

SANDWICH COUNCIL ON AGING



NEWS

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We're Here For You!

May 2015

May is Older American's Month...a month to appreciate and celebrate the aspirations and vitality of older adults and their contributions to our community. The theme for 2015 is:

SENIOR CITIZEN OF THE YEAR IS.....

Marian McLoughlin

The Council on Aging Board and staff congratulate Marian. Her nomination information states: COA Board – 9 ½ years; Elder Services Liaison; Friends of COA Liaison – 10 years; Organized two Seaside Fairs, Volunteer for First Night Celebration 2014, Volunteered with senior dentistry program (SMILE) at Sandwich COA, volunteers for the Sandwich Meals on Wheels meal delivery, was the Facilitator for the Sandwich COA program 'Aging Mastery Program' (a National COA grant program).

Congratulations Marian! We value your service.

Happy Mother's Day!!

NEW PROGRAM: *Ballroom Dance Classes*
Deb Israel is back!! Starts Tuesday, May 5 – See Page Three for additional information.

NEW SERVICE: *The Council on Aging Board voted unanimously to offer transportation to senior citizens to attend Town Meeting – Monday, May 4. There needs to be at least three people, you must stay for the entire meeting and you must sign up by Tuesday, May 1st at noon.*

Also, did you know that if you need an assistive hearing device at town meeting, they are available – you must sit in the left hand front section of the auditorium.

MySeniorCenter...

Sandwich COA staff are in the beginning stages of implementing a program called 'MySeniorCenter'. It is new for us but not for many Senior Centers in Massachusetts and throughout the country. This program will help us to track the volume of people we have coming in to participate in our programs, activities, events, etc. When we are ready you will be given a small key tag to put on your key chain. When you come to a program or activity, you will scan your key tag and then touch the screen on the appropriate activity for that day. We will have a volunteer available to assist you until you feel comfortable with the program.

With the growing demographics, this program will help us accurately track the number of seniors we serve which we hope will enhance our ability to qualify for increased funding and grants to expand our services to you.

This is a change for all of us but this change will be good. Have patience – together we will make this program a success.

HOPE HEALTH – WALK FOR ALZHEIMER'S
Sunday, May 17, 2015
Cape Cod Canal

Registration at 9:00 a.m.

Walk is at 10:00 a.m.

Sign up at HopeHealthCo.org/Walk

When you walk, you help thousands in our region receive essential care and support services: assessment, individual and group counseling, education, telephone support, respite care – and so much more. Get involved now.

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.

Zumba Gold	Peg
Monday/Friday mornings	7:50 – 8:40 a.m.
Spring #2 May 4 – 29 (no 25)	\$35
Spring #3 June 1 – 29	\$45
Tuesday evenings	5:15 p.m. (note time change)
Spring#2 May 5 – 26	\$20
Spring#3 June 2 – 30	\$25

Registration forms with check due one week before first class. No walk in registrations permitted.

Walking Group (led by Bob) – Mondays and Thursdays at 9:00 a.m. NOTE CHANGE: Meet at the COA at Human Services Building. Walk the new sidewalk.. Doctor’s release required – please call the Sandwich COA to sign up for this great program.

YOGA CLASS -- TUESDAYS	Sherill
9:00 a.m. – 10:00 a.m. GENTLE YOGA	
10:30 a.m. – 11:30 a.m. MORE CHALLENGING	
Spring #1 April 7 – May 19 (no 4/21)	\$36
Summer #2 June 2 – July 7	\$36
YOGA CLASS -- Thursdays at 9:00 a.m.	Sherill
CHAIR YOGA – Thursdays at 10:30 a.m.	Sherill
Spring #1 April 9 – May 21 (no 4/23)	\$36
Summer#2 June 4 – July 9	\$36

Tai Chi – Qi Gong Tuesdays 1:00 p.m.	Ya-Li Ho
Spring#2 May 5 – 26	\$20
Spring#3 June 2 – 30	\$25

Tai Chi – for balance: can enhance one’s overall wellness, peace of mind, and balance. Qi Gong – focuses on breathing and the movement of Qi (energy) within the body.

Pre-registration and payment is required one week before first class of each session. No walk-in registrations allowed.

Don’t Forget....the VNA Young at Heart Program
Wed. and Fridays at 9:00 a.m. Contact the VNA at 1-888-557-9994 for program/registration information. Great work out with great instructors!

