

SANDWICH COUNCIL ON AGING



NEWS

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DIRECTOR: JANET TIMMONS

Volume 31, Issue 1

We're Here For You!

February 2017

DIRECTOR'S REPORT:

Thank you to the following who donated funds to the Council on Aging: Anne Lynch; Carol and Peter Dubay in honor of Fred 'the Barber' Battaglia to help with heating assistance; **Andrew and Lisa Judelson** to assist with heating assistance; **William and Jean Unger** to assist with heating assistance. Your generosity makes it possible for us to assist Sandwich residents. And of course, a great big Thank You to all our little elves that helped brighten so many seniors days with their generous donations!

Council on Aging Weather Policy....

If Schools are closed due to weather, activities at the COA, programs and transportation will be cancelled. Staff will still report to the Council on Aging and be available by telephone. If Town Hall closes, the COA is also closed.

REMINDER TO TRANSPORTATION CLIENTS

In order to keep our transportation clients, bus drivers and volunteer drivers safe, all driveways and walkways must be shoveled and free of ice.

Also, if you live in an area that is prone to flooding or is isolated during weather emergencies, please be proactive in planning your preparations. Have your 'to go' bag prepared with supplies for at least three days – medications, personal supplies, etc. If you have a pet have a pet 'to go' bag prepared as well. It might be less stressful for you to shelter with family or at a local motel.

The Council on Aging Board is expecting the Feasibility Study Update for a Senior Center to be completed by the architect and in their hands for review by early February. We will, of course, keep you informed as we learn more about this process. This is to update the Feasibility Study completed in 2005. *Thank you Friends of Sandwich COA for financing the cost of this update!*

PLEASE NOTE: The COA office will be closed on Monday, February 20 for President's Day.

AARP FOUNDATION TAX PREPARATION

This program is available free to taxpayers with low and moderate income, and fairly simple tax returns. This program is offered in cooperation with the IRS. Tax appointments will be available Wednesdays through April 12.

Please call Sandwich COA at 508-888-4737 to schedule your appointment. *We have a limited number of appointments so you are asked to come prepared. A complete list of documents you need to bring is available in the COA office. **YOU MUST BRING YOUR TAX RETURN FROM LAST YEAR TO YOUR APPOINTMENT.** NOTE: You will not be able to have your return done if all paperwork is not complete.*

NOTE: The Town of Sandwich requires you to sign a 'Release of Liability'. The 'Release' MUST be signed and returned to the COA before your appointment. Failure to comply will result in your not being able to access this AARP program.

NEW PROGRAM: OSTEO FITNESS -- see Page Two

FITNESS & WELLNESS PROGRAMS:

NOTE: ALL PARTICIPANTS MUST HAVE A MEDICAL RELEASE FORM SIGNED BY YOUR DOCTOR. This form is good until there is a change in your medical condition.

A REGISTRATION FORM FOR EACH SESSION is required. Forms and payment due one week before start of session. Walk-ins on the day of the first class will not be permitted. You may only attend class for which you registered.

Note: It is our policy you can try one class to see if it fits your needs before committing to registration.

Please note: The prices noted below are the discounted prices for Sandwich Residents – Non-residents add \$10.

Zumba Gold	Peg
Monday/Friday mornings	7:50 – 8:40 a.m.
Winter #3 Feb. 3 – 27 (no 2/20)	\$35
Winter #4 March 3 – 31	\$45

Late Yoga – Mondays 3:30 – 4:30 p.m. Susan
Classes resume in April!!

YOGA CLASS --	TUESDAYS	Sherill
9:00 a.m. – 10:00 a.m.	GENTLE YOGA	
10:30 a.m. – 11:30 a.m.	MORE CHALLENGING	
Winter #3 Feb. 14 – March 21 (no 2/21)		\$30
Spring #1 April 4 – May 9 (no 4/18)		\$30
YOGA CLASS --	Thursdays at 9:00 a.m.	
CHAIR YOGA –	Thursdays at 10:30 a.m.	
Winter #3 Feb. 16 – March 23 (no 2/23)		\$30
Spring #2 April 6 – May 11 (no 4/20)		\$30
RESTORATIVE YOGA -	Wednesdays at 4:30 p.m.	
Winter #3 Feb. 15 – March 22 (no 2/22)		\$35
Spring #1 April 5 – May 10 (no 4/19)		\$35
Please plan to arrive early to class as there is time needed for you to set up your area. Also, bring a beach towel, pillow and/or blanket.		

