

# SANDWICH COUNCIL ON AGING



# NEWS

Jtimmons@townofsandwich.net

www.Sandwichmass.org

PHONE 508 888-4737

FAX 508 833-9154

270 QUAKER MEETINGHOUSE ROAD, EAST SANDWICH, 02537

DIRECTOR: JANET TIMMONS

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We're Here For You!

November 2017

## Director's Report:

November is a busy month...we celebrate Veteran's Day as well as Thanksgiving. The COA has planned a special luncheon which will be free to our Sandwich Veterans. Scott Dutra, Sandwich Veteran's Agent will be attending as well. We have planned some interesting programs for you the next few months and hope you mark your calendars and call to let us know you will be attending.

Also, many already know --- *I will be retiring effective December 1.* It is certainly a difficult decision but one made lighter because we have such wonderful staff and volunteers. I have enjoyed working with and for you and ask only that you help the next Director advocate for the best for you and our community – programs, services and a facility. Thank you for your support during my time with the Council on Aging. -- *Jan*

In this month I also give thanks – I thank our dedicated staff, our wonderful volunteers who help us in so many ways – board members, drivers to medical appointments, reception desk, newsletter collators, social events, friendly visitors, technology tutors, as well as the Friends Of board. We are indeed fortunate to have the talent and experience of these community members. Thankful to the support from our town administrative staff, selectmen and the many town departments we work with to provide quality services and programs to you.

Finally – thank you to the remarkable patrons of our programs and services. Without you what we do would not matter!

The demographic information for age 60+ is currently at 32% of the Sandwich population. In less than 10 years it will be 50%. *You are a powerful force and we need you to be vocal with your thoughts on issues such as the Senior Center project.* Please educate yourself on the issue and whatever your thoughts let the COA Director, Board, your elected officials know. Write letters to editors. As someone recently said: 'I don't want a tax increase but I would rather vote to support one for something I will use because there is sure to be a tax increase for some project.'

## Senior Center Building Study Update:

The Council on Aging will be happy to meet with any group to present the results of the study completed pertaining to the new Senior Center (Center for Active Living) and to speak about the work of Council on Aging. You can contact Chair Neal O'Brien at 774-313-8984 ([nob516@yahoo.com](mailto:nob516@yahoo.com)) or Council on Aging Director, Jan Timmons, at 508-888-4737 ([jtimmons@townofsandwich.net](mailto:jtimmons@townofsandwich.net)).

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**Please Note:** New Hours for the VETERAN'S AGENT -- OFFICE HOURS will now be held at the Human Services Building, Sandwich COA, on Thursdays from 1:30 – 3:30 p.m. The Veteran's Agent services veteran's and spouses of all ages.

NOTE: Tuesday A.M. Quilting Group will now meet Tuesdays from 11:30 a.m. – 1:30 p.m. New participants always welcome...stop by to meet the ladies.

**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.**

<b>Zumba Gold</b>		<b>Peg</b>
<b>Monday/Friday mornings</b>		<b>7:50 – 8:40 a.m.</b>
Fall #3	Nov 3 – 27 (no 11/10 or 24)	\$30
Winter #1	Dec 1 - 29 (no 12/25)	\$40

**Late Yoga – Mondays 3:15 – 4:15 p.m. Susan**

**Resumes in April!!**

<b>YOGA CLASS -- TUESDAYS</b>		<b>Sherill</b>
9:00 a.m. – 10:00 a.m.	<b>GENTLE YOGA</b>	
10:30 a.m. – 11:30 a.m.	<b>MORE CHALLENGING</b>	
Winter #1	Nov. 28 – Dec 19	\$24
<b>YOGA CLASS -- Thursdays at 9:00 a.m.</b>		
<b>CHAIR YOGA – Thursdays at 10:30 a.m.</b>		
Winter #1	Nov. 30 – Dec. 21	\$24
<b>RESTORATIVE YOGA - Wednesdays at 3:15 p.m.</b>		
Winter #1	Nov. 29 – Dec 20	\$28

**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.**

<b>Tai Chi – Qi Gong Tuesdays 3:15 p.m. Lauren</b>	
Fall #3	Nov 7 – 28 \$20
Winter #1	Dec 5 – 26 \$20

**Tai Chi** – for balance: can enhance one's overall wellness, peace of mind, and balance. *Taught by certified instructor*

**Note new time!!**

**MESSAGE: Dee**  
**First and Third Wednesday each month. \$1.00 a minute – minimum of 15 minutes.**  
 Great program to help reduce stress and stiffness, etc.

