

# SANDWICH COUNCIL ON AGING



# NEWS

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DIRECTOR: JANET TIMMONS

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We're Here For You!

June 2017

## Director's Report:

Please read the information below - it is extremely important that you are aware of this policy.....

### What is a MOON?

For people with Medicare, MOON has a new meaning: "Medicare Outpatient Observation Notice". This newly required notice must be given to some patients who have been admitted to a hospital for "observation". Hospitals are increasingly admitting patients under observation status.

You may be surprised to know that even if you are admitted to a hospital room overnight, you might not be an "inpatient". If you are under observation, you are considered an outpatient even though you may stay in a hospital bed for many days. This changes how your Medicare coverage works. The MOON will explain the reason for observation status and how it affects your Medicare coverage.

For example, if you have Original Medicare, with or without a Medigap plan, an inpatient hospital stay of at least three days is needed to get any coverage for skilled nursing facility (SNF) care. If you are under observation, you would not get any follow up SNF coverage paid for, even if it is medically necessary. However, if you are in a Medicare Advantage plan or your doctor is in an Accountable Care Organization, the rules are different and the three-day requirement may be waived.

For further assistance about this or any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE appointment, call Sandwich Senior Center at 508-888-4737. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3.

###

The Council on Aging Board is working on a presentation to the Board of Selectmen to share the updated Senior Center Feasibility Study that is in its final stage of completion. *The building will be called 'The Center for Active Living'.* You will begin to hear that name more often as it more accurately describes what we are.

So stop by and discover what we are all about.....

##

***Sunday, June 18 is Father's Day -- Happy Father's Day to all the dads!***

***Harbor Community Health Center-Hyannis has a new wheelchair lift that makes dentistry more accessible*** –many people feel vulnerable when being moved from wheelchairs and the physical transfer can be daunting for both patients and dental providers. Harbor Health is delighted to announce that many of those concerns are able to be addressed thanks to a new wheelchair tilt available at the Attucks Lane, Hyannis dental offices. This tilt is a lift which permits patients to remain seated, reclining both the patient and the wheelchair and allowing the dental provider to adjust the degree of tilt during the treatment. It is safe and comfortable. If you would like to learn more please contact Harbor Health Services at 508-778-5440.

**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>
Summer #1	June 2 – 30	\$45
Summer #2	July 7 – 31	\$40
Summer #3	Aug. 4 - 28	\$40

<b>Late Yoga – Mondays</b>		<b>3:15 – 4:15 p.m.</b>	<b>Susan</b>
Summer #1	June 5 – 26		\$24
Summer #2	July 10 – 31		\$24
Summer #3	Aug. 7 – 28		\$24

<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>		
Spring #2	May 16-June 27 (no 5/30)	\$36
Summer #1	July 11 – 25	\$18
Summer #2	Aug 8 – 22	\$18
<b>YOGA CLASS -- Thursdays at 9:00 a.m.</b>		
<b>CHAIR YOGA – Thursdays at 10:30 a.m.</b>		
Spring #2	May 18 – June 29 (no 6/1)	\$36
Summer #1	July 13 – 27	\$18
Summer #2	Aug 10 – 24	\$18
<b>RESTORATIVE YOGA - Wednesdays at 3:15 p.m.</b>		
Spring #2	May 17-June 28 (no 5/31)	\$42
Returns in September!		
<b>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>		

<b>Tai Chi – Qi Gong Tuesdays 1:00 p.m.</b>		<b>Jeanette</b>
Summer #1	June 6 – 27	\$20
Summer #2	July 11 – 25	\$15
Summer #3	Aug. 1 – 29	\$25
<u>Tai Chi</u> – for balance: can enhance one’s overall wellness, peace of mind, and balance. <i>Taught by certified instructor</i>		

<b>20 – 20- 20 (Advanced)</b>	<b>Dianne</b>	
<b>Wednesdays</b>	<b>7:45 a.m.</b>	
Summer #1	June 7 – 28	\$30.00
Summer #2	July 5 – 26	\$30.00
Summer #3	Aug. 2 – 30	\$37.50
Total body workout – some floor work.		

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

<b>Cardio/Strength Building Class</b>	<b>Dianne</b>	
<b>Wednesdays</b>	<b>9 – 10:00a.m.</b>	
Summer #1	June 7 – 28	\$30.00
Summer #2	July 5 – 26	\$30.00
Summer #3	Aug. 2 – 30	\$37.50
<b>Fridays</b>	<b>9 – 10:00 a.m.</b>	
Summer #1	June 2 – 30	\$37.50
Summer #2	July 7 – 28	\$30:00
Summer #3	Aug. 4 – 25	\$30.00
Total body workout – a low impact dance aerobics and strength training program.		