MASSAGE: 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.

Fusion Fitness -- Saturdays 9:00 – 10:00 a.m. Susan
Spring #1 May 2, 9, 16 (no 5/23) 30; June 6 – 27 \$48
Summer #1 July 11 – August 29 \$48
Incorporates elements of free-weight training, yoga postures and Pilates movements. **Pre-registration and payment is required one week before first class of each session.**

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, E. Sandwich. 508-888-8007

Evening Yoga – Mondays 5:30 – 6:30 p.m.	Susan Norton -- Beginner/Gentle Yoga
Spring #1 May 4 – 18	\$15
Spring #2 June 1 – 29	\$25

Pre-registration and payment is required one week before session. No walk-in registrations.

FOOT REFLEXOLOGY
First Thursday each month we will be offering Foot Reflexology. Appointments are 30 minute minimum at \$30 (\$1 a minute) beginning at Noon. – 3:00 p.m. Cynthia Flaherty is a Certified Practitioner in Reflexology.

Please call the Sandwich COA at 508-888-4737 to schedule your appointment.

Restorative Yoga – Thursdays -- 1:00 P.M. Sherill	
May 7, 14, 21	\$25

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

MAY PROGRAMS:

BALLROOM DANCE

Tuesdays, May 5 – 26 at 3:00 p.m.– Lesson and Dance taught by Deb Israel \$32 for the session You will receive a lesson and then dance for the hour. Great exercise and fun as well! Register with the Sandwich COA – 508-888-4737. Deadline to sign up and pay is Monday, May 4 at noon.

Genealogy Program- Starting at the Beginning
Wednesday, May 6th from 1:00 – 2:00PM

Tracing your family roots is a great way to make history come alive in a fun and personal way. Join us as experienced local genealogist Judy Hendy explains how to begin the journey using Ancestry.com. Bring your questions and get started discovering where you came from. This one hour presentation is the beginning of a monthly genealogy meeting here at the COA.

Please call 888-4737 to register for this fun class.

Thursdays, May 7, 14, 21 at 1:00 p.m.
RESTORATIVE YOGA \$25

Restorative Yoga poses are designed to open the body in a gentle and comfortable way. There is no forcing oneself into uncomfortable positions in this style of practice. Restorative Yoga focuses on relaxing the body in restful postures using props (i.e. pillows and blankets) allowing gravity to gently open tight spaces in the body. This practice helps to lower heart rate, reduce blood pressure, relieve pain and stimulate the immune system while providing gentle stretching and deep relaxation. A rehabilitative practice that is gentle and inviting for *all levels*. Bring a mat, pillow, beach towel and blanket. Some mats available upon request.

You must register for this demo by calling Sandwich COA at 508-888-4737.

Friday, May 8 and 22 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. Join this very welcoming group.

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

Monday, May 11 at 1:00 p.m. MYSTERY BOOK CLUB MEETING – NEWS FLASH!! Hear Yea – Hear Yea Do you like to read? Join people with similar interests. Have you a favorite author? No author selected... suggestions welcome. Join us!

It would be helpful if you would call to let us know you will be attending – Sandwich COA at 508-888-4737.

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

The restaurant for May is Wimpy’s in Osterville. 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, May 8.**

Wednesday, May 20 at 12:30 p.m. LUNCHEON AND ENTERTAINMENT

Friends of Sandwich Council on Aging is hosting a luncheon to celebrate Older American’s Month. Luncheon will be at **Dan’l Webster** and entertainment will be **Liz Saunders!**

Luncheon will be the Grand Buffet with soup and dessert. Cost is \$25 per person payable to Friends of Sandwich COA. Deadline to sign up is Thursday, May 14 at noon.

Call Sandwich COA at 508-888-4737 to sign up for this fun event. It will also be your last chance to purchase raffle tickets for the quilt!

Thursday, May 21 ALZHEIMER’S SUPPORT GROUP MEETING 1:00 – 2:00 P.M.

Open to all that are care giving a loved one with Alzheimer’s or other dementias.

Wednesday, May 27th at 10:30AM
National Marine Life Center Presentation
Kathy Zagzebski, Director of the National Marine Life Center in Bourne will join us to discuss the stranding of over 1235 sea turtles this winter on Cape Cod and their rehabilitation this winter at NMLC. Come learn the important work this hospital is doing to insure the safety of these and other local marine animals. Light refreshments served.