Call Sandwich COA at 508-888-4737 to book your appointment.

<b>Cardio/Strength Building Class</b>		<b>Dianne</b>
<b>Wednesdays</b>		<b>9 – 10:00a.m.</b>
Fall #3	Nov 1 – 29	\$37.50
Winter #1	Dec 6 – 27	\$30.00
<b>Fridays</b>		<b>9 – 10:00 a.m.</b>
Fall #3	Nov 3 & 17 (no 10 or 24)	\$15.00
Winter #1	Dec 1 -- 29	\$37.50

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**

**WALKING GROUP .....**  
**LOOKING FOR SOMEONE TO BE RESPONSIBLE FOR TAKING ATTENDANCE & CHECKING THAT EVERYONE HAS A MEDICAL RELEASE AND REGISTRATION FOR OUR 'WINTER WALKING GROUP'. THIS GROUP WALKS AT WING SCHOOL FROM NOVEMBER 1 – APRIL 30 INSIDE THE GYM.**

Call the Sandwich COA at 508-888-4737 if you would like to volunteer to help us out.

**Winter Walking Group ... October 30 – April 27**  
**8:00 – 9:00 a.m. inside Wing School**

Registration with the COA is required and a medical release on file with the COA. Stop by the COA to pick up either form.

Thank you to the School Administration and Facilities Departments for continuing to host the COA Winter Walking Group.

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

### **NOVEMBER PROGRAMS:**

#### **Casual Cribbage** – Mondays 10 -12

No experience needed. Patient Instructors teach one on one. Think you're good at cribbage?! Test yourself against some of our experienced players. Registration required.

Call the COA at (508)888-4737 to join this fun group.

#### **Fridays at 12:30 p.m. HAND AND FOOT**

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.

#### **Wednesday, November 1 at 11:00 a.m.**

**Hidden Costs of Aging: Planning for Long Term Care before the Crisis** Speakers: William Scotti III, CFP – Axial financial Group; Attorney Rad Case-Case Estate and Elder Law; Kristine Callahan-2 Sisters.

Learn about: The Spectrum of Long Term Care; Avoid Common Estate Planning Errors; Proactively Plan for you and your family's needs; the Pitfalls of Annuities; Strategies to avoid Probate; Learn about Medicaid Transfer Rules.

Register with Sandwich COA at 508-888-4737 for this free seminar.

#### **Wednesdays, November 1 – 22 10:00AM – 11:00AM. Introduction to Crochet**

Classes to be held on November 1,8,15,and 22. 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.

**Thursday, November 2 at 1:00 p.m. MEDIUM with Karen Schermerhorn** After studying with John Holland, one of the most renowned authentic psychic mediums on the world stage and Lauren Rainbow, voted New Hampshire's best psychic medium, Ms. Schermerhorn is offering for a very low cost of \$5.00, an hour of healing messages from your loved ones. It cannot be guaranteed that all audience members will receive a message.

Pre-registration is required. Please note there is a limited number of spaces so please register early by calling the Sandwich COA at 508-888-4737 to Reserve your seat. *Registration and payment due by Friday, October 27, at noon.*

#### **Genealogy Program- Thursday, November 2 -- 1:00PM – 2:00PM**

Tracing your family roots is a great way to make history come alive in a fun and personal way. Bring your questions and get started discovering where you came from. This monthly genealogy group meets the first Thursday of the month from 1:00PM to 2:00 PM here at the COA. (lower level)

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

#### **Friday, November 3 at 1:00 p.m**

#### **SHINE PRESENTATION**

*Medicare Open Enrollment DON'T DELAY.....*

Once again it is time to review your Medicare health and prescription coverage. Medicare's Annual Open Enrollment runs from October 15<sup>th</sup>-December 7<sup>th</sup>. During this time you can enroll, disenroll, or switch your Medicare Part D Prescription Drug Plan or Medicare Advantage Plan (HMO, PPO).