**Reike - Various days and times Sandwich Seniors receive generous discount. Due to lack of space, Ms. Schermerhorn has agreed to continue our program. Appointments are now held at the office of Time to Touch, Route 6A, Sandwich. 508-685-4594**

**FREE OSTEO FITNESS PROGRAM: Series #2 ---- Starting April 1 – June 30 from 8:00 – 9:00 a.m. – Monday/Wednesdays.** This program will be held at Wing School until June 30 and then will be held at the COA. This program is made possible by Elder Services and the volunteer instructors.  
  
 Registrations for both Elder Services and COA as well as Medical Release are required and are available at the COA.

**Walking Group: Beginning Monday, May 1 the COA Walkers will begin meeting at the Council on Aging at Human Services Building at 8:45.** The group will then walk along the sidewalk or down to the school and along the sidewalk.  
  
 Please call the COA at 508-888-4737 to register for the COA walking group.

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

**JUNE PROGRAMS:**

**Wednesdays, May 24 – June 14 Beginner Knitting Lessons -- 10:00 – 11:00 a.m.** Learn the basics of knitting in this relaxed 4 week program offered by Instructor Ann Masciotra. Classes will meet from 10:00AM – 11:00AM Wednesday mornings. This is a great opportunity to start a new hobby! Lessons include learning to knit, pearl, cast on, cast off, increase and decrease your stitches. We are limiting this free series to 5 people.

Please call the COA at 508-888-4737 to register.

**Wednesday, May 31 at 11:00 a.m. Cape Cod Regional Transit Authority – Travel Training**

Paula George from the Cape Cod Regional Transit Authority (CCRTA) will be presenting a program on the public transportation services that are provided on Cape Cod and their expanded Travel Training program that includes group and individual one-on-one customized travel training. This is a wonderful opportunity to get your transportation questions answered. For example: planning your trip; riding specific routes; reading and understanding the CCRTA bus schedules and maps; getting to and from the stop; recognizing bus names, bus stops, and landmarks; using *NextBus* technology. We encourage you to attend.

Reservations are required – call Sandwich COA at 508-888-4737.

**Wednesday, June 7 at 1:00 p.m. Ice Cream Social and Entertainment** **Ice No Charge**

Join us for a fun ice cream social sponsored by Royal Health Care. We will also have entertainment --- Yesterdays Country Band.

Reservations required – call Sandwich COA at 508-888-4737. (No charge)

Deadline to sign up is Wednesday, June 2, at noon.

***GENEOLOGY* Classes - Thursday, June 8 at 1:00 p.m.**

**Please call Sandwich COA if you will be attending.**

**Friday, June 9 and 23 - 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.

**Tuesday, June 13 at 1:00 p.m. SOLO DINING**

The restaurant for *June is Pilot House*. 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, June 9.***

**Wednesday, June 14 at 10:30 a.m. Floral Arranging Class**

Anna Holmes has been a floral designer for over 40 years. In this hands-on class Anna will share her secrets for creating your own lovely floral arrangement. Learn the principles and design techniques used to make a beautiful summer flower arrangement to enjoy for weeks to come. The cost is \$30.00 and includes all floral materials and instruction. Please bring a vase of your choice.

To sign up for this class, call Sandwich COA at 508-888-4737. Deadline to register and pay is Thursday, June 8 at noon.

**Thursday, June 15 at 1:30 p.m. Book Discussion**

We continue to collaborate with the Sandwich Public Library and their 2017 Reading Challenge.

June Challenge read is: A book that has been adapted into a movie. And then watch the movie. Because we are going to print early, please call the COA to find out what this month's discussion includes. The group meets at 1:30PM in COA main room and facilitated by Sandwich Librarian Colleen Hayes.

Please call Sandwich COA (508-888-4737) to register. Light refreshments served.

Blue 65 Premier are comprehensive Dental plans for individuals age 65 or over, living in Massachusetts.

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

**Wednesday, June 28 at 11:00 a.m. ALL ABOUT HOME CARE** presented by Kindred Home Care

What is home healthcare? The difference between skilled care and non-medical care will be discussed. Are these paid for by Medicare? How do you go about obtaining skilled care services in your home?

Please call the Sandwich Council on Aging at 508-888-4737 to register.