Call Sandwich COA at 508-888-4737 to register.

entertainment. Please feel free to wear your favorite hat and gloves—and perhaps a boa! Men are very welcome to come and enjoy!

Cost is \$5.00 per person. Registration and payment due June 1. Register at Sandwich COA – 508-888-4737.

SHINE NEWS:
Need help with prescription drug costs?
Prescription Advantage may be your answer!

Prescription Advantage is a state-run program which assists many elders with the costs of their medications. Eligibility is based on *income only* and there is *no asset limit!*

Who can join?

If you are a **Massachusetts resident, eligible for Medicare**, and are:

- 65 years or older with an annual income at or less than \$58,850 for a single person or \$79,650 for a married couple OR
- Under 65 years and disabled, with an annual income at or less than \$22,128 for a single person or \$29,948 for a married couple.

You may also join... if you are 65 years or older and **not eligible for Medicare**. There is *no income limit*.

There is no charge for joining Prescription Advantage, if you have an annual income at or less than \$35,310 for a single person and \$47,790 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes.

Call Prescription Advantage today to enroll on the phone. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say **2**. You may also apply on line by going to www.prescriptionadvantagema.org .

For further assistance with any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Please call us to schedule a SHINE appointment – Sandwich COA – 508-888-4737.

Wednesday, June 3 at 2:00 p.m.
Off to Africa- Travelogue
 Join us for a trip to Africa from the comfort of your own chair. **Ellen Swain** recently returned from an **African Safari**, traveling through Kenya and Tanzania. She will share her trip into the wild with us through stories and pictures. If you've always wondered what it might be like to be part of a Safari, this is your chance to experience the wonderful continent of Africa. Light refreshments served.

Register at the Sandwich COA, 508-888-4737

Wednesday, June 3 at 11:00 a.m. TICKS AND TICK BORNE ILLNESSES presented by Deirdre Arvidson, Barnstable County Department of Health & Environment.

Please plan to attend this presentation – the goal of which is to raise awareness about ticks and the diseases they carry. Most of us are out in the environment – gardening, walking, walking pets, at the beach, etc. Learn about the newest diseases being tracked by Barnstable County Dept. of Health & Environment.

Call Sandwich COA at 508-888-4737 to sign up. Refreshments served.

Wednesday, June 10 at 1:00 p.m. FRIENDS SHARE FRIENDS TEA This event is sponsored by 'Friends of Sandwich COA'.

All you need to do is bring a Friend! (man or woman!), your favorite teacup, and we'll serve finger sandwiches, assorted pastries, tea and

Outreach Corner: Rita Wahlstedt

**National Multiple Sclerosis Society
Financial Assistance Program**

The Greater New England Chapter's Financial Assistance Program aims to support independence, safety, health, and quality of life for people living with MS. We support needs in the following categories: air conditioners; transportation to medical appointments; emergency needs; short-term counseling; home and auto modifications; medical equipment; and home and respite care. We also help to identify other potential funding sources.

Eligibility: Any person diagnosed with MS, living in Maine, Massachusetts, New Hampshire, Rhode Island, or Vermont, may apply for financial assistance. A person is eligible to receive financial assistance from the Greater New England Chapter once per year. All applications must be approved before the purchase of goods and/or services. We are unable to provide reimbursement for items or services already purchased. To learn more or to receive an application, call us at 800.344.4867 or e-mail us at generalmailbox@nmss.org

The LOST & FOUND has items that were left or located on the premises. Please stop by the COA and check to see if we have your eyeglasses, sunglasses, hat, gloves, thermos, jacket or other items!

Fuel Assistance Intakes – South Shore Community Action Committee has announced the season has been extended to May 15, 2015 to apply. Note – the time period for deliveries and utility bills incurred remains April 30, 2015. Call Sandwich COA to apply if you are a Sandwich resident.

REMINDER – NEW LAW IN MASSACHUSETTS

As of April 7, Law requires that front and rear motor vehicle lights be activated in all of the following conditions: when windshield wipers are on; when low light or weather conditions prevent other vehicles or persons from being seen at 500 feet; and from ½ hours after sunset to ½ hour before sunrise. Violation is a surchargeable minor motor vehicle law violation for insurance purposes.