Sheila Curtis, SHINE Representative, will be here on to discuss the plans available for 2018 and their changes.

Please call Sandwich COA at 508-888-4737 if you would like to attend.

**Tuesday, November 7 at 1:00 p.m. Craft – Earrings** presented by North River Home Care

Fun program creating earrings – for you to keep and wear or to gift to that special person. All supplies furnished.

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

**Wednesday, November 8 at 12:30 p.m.**

**Luncheon to Honor our Veterans**

**Speaker will be Sandwich Veteran’s Agent – Scott Dutra will be attending to answer your questions.**

We will be serving Beef Stoganoff, dessert and beverage. Cost is \$5.00 for non veterans.

Join us for a delicious catered luncheon (free for our veterans!). Thank you for your Service!

**Thursday, November 9 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. 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 noon on Monday, November 6.*

**CLOSED FRIDAY, NOV. 10 IN HONOR OF VETERAN’S DAY**

**Friday, November - 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.

**Monday, November 13 from 9:00 a.m. – 1:00 p.m. MEMORY SCREENING** provided by Alzheimer Family Support

November is National Memory Screening Month. Free, 30 minute **confidential** memory Screens will be administered by the Alzheimer’s Family Support Center of Cape Cod at Sandwich COA. Memory Screens can help to identify possible causes of memory loss and you will receive information on actions that can be taken if there is reason for concern.

Please call early to schedule your confidential appointment as we expect to fill-up appointment slots. **PRIOR REGISTRATION IS REQUIRED!**

Call Sandwich Council on Aging at 508-888-4737 to schedule your appointment.

**Tuesday, November 14 at 1:00 p.m. SOLO DINING** The restaurant is *Marshland II, Cotuit Rd.* 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, November 10.*

**Wednesday, November 15 at 11:00 a.m. ART FOR THE MIND Norman Rockwell Remembered**

**Art for the Mind** is an engaging, educational, art observation experience designed to broaden the minds of its participants. Programs are intended for people of all ages and backgrounds – artists and non- artists alike. The featured topic, *Norman Rockwell Remembered* offers a chance to experience many beloved images by Rockwell, to learn about the way he worked, and to hear the stories behind his choices and inspirations. Please join us for an enjoyable hour of challenging your mind in new ways!

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



**Thursday, November 16 at 1:30PM  
Book Discussion with Sandwich Public Librarian  
Colleen Hayes**

This month's read is a runner up for the National Book Award, *The Soul of an Octopus* by Sy Montgomery. In this beautifully written book, Montgomery brings empathy, insight, and an enchanting sense of wonderment to the bonds we inherently share with other beings—even those seeming far different from us." (Vint Virga, DVM *The Soul of All Living Creatures*). Refreshments served, everyone is welcome!

Call Sandwich Council on Aging at 508-888-4737 to register.

**Friday, November 17 at 10:00 a.m. Friends of Sandwich COA Board Meeting – Upper Level - back room**

**Friday, November 17 at 1:00 p.m. Friends of Sandwich COA Luncheon – Meatball Sliders**

Manga! Manga! Come to the Council on Aging and enjoy an Italian Luncheon sponsored by the Friends of the C.O. A. The Luncheon will include meatball sliders, a side salad, dessert, and a beverage. *The cost for this luncheon will be \$5.00.*

Entertainment will be provided, along with a 50/50 raffle.

This luncheon will take place after the Friend's Meeting @ 12:30 p.m., and we invite any of you that might want to learn more about the Friends of the C.O.A. to come sit in on our meeting, to learn about fundraising plans for Fiscal 2018. We welcome your ideas for events. Remember, many hands make lighter chores.