**Friday, June 16 at 10:00 a.m. Friends of Sandwich COA Board Meeting – Upper Level - back room**

**Council on Aging Board Meeting – Friday, June 23 at 8:45 a.m. Lower Level.**

**Wednesday, June 21 at 11:00 a.m. Geo Blue and Dental Blue 65** presented by Peta Shepherd

**Geo Blue** – is the travel health insurance offered by Blue Cross Blue Shield of Massachusetts. It provides the traveler with International health insurance for multiple trips throughout the year. It is also a complete package of services to help you identify, access and pay for quality healthcare anywhere in the world.

**Geo Blue 65** is the dental insurance that is offered to all Massachusetts residents aged 65 or older. Because good oral health is so important to your well-being we offer three affordable dental plans to complement your medical coverage -- Dental Blue 65 Preventive, Dental Blue 65 Basic and Dental

**RESTORATIVE YOGA ---**

Have you been reading articles lately on Restorative Yoga? Articles have been in the AARP Magazine and in some local Cape magazines.

This is a different type of yoga...you hold poses longer (sometimes five minutes or more) and use props such as pillows, bolsters, blankets, blocks to support your weight and allow your muscles to relax and release. You lie in these poses and allow your body to relax --- and destress. Most people feel a profound sense of relaxation at the end of the class.

Our yoga instructor, Sherill, offers this class at the Sandwich COA on Wednesdays at 3:15 p.m. and new students are always welcome. As with any of our fitness programs, you are welcome to attend a class before registering to see if you feel comfortable with the program.

##

**Outreach Corner: Rita Wahlstedt****Regular Walks May Help People with Early Alzheimer's, Study Shows**

A brisk, 30-minute daily walk could protect your memory and brain. This news comes from a six-month study conducted by researchers from the University of Kansas. A walking program that builds heart and lung health could slow the progression of Alzheimer's disease. "Exercise in people with Alzheimer's disease is something that may slow the disease process," says Dr. Burns.

**5 Reasons to Walk:**

1. **Walking costs very little.** Invest in a pair of closed shoes with good support for your feet and ankles. Dress comfortably, layer for the weather and use sunscreen or a hat if sunny.
2. **Walking is popular.** "If you ask older adults what is their preferred form of exercise, it's going to be walking, because they can do it alone or with a friend," says Marcia Ory, PhD, the director of the Center for Population Health and Aging at the Texas A&M School of Public Health, encouraging walking for brain health can be part of that effort.
3. **Walking can be done anywhere.** Although the KU study was done using treadmills, getting outside for a walk in your neighborhood or a park could be healthy as well. "Research shows the incredible benefits of being outdoors. It improves mood and overall functioning and if it's too hot or cold, you can do mall walking."
4. **Walking is social.** Even if you start your walk alone, chances are, you'll run into neighbors or other walkers to catch up or talk. Other people enjoy walking with a friend, family member or as part of a walking club. It is a social interaction, and social support means you are likelier to stick to your exercise plan.
5. **Walking challenges your brain.** Ory points out that if you're walking outside, your brain is stimulated and challenged by the things you see, hear, and the same can be said for indoor walking. Everyday conversation is a brain-healthy mental challenge, she says, as you walk in stores, do the calculations involved to figure out exactly how much the price of items has changed over the years. "It keeps you sharp," she says.

Researchers continue to look into the ways exercise can help people who are at risk for Alzheimer's or who already have signs of cognitive impairment.

**Volunteer Corner: Pat Ryan****Volunteer Shopping Van Driver**

The Sandwich Council on Aging is looking for a Volunteer available one Thursday morning a month to help us with our Shopping Program. Volunteers use our van to pick up Sandwich Senior Citizens who no longer drive at their homes and bring them to the grocery store. Seniors are allowed to shop for an hour then returned home. If you can help us continue this very important program or would like more information, please call the COA at 888-4737.

**June Birthday Wishes**

Happy Birthday to all our volunteers celebrating a birthday this month! Best Wishes to Michael Angelica, Gail Darden, Theresa Gagnon, Rosemary Rhoades, and Janet Williams. Thanks for all you do!

**Technology Help Desk-CONNECTIONS**

Have you recently purchased a new 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 **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.

**Floral Arranging Class Wednesday, June 14<sup>th</sup> at 10:30am**

Anna Holmes has been a floral designer for over 40 years. In this hands-on class Anna will share her secrets for creating your own lovely floral arrangement. Learn the principles and design techniques used to make a beautiful summer flower arrangement to enjoy for weeks to come. The cost is \$30.00 and includes all floral materials and instruction. Please bring a vase of your choice.

To sign up for this class, call Sandwich COA at 508-888-4737. Deadline to register and pay is Thursday, June 8 at noon.