Tai Chi – Qi Gong	Tuesdays	1:00 p.m.	Jeanette
Winter #3	Feb. 7 – 28		\$20
Winter #4	March 7 – 28		\$20
<u>Tai Chi</u> – for balance: can enhance one's overall wellness, peace of mind, and balance.			

20 – 20- 20	(Advanced)	Dianne
Wednesdays		7:45 a.m.
Winter #3	Feb. 1 – 22	\$30
Winter #4	March 1 – 29	\$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.

Cardio/Strength Building Class	Dianne
Wednesdays	9 – 10:00a.m.
Winter #3 Feb. 1 – 22	\$30
Winter #4 March 1 – 29	\$37.50
Fridays	9 – 10:00 a.m.
Winter #3 Feb. 3 – 24	\$30
Winter #4 March 3 – 31	\$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. 508-888-8007

Walking Group:

9:00 a.m. at the Canal, Freezer Road. This group walks Mondays and Thursdays.

Winter Walking - Wing School Gym Weekdays 8:00 – 9:00 a.m. This group will walk indoors December – April 15.

Participants for either walking program MUST register with the Council on Aging and have a medical release form on file with us. Forms are available at the COA.

Thank you to Sandwich Schools Facilities Dept. for making it possible for seniors to continue to walk during inclement weather!

FREE OSTEO FITNESS PROGRAM: Starting January 9-March 29, 2017 from 8:00 – 9:00 a.m. – Monday/Wednesdays. This program will be held at Wing School until March 31 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.

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

FEBRUARY PROGRAMS:

Mondays --- 10AM – Noon CRIBBAGE GROUP – Come spend a few hours learning and playing cribbage. No experience necessary. **Join this fun group!**

Please call Sandwich COA at 508-888-4737 to register and let us know you are interested.

GENEALOGY Classes - NO MEETINGS IN JANUARY, FEBRUARY OR MARCH

Fridays February 3 & 17 – 10:00 a.m. – Noon UNWIND AT THE COA (lower level) - ADULT COLORING BOOKS. We will have all the colored pencils, fine point markers, and Adult Coloring Books ready for you. Come enjoy a relaxing morning. Unwind, unplug, and do something good for yourself. Besides, it's fun!

Call the Sandwich COA at 508-888-4737 to sign up. **Join this fun group!**

Wednesday, February 8 at 11:30 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.

Thursday, February 9 at 1:00 p.m.

Medium – 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, developing medium, is offering at 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.

Preregistration 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, Feb. 3 at noon.*

Friday, February 10 and 24 - 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, February 14 at 1:00 p.m. SOLO DINING The restaurant *is Canterbury Cuisine in Canterbury Plaza.* 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, Feb. 10.*

Wednesday, February 15 at 12:30 p.m. Mid-Winter – Valentine Day Luncheon

Join us for Shepherd's Pie, desserts and beverages. Come and have some good food and dispel the mid winter blahs. We have Nick Pangakis to entertain!

Cost is \$5.00 per person. Please call or stop by the COA to sign up and pay. Deadline is noon, Feb. 8.

Wednesday, February 15 at 1:00 p.m. (Lower Level) Acrylic Painting Class

Always wanted to try painting? Join Artist Ann DesRoches and learn to paint in a fun relaxed environment. In this next class, we will be painting a Sea Creature....mermaid, shark, seals, etc.

Cost is \$35.00 which covers the cost of the class and all materials. Call the Sandwich COA at 508-888-4737 to register

Thursday, February 16 at 1:00 p.m. Randy Hunt – Tax Seminar

Randy Hunt, a CPA and State Representative, will host a tax return preparation seminar for the senior citizen community. Bring your questions! Representative Hunt will hopefully also update us on the latest information from the State House.

Refreshments served. Please call Sandwich COA at 508-888-4737 to register for this program.

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

Council on Aging Board Meeting – Monday, February 27 at 8:30 a.m. Lower Level.

Mondays, March 6 – 27 from 3:30 – 4:30 P.M. Yoga and Education Series Cost \$30

Sherill Dykeman, RYT, will lead four yoga classes each addressing specific health issues facing seniors. These therapeutic classes include yoga for back care, arthritis, neck/shoulder/hips and balance. Most importantly, you'll learn basic yoga movements that you can practice at home to ease and possibly remedy, these common health issues.

Each 45 minute class is preceded with a 15 minute discussion and includes a take home handout. All levels.

Bring a mat, a beach towel or blanket and comfortable clothing. No yoga experience necessary.