Call early for reservations, as space is limited -- 508-888-4737 SEE YOU ON THE 17TH.

**CLOSED THURSDAY, NOVEMBER 23 – HAPPY THANKSGIVING!**

**Monday, November 27 from 1:00 – 3:00 p.m.  
Painting Class – 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.

**Tuesday, November 28 at 2:30 p.m.  
Wreath Making provided by Royal Health Care**

Plan to join in to make a wreath for the holidays. This is a free program with all supplies furnished by Royal Health Care. You could make it for yourself or give as a gift.

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

**Wednesday, November 29 at 1:00 p.m.  
Antique Appraisals with Henry Callan**

Attendees may bring one item to be appraised at no charge – no jewelry or furniture. Appraisals are limited and priority is given to Sandwich residents. Join us for this fun and educational program. You do not need to bring an item to attend. Henry is very entertaining as well as educational.

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

**Thursday, November 30 from 9:00 a.m. – 1:00 p.m. DENTAL CLINIC** provided by Cape Cod Community College

**FREE ORAL HEALTH SCREENINGS**

Students will provide free dental screenings, oral cancer exam, cleaning and oral health information. Students are supervised by instructors.

**Appointments are required...Sandwich residents only please!** To schedule your appointment call Sandwich COA at 508-888-4737. If you need to be pre-medicated please take your prescription before your appointment. You will be required to complete a medical history form before day of the appointment. Please bring a list of any medications you are currently taking.

Sandwich COA thanks CCCC Dental Hygienic program students and faculty for their ongoing commitment to provide screenings to our senior citizens.

**Wednesday, December 6 at 12:30 p.m. Holiday Luncheon with entertainment.**

Join us for a fun filled event – Beef Stroganoff, Mashed Potatoes, Carrots, Dessert and Beverage will be served.

Entertainment for the event is:  
*Who’s the Boss’* an A Capella group.

Cost for the luncheon is \$7.50 per person. Call Sandwich COA at 508-888-4737 to sign up. Deadline to reserve your seat and pay is Thursday, November 30.

**We want to know .... Are there programs you would like us to offer? Don’t hesitate to let us know.**

**Thursday, December 7 at 1:00 p.m. LAUGHTER WELLNESS PROGRAM**

Join us on for a “Laugh for the Health of It” with Trevor Smith. Laughter is proven to be a healing and a factor in happiness and good health. This free program focuses on using laughter to improve our health and well-being. Smith is a certified laugh leader and facilitates Therapeutic Laughter programs across the state. This is a fun yet beneficial program.

Registration is required – please call Sandwich COA at 508-888-4737 to sign up.

**Friday, December 8 at 1:00 p.m. HOLIDAY FRAUDS AND SCAMS**

presented by Robin Putnam, Research and Special Projects Manager from Office of Consumer Affairs and Business Regulations and Amy Schram from Better Business Bureau will lead a discussion on topics such as: Black Friday shopping tips, return policies, defective merchandise, warranties, lost or stolen packages, gift certificates, credit card skimming devices and how to spot them, and identify theft and fraud prevention.

Registration is required – please call Sandwich COA at 508-888-4737 to sign up.

**Foot Care for Seniors.... Second Friday Each Month**

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.

**Outreach Corner Rita Wahlstedt**

*The Holiday and winter season is coming fast!*

Once again, the Council on Aging is asking all Sandwich residents to consider helping us remember those in the community that are less fortunate. Each year, the SCOA helps to sponsor gift bags for both homebound seniors and needy families.

As always, any donation you can provide is much appreciated. Personal care items, warm clothing; socks, hats, gloves, scarves, and sweaters are always needed. Gift cards for CVS, Dunkin Donuts, Stop & Shop or a local restaurant that delivers would also be a special treat for a Sandwich resident. The "Sandwich Elves" are unfailingly generous, and this year we need YOUR help more than ever to make the Holidays a time of special meaning for some of our neediest and vulnerable citizens.