**Interested in teaching a class or a craft?** We are always interested in offering new programs and activities. Want to get involved? Volunteer! Call Volunteer Coordinator Pat Ryan at 888-4737 for more information.

**SHINE UPDATE:**

**Serving Health Insurance Needs of Elders**

**Medicare’s Free Preventive Services**

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. Many of these services are free whether you have original Medicare or a Medicare Advantage plan, like an HMO or PPO.

Some of the free services include:

- Colorectal cancer screening (including colonoscopies)
- Mammograms
- Pap tests and pelvic exams
- Bone mass measurements
- Cardiovascular screening
- Flu and pneumonia shots
- Alcohol misuse screening and counseling
- Depression screening
- Obesity screening and counseling

There are rules which state when and how often Medicare will pay for the above services. Medicare also covers a “Welcome to Medicare” visit and then an Annual Wellness Visit in following years. However, these visits are not the same as an annual physical exam. Annual physicals are not covered by Medicare, but they are covered by Medicare Advantage plans (HMOs, PPOs). For a complete list of free preventive services, go to [www.medicare.gov](http://www.medicare.gov) or see a SHINE counselor.

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 the Senior Center at 508-888-4737 to schedule a SHINE appointment.

###

Doctors and doctors’ offices have notified The Centers for Medicare & Medicaid Services (CMS) that they are receiving prescription renewal requests from unfamiliar, out-of-state pharmacies. When doctors realize the requests are for prescriptions or supplies their patients do not receive, they deny the requests.

*As always, Medicare beneficiaries are strongly encouraged to review their quarterly Medicare Summary Notice and their Medicare Explanation of Benefits to ensure Medicare is billed accurately. If there are any questions about prescriptions, doctors, pharmacies or services listed on the benefit statements, members can call their plan or 1-800-Medicare.*

**VETERANS LAWS AND BENEFITS**

The Council on Aging has copies of this booklet. Please stop by if you are interested in this information.

*Also, a Veteran’s Agent is here at the Human Services Building at the Council on Aging office each Wednesday from 1:30 – 3:30 p.m.* If you are a veteran or spouse of a veteran and are curious about possible benefits through the Veteran’s Administration, please stop by. No appointments – first come, first served.

Program open to veterans and spouses of all ages.

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

A foot care program provided by specially trained registered nurses. The following services for those that are not diabetic are: assessments of the feet and lower extremities including circulation, skin conditions, overall podiatric health, trimming, filing and cleaning of nails; reduction of thickened toenails, smoothing of corns and callouses; massaging, moisturizing lotion and powdering of the feet. Cost is \$29 per visit and is not covered by insurance. Home visits are available for shut-ins for \$50.00. This program is provided by Pedi-Care Inc.

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

**COA – Miscellaneous Info:****SUPPORT GROUPS:**

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

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

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

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

**Parkinson's Disease Support Group – (2<sup>nd</sup> Thursday Mashpee COA 10:00 – 11:30 a.m.**

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

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

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

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

**We need your help.....**

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

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

We appreciate your support in keeping your meeting space neat.

**We need your consideration.....**

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

**TRANSPORTATION OPTIONS:**

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

Call for availability to schedule a ride to COA programs, hairdressers, local errands, doctors and more! **Please book appointments no earlier than 9:30 a.m. (local) and no later than 2:00 p.m. – (local) or 1:30 p.m. for out of town appointments.**

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

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

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

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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**  
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)***