Please register in advance with the Sandwich Council on Aging. *Registration form, medical release, and payment due by Monday, February 27.* (Forms available online or at the COA office)

NEW PROGRAM: OSTEO FITNESS

January 9 – March 29 from 8:00 – 9:00 a.m.

The Sandwich Council on Aging is sponsoring this program through March 31 on Mondays and Wednesdays from 8:00 a.m. – 9:00 a.m. We will be providing this program at the Wing School Gym during the same hour the Walking group walks in the gym at Wing School. This program is free.

This program works with low weights and stretch bands. The instructor has a small supply of the bands but bring with you your light weights, a towel. No floor work.

You must register with Elder Services – along with their medical release. The volunteer leader, Mary, does have those forms and also available at the COA.

You must also register with the Sandwich COA and have a Sandwich COA Town medical release – which we can fax to your doctor.

Also --- please note: The Council on Aging has the use of the gym from 8:00 a.m. – 9:00 a.m. only.

We thank School Facilities Department for their assistance.

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.

Outreach Corner: Rita Wahlstedt

A recent study found that a regular strength-training program helped nursing home residents in their 80s and 90s go from using walkers to canes in just ten weeks!

“Stronger muscles mean being able to carry your own groceries, get out of a chair with ease, and walk farther and faster, as well as helping ward off joint problems, decrease risk of osteoporosis, and improve posture and back pain. Also, regular exercise is one of the simplest ways to stay healthy and fight depression!” This is according to Cathy Moxley, M.A., Fitness Director from Maryland. If a fitness center is not for you, try the following simple At-Home Exercise Program. At-Home Strength Exercises: All you need is a stable chair, an exercise band and a wall.

Leg Press: Sit upright in chair. Lift up one leg, wrapping resistance band around your shoe, taking firm hold of each end. Flex your foot, pressing it out until your knee is almost straight (locking your knee can cause injury). Slowly bring your leg back to the bent position, making sure to keep resistance on the band. Repeat with other leg.

Seated Chest Press: Sit upright in chair, wrapping band behind your back, grasping each end right underneath your arm pits. Press out with both arms until your elbows are almost straight. Slowly bring your arms back until your hands are back underneath your armpits.

Biceps Curl: Sit upright in chair, planting your feet on floor before you, with thighs running parallel to floor. Place band underneath feet and grip each end in your hands. Keep elbows at your side, curling palms up towards your shoulders. Slowly bring hands back down, keeping elbows at your sides until hands touch tops of thighs. Hand weights or canned goods can be used in place of band.

Abdominal Crunch: Sit upright on chair edge. Crossing arms over your chest, slowly lean back so shoulder blades just touch back of chair. Hold this position for a few seconds (remember to breathe), and then slowly rise up to starting seated position.

Calf Raises: Stand on edge of a raised platform (bottom step of staircase works) with the balls of your feet fully on the step and heels dangling off the edge, parallel to the floor. Maintain good upper body posture, raising heels, standing on tiptoes. Use a chair or wall for stability. Slowly lower heels until they reach initial starting position.

Wall Push-Ups: Face a stable, empty wall, standing up straight several feet away from where wall and floor meet. Lean forward, placing palms flat against surface of wall in front of you with arms as straight as possible (do not lock elbows). Keeping torso muscles engaged, bend elbows, leaning forward touching nose to wall. Slowly push back to initial position, keeping your core tight throughout.

Wall Squats: Place back straight up against wall, squatting down so thighs are parallel to ground, bending knees to 90 degree angle. Chair in front of you, provides stability. Don't allow knees to drift past your feet. Hold this position 30 seconds, stand up and repeat. Important Thing to Keep in Mind *Before starting any exercise program, check with your doctor first.*

WINTER IS HERE! DO YOU NEED FUEL ASSISTANCE!? Call Rita NOW at 508.888.4737

Volunteer Corner: Pat Ryan

Happy Birthday to all our volunteers celebrating a winter birthday! Best wishes to Marjorie Collins, Georgia D'Errico, Addie Finn, Barbara Gunshor, Pat Johnson, John McIsaac, Cynthia Myers, Marilyn Osgood, Bob Paul, Michael Teehan, Carol Thwaites and Frank Williams. Thank You 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. 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 508-888-4737 for times and availability.

Volunteer Opportunity:

The Forestdale School, kindergarten to 2nd Grade, is looking for volunteers willing to spend time one on one with students listening to them read out loud. The times and days are flexible and the commitment can be anywhere from a half hour to 2 hours depending on your schedule. For more information on this rewarding experience please call Volunteer Coordinator Pat Ryan at 508-888-4737.