If you can help, or have any questions about items, please call Rita at the Council on Aging. Once again thanks for all you do, we couldn't do this without your generous support! ☺

Need help understanding your loved one who has a mental illness? **NAMI Family-to-Family education** is a free, 12-session program for family, partners, friends and significant others of adults living with mental illness. The course is designed to help participants understand and support their loved one living with mental illness, while maintaining their own well-being. Call Kim Lemmon at 508.778.4277 for more information.

**REMINDER FOR FUEL ASSISTANCE**

Make your appointments to apply for assistance with your heating for this winter season before the cold weather arrives. Please come into the office to get the list of necessary verifications needed to apply to benefit from the MASSACHUSETTS ENERGY & ASSISTANCE program. The list of required documents can also be found on the town of Sandwich website-[www.sandwichmass.org](http://www.sandwichmass.org). Once you have all your required documents, call to schedule your Monday or Friday appointment with Rita at the Council on Aging 508.888.4737.

**Volunteer Corner: Pat Ryan**

**Happy Birthday** to all our volunteers celebrating a birthday this November! Best wishes to Phyllis Briggs, Anne Burbine, and Marian McLoughlin. 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. 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.

Interested in learning about our volunteer opportunities? Contact Pat Ryan at 508-888-4737.

**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) is here 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.

SHINE appointments fill up quickly so don't forget to call the Sandwich COA at 508-888-4737 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.

**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.

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

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

Pickup Locations Mid & Upper Cape

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

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

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

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

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

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

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

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

**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.*



**DON'T FORGET:**

THE SANDWICH COUNCIL ON AGING 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 COUNCIL ON AGING, 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 ON AGING SHOULD NOT BE PRESUMED TO BE ENDORSED AND SPONSORED BY THE COUNCIL ON AGING.

**OUTREACH ASSISTANCE:** Available by appointment. Meet confidentially with our Outreach Coordinator to have your questions answered about resources and programs you may be entitled to. We can assist with Benefit Screening, assessing needs and accessing appropriate programs, respite for caregivers, etc. **Call us at 888-4737** to schedule your confidential appointment.

**LEGAL ASSISTANCE – APPOINTMENT ONLY**  
----- **Atty. Mello's office, 3rd Monday**  
**Atty. Mello will send one of firms Attorneys**  
Financial security, health care choices, trusts, wills & estate management.  
----- **Atty. Tom Kosman, 2<sup>nd</sup>, Tuesday**  
Housing problems, government benefits, health law, guardianship, reverse mortgage, & consumer issues.  
---- **Atty. Michael Lavender 2nd Thursday**  
Elder Law, Trusts, Estates, and Wills.  
\*Home visits can be arranged if you're homebound. Appts. are in the mornings.  
----- **Atty. John Kennan, 4<sup>th</sup>, Wednesday**  
Wills, trusts, estates, asset protection  
**Please call the COA at 508-888-4737 to make an appointment.**

**HEARING SCREENINGS:**  
(2<sup>nd</sup> Wed. each month). Free screenings at Spaulding Rehab. Please **call 508-833-4141** to schedule your free appointment.

**SHINE COUNSELOR:**  
Will assist you with your Health Insurance questions and needs. Please call the **COA 508-888-4737** office to make an appointment.

**GROCERY SHOPPING:** Every **Thursday** morning to Stop & Shop, a bank, and a pharmacy. This is Door-to-Door service! You must call the COA office by Wednesday at NOON to make your reservations. There is no fee but a **\$4.00 donation is requested.**

**Medical Appointment Transportation:** volunteers provide this service. We ask at least three days notice if possible when requesting a driver. **Please make your doctors appointments between 10am and 2pm whenever possible.** DONATION TO DRIVER. Call COA at 508-888-4737.  
Suggested donation schedule:  
Sandwich-\$5.00 Mashpee-\$5.00 Bourne-\$10.00  
Hyannis-\$10.00 Falmouth-\$15.00 Yarmouth-\$15.00  
Plymouth-\$20.00 Wareham-\$20.00

