in February, the Alzheimer's Family Support Center will offer free monthly support groups for people living with Alzheimer's or other dementia-related diseases, and for their caregivers. Separate groups run simultaneously so caregivers are free to bring their loved ones with them. For questions, or to sign up, please call (508) 896-5170.

Alzheimer's/Dementia Caregiver Support Group & Activities Group for People with Alzheimer's/Dementia 4th Thursday of the month, 1-2:30 Sandwich Council on Aging 270 Quaker Meeting House, East Sandwich

The Alzheimer's Family Support Center, a 501(c)3 nonprofit, provides free comprehensive support services for families and individuals living with Alzheimer's and other dementia-related diseases. For information, please call (508) 896-5170 or email support@capecodalz.org

STAYED TUNED

B
O
C
C
E

The Friends of the Sandwich Council on Aging are teaming up with the Samaritans To start a local Bocce Tournament!
Bocce, also known as Italian lawn bowling, is one of the most widely played games in the world and is one of the oldest lawn or yard games. Best known in Italy, where you may see a group of retired Sicilians gathered in a town square for a daily afternoon game, bocce has been gaining popularity in the United States and other locations. Its pros: the game is simple, can be played by people of all ages and skill levels, and you can use just about anything as a bocce court. Tentative date is May 12th (rain date May 13th)
Watch and Listen for more coming details!!



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.

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)

2018 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

2018 Memberships run from November, 2017 to October, 2018

2018 Dues and Donations

Mary Ann & Robert Alunni
 Lou & Lorraine Anzaldi
 Ellen Boissevain
 Richard Brown & Gwen Brown
 Jacqueline Carleton
 Jamie Carr
 Elaine Cipriani
 Pater & Dawn Closson
 Jack & Kathy Cuddy
 Edward & Darrylle Curran
 Geraldine Doran
 Joan Foley & Rita O'Leary
 P J Hamel
 Charlotte Hart
 Barbara Herndon
 Bob & Barbara Joyce
 Judith Keene
 Sandra Krafton
 Peter & Frances Lynch
 Jacquelyn Mague
 Maggie & Steve Mahoney
 John Hendricksen & Diane Martin
 Lillian Matthews
 John & Marie McCormack
 James & Jennifer McCormick
 Frances McGlynn
 Jim & Marian McLoughlin
 Alan & Ann McNaughton
 Frank & Lorraine Miller
 Mizue Murphy
 Violet & Albert (Bud) Olsen
 Carol & William Pansire
 John Piantedosi
 Carl & Nancy Rose
 Edward & Helena Sarro
 Ralph & Nancy Spunzo
 Clarence & Leah VanBuskirk
 Josephine Weisdorfer
 Bob & Sheila Wentworth
 Eleanor Winslow
 Karen Zak
 Joni & Maries Billard
 Teresa Belanger
 Francis N & Judith L Ciccone
 Elizabeth Hewitt
 Jeanette Jones
 Barbara MacLean
 Karen Miller
 Eleanor Morey
 Susan Oates
 Bridget Powers
 Barbara & Al Powers
 Paul & Clare Schrader
 Robert Skrickis

**In Honor
 Of
 Debra Worrall
 From
 Anonymous**

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!

Richard Brown & Gwen Brown
 Jacqueline Carleton
 Jamie Carr
 Charlotte Hart
 John Hendricksen & Diane Martin
 Lillian Matthews
 John & Marie McCormack
 James & Jennifer McCormick
 Frances McGlynn
 Alan & Ann McNaughton
 Frank & Lorraine Miller
 Mizue Murphy
 Eleanor Morey
 Susan Oates
 Carol & William Pansire
 Bridget Powers
 Ralph & Nancy Spunzo

**In Memory Of
 Joanne
 Heatley
 From
 Marian & Jim
 McLoughlin**

**In Memory Of
 Joanne
 Heatley
 From
 Mary-Ellen
 Steeves**

**In Memory Of
 Holly Lynn
 Closson Duarte
 From
 Peter & Dawn
 Closson**