Volunteer Corner: Pat Ryan

Happy Birthday to all out volunteers celebrating a birthday this May. Best Wishes to Rita Ballou, Muriel Garrison, Janet Hannon, Linda Hart, John Lamb, Mary Meeker, Dot Nicolazzo, Irene Papy, Alice Paul, Neal O'Brien, and Nancy Winkler! Thanks for all you do!

Technology Help Desk - CONNECTIONS

Have you recently purchased an iPad, iPhone, Nook, or a digital camera and need some help getting started? Learn how to upload pictures and download apps and books. The Sandwich Council on Aging is pleased to offer a new program called **Connections**. Created to help answer your questions on technology, volunteers are available at the Senior Center weekly to answer your questions and help you understand your devices.

Please call the Council on Aging at 888-4737 for times and availability.

***Sandwich Chamber of Commerce
Volunteers Needed!***

Do you enjoy talking with people? Are you knowledgeable about Sandwich and Cape Cod in general? Can you give a two, three, or four hour block of time, one day each week, from May through October? We have a few shifts opened and are also accepting substitutes. Our shifts typically run 10 – 2 and 2 – 5 but are very flexible in altering the hours covered.

The Sandwich Chamber operates the Visitor Information Center on Route 130, and volunteer greeters are needed to staff the seven-day schedule.

Tourists' questions range from what can we do here? To how do we get there? Benefits include sharing your love of our historic town and the Cape itself with travelers from around the country and throughout.

If this sounds like something you would enjoy, please call Sandwich Chamber of Commerce at 508-833-9755 and ask for Diane Martin.

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.

ALZHEIMER'S SUPPORT GROUP --

Third Thursday at 1:00 p.m.

Facilitator is Maureen Bradley

TAX CREDIT PROGRAM...

Just a reminder ... applications are being accepted for the next fiscal year 2016 (7/1/15 – 6/30/16). This program is available to full time (year round) Sandwich residents (as of July 1 of the prior year) age 60 or older. You must reside in the property for which the tax credit is requested and own no other property elsewhere and receive no other tax credit or exemption.

The goal of the program is to match municipal work opportunities with eligible senior citizens to provide property tax relief; to acknowledge and affirm skills, talents, and abilities of senior citizens and to increase senior citizen involvement in local government and the community.

Currently, the tax credit received for completing 83 hours of service is \$750.

Applications are available at the Sandwich Council on Aging office as is additional information.

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.*

REMINDER: *We have college courses on tape you can borrow.* These tapes are on subjects such as Symphonies of Beethoven, Classics of American Literature (seven parts), Great Ideas of Philosophy, Shakespeare, How to Listen to and Understand Opera. Many of these courses are in series form (Part 1 – Part 7). We have many more subjects. Stop by to check out the list.

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.*

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.

**FRIENDS OF SANDWICH COA
QUILT RAFFLE**

A beautiful quilt donated by the Sandwich Stitchers to the Sandwich Council on Aging to support our efforts towards fundraising for needs in a new Senior Center. Quilt is on display at the COA office and tickets are available. Stop by and purchase your tickets and support the COA & Friends.

You might just be the lucky winner!

SENIOR CENTER BUILDING NEEDS FUND:

The Friends of Sandwich Council on Aging oversees a Senior Center Building Furnishings/Equipment Needs fund to help provide adequate space and/or furnishings for seniors and the fast growing numbers of baby boomers. Funds could be used at our current facility or a new one.

If you would like to help, please make your tax deductible donation to the Friends of Sandwich Council on Aging Building/Furnishings Fund. You can send this donation to: Friends of the Sandwich COA, Box 107, Sandwich, MA 02563 and note that it is for the Building Needs Fund. Together we can build for now and the future.

We have the conceptual rendering of the building and the space design with the feasibility study done – we now need YOUR support.

HELP US SAVE DOLLARS!

Please remember to notify us to stop your newsletter if you should go away for a few months. The cost of returned mail is increasing! Please help us save funds.

Also, another way you might want to help us save is by receiving the newsletter via e-mail. Contact Mary Ellen if you want us to e-mail the newsletter to you.

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.

ACTIVITIES UPDATE:

Scrabble – This group meets Thursdays from 10:00 a.m. – noon. Always open to new scrabble players. This group plays in the lower meeting room.