**Please call with your destination suggestions!  
508-888-4737**

Call for availability of transportation to your local COA programs, hairdressers, doctors and more!  
Call for more info: 508-888-4737

*Please let us know if you would like to receive the newsletter by e-mail!  
[mesteeves@townofsandwich.net](mailto:mesteeves@townofsandwich.net)  
or to cancel delivery for the winter!*

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

***Please help us save \$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$***

***Please consider receiving your newsletter by e-mail.***

***Please contact Mary-Ellen at the COA 508-888-4737 or by e-mail at:***

***[mesteeves@townofsandwich.net](mailto:mesteeves@townofsandwich.net)***

*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.*

## **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  
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" are looking for volunteers to join their team. It's a great way to make friends and help the Council on Aging! The time has come to start advocating for a new center, but we need your help. Please come to one of our meetings and what we're all about.**

# November 2017

# COUNCIL ON AGING ACTIVITIES

<b>Mondays</b>	<b>November</b>	<b>Cribbage Group</b>	<b>10:00 a.m.</b>
<b>Thursdays</b>	<b>November</b>	<b>Barber for Men</b>	<b>9-11:30a</b>
<b>Wednesday</b>	<b>Nov. 1</b>	<b>Hidden Costs of Aging</b>	<b>11:00 a.m.</b>
<b>Wednesdays</b>	<b>1,8,15,22</b>	<b>Introduction to Crochet** (lower level)</b>	<b>10:00 a.m.</b>
<b>Thursday</b>	<b>Nov. 2</b>	<b>Geneology</b>	<b>1:00 p.m.</b>
<b>Thursday</b>	<b>Nov. 2</b>	<b>Medium Karen Schermerhorn</b>	<b>1:00 p.m.</b>
<b>Friday</b>	<b>Nov. 3</b>	<b>SHINE Presentation</b>	<b>1:00 p.m.</b>
<b>Tuesday</b>	<b>Nov. 7</b>	<b>Crafts-Earrings</b>	<b>1:00 p.m.</b>
<b>Wednesday</b>	<b>Nov. 8</b>	<b>Veterans' Luncheon</b>	<b>12:30 p.m.</b>
<b>Thursday</b>	<b>Nov. 9</b>	<b>Crafts with Meagan</b>	<b>1:00 p.m.</b>
<b>Monday</b>	<b>Nov. 13</b>	<b>Memory Screening**</b>	<b>9-1:00 pm</b>
<b>Tuesday</b>	<b>Nov. 14</b>	<b>Attorney Tom Kosman**</b>	<b>10:00 a.m.</b>
<b>Tuesday</b>	<b>Nov. 14</b>	<b>Solo Dining- Marshland II</b>	<b>1:00 p.m.</b>
<b>Wednesday</b>	<b>Nov. 15</b>	<b>Art for the Mind-Norman Rockwell</b>	<b>11:00 a.m.</b>
<b>Thursday</b>	<b>Nov. 16</b>	<b>Book Club – “The Soul of an Octopus”</b>	<b>1:30 p.m.</b>
<b>Friday</b>	<b>Nov. 17</b>	<b>“Friends of” Meeting</b>	<b>10:00 a.m.</b>
<b>Friday</b>	<b>Nov. 17</b>	<b>“Friends of” Luncheon</b>	<b>1:00 p.m.</b>
<b>Monday</b>	<b>Nov. 20</b>	<b>Attorney Mello’s Office**</b>	<b>9:00 a.m.</b>
<b>Wednesday</b>	<b>Nov. 22</b>	<b>Attorney John Kennan**</b>	<b>9:00 a.m.</b>
<b>Friday</b>	<b>Nov. 24</b>	<b>Current Events</b>	<b>10:30 a.m.</b>
<b>Monday</b>	<b>Nov. 27</b>	<b>“Pastel Painting” Painting Class</b>	<b>1:00 p.m.</b>
<b>Tuesday</b>	<b>Nov. 28</b>	<b>Wreath Making</b>	<b>2:30 p.m.</b>
<b>Wednesday</b>	<b>Nov. 29</b>	<b>Antique Appraisal with Henry Callan</b>	<b>1:00 p.m.</b>
<b>Thursday</b>	<b>Nov. 30</b>	<b>Dental Clinic**</b>	<b>9-1:00 p.m.</b>