**June 2017**

**COUNCIL ON AGING ACTIVITIES**

<b>Mondays</b>	<b>June</b>	<b>Cribbage Group</b>	<b>10:00 a.m.</b>
<b>Thursdays</b>	<b>June</b>	<b>Barber for Men</b>	<b>9:00-11:30</b>
<b>Thursday</b>	<b>June 1</b>	<b>L.I.F.E. Series</b>	<b>1:00 p.m.</b>
<b>Wednesday</b>	<b>June 7</b>	<b>Ice Cream Social</b>	<b>1:00 p.m.</b>
<b>Thursday</b>	<b>June 8</b>	<b>L.I.F.E. Series</b>	<b>1:00 p.m.</b>
<b>Thursday</b>	<b>June 8</b>	<b>Attorney Michael Lavender</b>	<b>1:00 p.m.</b>
<b>Friday</b>	<b>June 9</b>	<b>Current Events-</b>	<b>10:30 a.m.</b>
<b>Tuesday</b>	<b>June 13</b>	<b>Attorney Tom Kosman**</b>	<b>10:00 a.m.</b>
<b>Tuesday</b>	<b>June 13</b>	<b>Solo Dining-Pilot House</b>	<b>1:00 p.m.</b>
<b>Wednesday</b>	<b>June 14</b>	<b>Floral Arranging Class</b>	<b>10:30 a.m.</b>
<b>Thursday</b>	<b>June 15</b>	<b>L.I.F.E. Series</b>	<b>1:00 p.m.</b>
<b>Thursday</b>	<b>June 15</b>	<b>Book Discussion Group</b>	<b>1:30 p.m.</b>
<b>Friday</b>	<b>June 16</b>	<b>“Friends of” Meeting</b>	<b>10:00 a.m.</b>
<b>Monday</b>	<b>June 19</b>	<b>Attorney Mello’s Office**</b>	<b>9:00 a.m.</b>
<b>Wednesday</b>	<b>June 21</b>	<b>Geo Blue and Dental Blue 65</b>	<b>11:00 a.m.</b>
<b>Friday</b>	<b>June 23</b>	<b>COA Board Meeting</b>	<b>8:45 a.m.</b>
<b>Friday</b>	<b>June 23</b>	<b>Current Events</b>	<b>10:30 a.m.</b>
<b>Wednesday</b>	<b>June 28</b>	<b>Attorney John Kennan**</b>	<b>9:00 a.m.</b>
<b>Wednesday</b>	<b>June 28</b>	<b>All About Home Care</b>	<b>11:00 a.m.</b>

**MONDAY**

Seniors on the Go  
 7:50 Zumba Gold  
 8:00 Walking Group (Wing)  
 8:00 Osteo Fitness (Wing)  
 9:00 Sandwich Stitchers  
 (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

**TUESDAY**

Seniors on the Go  
 8:00 Walking Group (Wing)  
 9:00 Yoga  
 10:30 Yoga II  
 1:00 Mah Jongg(down)  
 1:00 PM Quilters  
 1:00 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  
 7:45 20-20-20 Fitness  
 8:00 Walking Group (Wing)  
 8:00 Osteo Fitness (Wing)  
 9:00 Cardio Fitness  
 10:00 Knitting/Crocheting  
 1:00 Massage (1<sup>st</sup> & 3<sup>rd</sup>)  
 1:00 Bereavement Group  
 (2<sup>nd</sup> & 4<sup>th</sup>)  
 1:30-3:30 Veterans’ Agent  
 3:15 Restorative Yoga

**\*\* 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.*

## **2017 MEMBERSHIP**

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

Name \_\_\_\_\_

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

\_\_\_\_\_

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

Individual/Family Membership \$10

Business Membership \$25

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

**Enclosed is \$ \_\_\_\_\_ (please make check payable to Friends of Sandwich COA)  
Mail to Treasurer, PO Box 107, Sandwich, MA 02563 or drop off at the COA Office  
2017 Memberships run from November, 2016 to October, 2017**

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

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

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

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

and mail to PO Box 107, Sandwich MA 02563

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

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

Send card to: \_\_\_\_\_

Donor's Name (your name) \_\_\_\_\_

\_\_\_\_\_

### **"The Friends Of" Fundraiser!** **Spaghetti Dinner**

**When: Friday, May 26<sup>th</sup>**

**Where: American Legion Hall**

**Time: 5-7pm**

**Cost: \$7.00 (5 and under Free)**

**Cash bar available. For tickets call: Rita Whitman at 774-338-5532 or Florence Choate at 774-413-9808**

***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.***

Phyllis Alberti  
William Belcher  
Jean Blevins  
Daryl & Nancy Crossman  
Elizabeth Densmore  
Susan & Dennis Driscoll  
Dave & Irene Gibson  
Alma Gillis  
Heidi & Dick Hardaker  
Bob & Celine Hardy  
Olive Hoxie  
Merle A. Kelly  
Irene & Walter Kosarick  
Peter & Frances Lynch  
Phyllis M. Mason  
John & Marie McCormack  
Ronald & Catherine Muise  
Joseph Piazza  
Ron & Marianne Vaudreuil  
Lyn Walter  
Elizabeth West  
Janice Williams

***In Memory  
Of  
Betsy Lehrer***

From:  
Anonymous

***In Memory  
Of  
Louise Piazza***

From:  
Joseph Piazza

***In Memory  
Of  
Peg Pola***

From:  
Carolyn Cervantes

***In Memory  
Of  
Helen Wood***

From:  
Mary-Ellen & Gary



***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!***

\*

**Jean Blevins**

\*

**John & Marie  
McCormack**

\*

**William Belcher**

\*

**Alma Gillis**

\*

**Heidi & Dick  
Hardaker**

\*

**John & Claire  
LaMontagne**

\*

**Ed & Stella  
Mayberry**