Mah Jong –
now meeting in lower meeting room 1:00 p.m.

Monday Painting Group—would like to invite anyone who is interested in painting to join them from 1:00 – 4:00 p.m. on Monday afternoons. They are a friendly group with beginning and more experienced artists. Stop in on a Monday afternoon to meet the group.

Tuesday Afternoon Quilting Group—meets 1:00 – 3:00 p.m. (**Now meeting upstairs – back meeting room**). If you are interested, stop by to meet the group. Bring your project. New quilters always welcome!

Friday Afternoon Hand and Foot Card Group – meets 12:30 – 4:00 p.m. lower level.

Men’s Poker – Friday Afternoon - 12:30 p.m.
Various games

COMMUNITY NEWS:

Adult Day Health Services (ADH) are the most cost effective option for seniors needing health services, therapeutic activity, nutrition, social services or respite for caregivers.

Cape Cod Healthcare operates one of the four medical programs on Cape Cod here in Sandwich. Financial assistance for qualified seniors and transportation available. Call Tradewinds ADH for questions or referral at 508-833-0223.

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.

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 9:30 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.

**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.

Meals on Wheels Driver Volunteers Needed:

Volunteer drivers are needed to deliver meals to Sandwich residents. If you can volunteer a few hours each week please contact Sandwich Nutrition office at 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.

Consumer Assistance Council provides free assistance to consumers to resolve problems with businesses, operates a consumer information and referral hotline. They handle hundreds of complaints a year and recover hundreds of thousands of dollars every year. Call 1-800-867-0701 or 1-508-771-0700.

2015 MEMBERSHIP DUES ARE DUE!!!

2015 Memberships run from October, 2014 to September, 2015

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**

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 NEED YOU!

The Friends are looking for a few good Board members. Several of the current members have served for years and now have other obligations that they need to focus on. We need to fill the positions of Treasurer and Secretary. The treasurer's position would entail basic accounting and some computer experience (excel). Board meetings are held once a month and are open to the public. If interested, please contact the Arleen Marks at 508-420-0303

Please help support Sandwich Seniors

What if ... Workshop
Saturday June 13, 2015
11:30 am - 1:30 pm
First Church Sandwich, UCC
136 Main Street in Sandwich Village

Co-sponsored by First Church and the Sandwich Council on Aging

WHAT IF something unexpected were to happen to you? Would your family or trusted friends know about your finances, who to contact, your important documents, (*do you have your important documents in place??*) final wishes, family medical history? Please join us for an interactive workshop that will help you give your loved ones the most precious gifts of all: preparedness and peace of mind.

For just \$25 (the cost of the Workbook) workshop attendees will be led through the steps of filling out the *What if ... Workbook*, a fill in the blank organizational guide created by Scituate author Gwen Morgan, inspired by her work with hospice, the elderly, and personal experience. We will discuss finances, contacts, documents, final wishes, family medical history, legacy, and much more! Each participant will take home a filled in Workbook that one day will help your loved ones ensure that your affairs are in order and your final wishes are honored and respected. A light lunch will be served prior to the workshop. **Procrastinate no more!** Give the Gift of Preparedness to your loved ones.

To register, please email Cathy at c.ode@firstchurchsandwich.org or call 508-888-0434 or Sandwich COA at 508-888-4737.

Pre-register and pre-pay by June 6 for a \$5 discount! Walk-ins also welcome on June 13.

Take the opportunity to make crucial decisions BEFORE a crisis happens!

We are trying to organize a day trip on Monday, June 29 with

Yankee Line Tours to see the Latshaw Pops Orchestra's



“ROCK – POP and DOO-WOP”



featuring the Music of the 50s, 60s and 70s

The price will be \$82 and pick up will be at the Sandwich COA

IF we get 35 people. Please call the COA (508) 888-4737

to sign up if you would be interested in this trip. Further information will be in the June newsletter.