## MONDAY

Seniors on the Go  
 7:50 Zumba Gold  
 8:00 Walking Group (Wing)  
 8:00 Osteo Fitness (Wing)  
 9:00 Sandwich Stitches  
 (1<sup>st</sup> & 3<sup>rd</sup>)  
 10:00 Cribbage  
 1:00 Rummikub (down)  
 1:00 Painting Group  
 8:45 COA Board Meeting (4<sup>th</sup>)  
 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  
 1:30-3:30 Veterans' Agent

## TUESDAY

Seniors on the Go  
 8:00 Walking Group (Wing)  
 9:00 Yoga  
 10:30 Yoga II  
 11:30 Am/Pm Quilters  
 1:00 Mah Jongg(down)  
 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  
 (2<sup>nd</sup> & 4<sup>th</sup>)  
 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)

**\*\*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 the Sandwich COA wish to thank you for your dues, your donations, your donations to the Building Needs Fund and your support during 2017.***

<p>William &amp; Barbara Breisky</p> <p>George &amp; Diane Cavanaugh</p> <p>Carl &amp; Barbara Flodin</p> <p>Joseph Foote</p> <p>Chuck Galloway</p> <p>Edward Lenihan</p> <p>Ed &amp; Mary Menard</p> <p>Sharon &amp; Rich Packard</p> <p>Michael Robbins</p> <p>Norman Seifel</p> <p>Archimedes Sanchez</p> <p>Ellen Swain</p> <p>Connie Travis</p> <p>Jayne Wilkin</p> <p>Eleanor C Winslow</p> <p>Lesley &amp; Theodore Zicko</p> <p>William &amp; Barbara Breisky</p> <p>George &amp; Diane Cavanaugh</p> <p>Carl &amp; Barbara Flodin</p> <p>Joseph Foote</p> <p>Chuck Galloway</p> <p>Edward Lenihan</p> <p>Ed &amp; Mary Menard</p> <p>Sharon &amp; Rich Packard</p>	<div data-bbox="760 247 1068 583" style="border: 1px solid blue; padding: 10px; margin-bottom: 20px;"> <p style="text-align: center;"><i>In Memory Of</i></p> <p style="text-align: center;"><b>Ruth Ann Lenihan</b></p> <p style="text-align: center;">From Edward Lenihan</p> </div> <div data-bbox="776 646 1052 982" style="border: 1px solid blue; padding: 10px; margin-bottom: 20px;"> <p style="text-align: center;"><i>In Memory Of</i></p> <p style="text-align: center;"><b>Carol E Jillson (Jill)</b></p> <p style="text-align: center;">From Joy Carleton</p> </div> <div data-bbox="669 982 1019 1318" style="border: 1px solid blue; padding: 10px; margin-bottom: 20px;"> <p style="text-align: center;"><i>In Memory Of</i></p> <p style="text-align: center;"><b>Anne L Williams (Mom)</b></p> <p style="text-align: center;">From Sharon &amp; Rich Packard</p> </div> <div data-bbox="669 1360 1058 1705" style="border: 1px solid blue; padding: 10px;"> <p style="text-align: center;"><i>In Memory Of</i></p> <p style="text-align: center;"><b>Arthur J Brown,MD</b></p> <p style="text-align: center;">From Ellen Swain</p> </div>	<div data-bbox="1253 256 1328 352" style="text-align: center;">  </div> <p style="text-align: center;"><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 style="text-align: center;">*</p> <p style="text-align: center;"><i>Susan Baird</i></p> <p style="text-align: center;">*</p> <p style="text-align: center;"><i>Archimedes Sanchez</i></p>
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