MAY 2015**COUNCIL ON AGING ACTIVITIES**

Thursdays	May	Barber for Men	9:00-11:30
Wednesday	May 6	Massage Therapy**	1:00 p.m.
Wednesday	May 6	Genealogy: Tracing Your Roots w/Judy Hendy	1:00 p.m.
Friday	May 8	Current Events	10:30 a.m.
Monday	May 11	Mystery Book Club	1:00 p.m.
Tuesday	May 12	Attorney Tom Kosman**	10:00 a.m.
Tuesday	May 12	Solo Dining- Wimpy's	1:00 p.m.
Thursday	May 14	Attorney Michael Lavender**	1:00 p.m.
Sunday	May 17	Walk For Alzheimer's-Cape Cod Canal	9:00 a.m.
Monday	May 18	Attorney Mello's Office**	9:00 a.m.
Monday	May 18	COA Board Meeting - Lower Level	11:30 a.m.
Wednesday	May 20	Luncheon at the Dan'l Webster	12:30 p.m.
Wednesday	May 20	Massage Therapy**	1:00 p.m.
Thursday	May 21	Alzheimer's Support Group	1:00 p.m.
Friday	May 22	Current Events	10:30 a.m.
Wednesday	May 27	Attorney John Kennan**	9:00 a.m.
Wednesday	May 27	National Marine Life Center w/Kathy Zagzebski	10:30 a.m.
Save the	June 3	Ticks and Tick Borne Illnesses	11:00 a.m.
Dates	June 10	Friends Share Friends Tea	1:00 p.m.

MONDAY

Seniors on the Go/ by appointment
7:50 Zumba Gold
9:00 Walking Group
9:00 Men's Exercise Class
9:00 Sandwich Stitchers (1st & 3rd)
11:30 COA Board Meeting (4th)
1:00 Painting Group
1:00 Book Club (2nd)
5:30 Yoga

TUESDAY

Seniors on the Go/ by appointment
9:00 Yoga
10:00 AM Quilters
10:30 Yoga II
1:00 Mah Jongg
1:00 PM Quilters
1:00 Tai Chi
5:15 Zumba Gold

WEDNESDAY

Seniors on the Go/ by appointment
9:00 VNA Young at Heart
10:00 Knitting/Crocheting
1:00 Massage (1st & 3rd)
1:00 Bereavement Group (2nd & 4th)
1:00 Bridge (Lower Level)
1:30-3:30 Veterans' Agent

THURSDAY

Seniors on the Go/ by appointment
Thursday Shopping Van
9:00 a.m. Walking Group
9:00 a.m. Yoga II
9:00 a.m. Barber for Men
9:00 a.m. Men's Exercise
10:00 a.m. Scrabble
10:30 a.m. Chair Yoga
1:00 p.m. Alzheimer's Support (3rd)

FRIDAY

Seniors on the Go/ by appointment
7:50 Zumba Gold
9:00 VNA Young at Heart
9:00 **Footcare (2nd)
10:30 Current Events Discussion
(2nd & 4th)
12:30 Hand and Foot
12:30 Men's Poker Club

SATURDAY

9:00 Precision Sculpt

**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

The Friends of Sandwich COA wish to thank you for your dues,
 donations,
 donations to the Building Needs Fund and support during 2015.

<p>Lou/Lorraine Anzaldi Susan Baird Teresa Belanger Katherine Currie Tom/Jean Dockery Margot/Charles Dustow Bruno/Doris Ferretti Priscilla Fields Brenda Flynn Christopher Hall Mark Haney Barbara/Bob Herndon Elizabeth Hewitt Olive Hoxie MaryAnn/Charles Jurkiewicz Alexandra Karacalidis Jacqueline/Roy Keel Judith Keene Todd/Robin Lafleur Betty Landers Peter/Suzanne Lincoln John/Ellen McHugh Sandra MacQuade Norma Medeiros Thomas/Dorothy Morrissey Patricia Muldoon</p>	<p>Joseph Piazzi Mary Powers Linda Podryhula Jacquelyn Putnam Joseph/Mary Ann Roche Patricia Sanford Jacqueline Staples Jean Stutzman Marie Sullivan Dorothy Sykes Bud/Betty Thiesing Paul Washburn</p> <div data-bbox="646 898 1003 1297" data-label="Image"> </div>	<div data-bbox="1182 365 1393 541" data-label="Image"> </div> <p><i>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!</i></p> <p><i>SUSAN BAIRD</i></p> <p><i>MARGO & CHARLES DUSTOW</i></p> <p><i>NORMA MEDEIROS</i></p> <p><i>MARY POWERS</i></p> <p><i>K. MAURINE SMITH</i></p>
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