SHINE INFORMATION

Can I change my Medicare Plan after Open Enrollment?

Even though Medicare's Annual Open Enrollment ended on 12/7/2016 (that's the period in which you can change your Medicare Part D Drug Plan or Medicare Advantage Plan –Part C) you may still have some options:

For those with Medicare Parts A and B (Original Medicare): You can add a Medicare Supplement (Medigap Plan) at any time of the year in Massachusetts. If you already have a Massachusetts Medigap Plan, you can upgrade, downgrade or end your coverage at any time during the year. If you missed your initial period to sign up for Medicare Part A (hospital) and/or Medicare Part B (medical) now is the time. Then general open enrollment period for Medicare A and B is January 1 –March 31 with an effective date of July 1st. Please call or visit your local Social Security office.

For those with a Medicare Advantage Plan (HMO or PPO): Between **January 1st and February 14th**, you can drop your Medicare Advantage Plan, effectively switching back to Original Medicare. You will be able to join a Medicare Prescription Drug Plan (Part D) at this time and you may also add a Medicare Supplement (Medigap Plan).

For Prescription Advantage members or if you are getting "Extra Help" paying for prescription drugs: You can change your prescription plan during the year outside of the Annual Open Enrollment.

Five Star Special Enrollment Period (SEP)- You can join a 5 Star Part D drug plan or a 5 star Medicare Advantage plan once during the year outside of the annual open enrollment period. The following have 5 star ratings from Medicare (all Tufts Medicare Advantage HMO plans, Blue Cross Blue Shield Medicare Advantage HMO plans and Blue Cross Blue Shield Part D plans).

Other Special Enrollment Periods: You might qualify for an exception that allows you to enroll in a Part C Medicare Advantage Plan or a Part D Prescription Drug

Plan during the year. Examples may include moving in or out of your plan's service area, ending employer insurance, becoming eligible for or losing MassHealth coverage.

How can SHINE help you? State certified SHINE counselors are trained regarding the enrollment rules that may apply to your personal situation and your personal coverage choices. SHINE counselors are happy to talk with you at any time of the year and they can analyze your needs and compare available plans to find you the most comprehensive coverage at the best price for you. Please call the senior center to make an appointment with a SHINE counselor.

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.

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

Sandwich Council on Aging Newsletter is on TV!

As an additional venue for those wanting to learn what's happening each month at the COA, tune to Sandwich Community TV throughout the month. Host Greg Anderson will talk about what's happening and provide helpful information about ways for you to make the most of our events and programming. Greg has fun with this program and we hope you check it out!

COA – Miscellaneous Info:

SUPPORT GROUPS:

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

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

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

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

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)**

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

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

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

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

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

Pickup Locations Mid & Upper Cape

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

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

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

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

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

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

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

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

**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, 2nd, 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, 4th, Wednesday**
Wills, trusts, estates, asset protection
Please call the COA at 508-888-4737 to make an appointment.

HEARING SCREENINGS:
(2nd 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
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

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" 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.

February 2017

COUNCIL ON AGING ACTIVITIES

Mondays	February	Cribbage Group	10:00 a.m.
Thursdays	February	Barber for Men	9:00-11:30
Friday	Feb. 3	Unwind at the COA- Adult Coloring	10:00 a.m.
Wednesday	Feb. 8	CCRTA Travel Training	11:30 a.m.
Thursday	Feb. 9	Medium Karen Schermerhorn	1:00 p.m.
Friday	Feb. 10	Current Events-	10:30 a.m.
Tuesday	Feb. 14	Attorney Tom Kosman**	10:00 a.m.
Tuesday	Feb. 14	Solo Dining-Canterbury Cuisine	1:00 p.m.
Wednesday	Feb. 15	Mid-Winter Valentine's Luncheon	12:30 p.m.
Wednesday	Feb. 15	Acrylic Painting Class	1:00 p.m.
Thursday	Feb. 16	Tax Seminar - Randy Hunt, CPA	1:00 p.m.
Friday	Feb. 17	"Friends of" Meeting	10:00 a.m.
Friday	Feb. 17	Unwind at the COA- Adult Coloring	10:00 a.m.
Wednesday	Feb. 22	Attorney John Kennan**	9:00 a.m.
Friday	Feb. 24	Current Events-	10:30 a.m.
Monday	Feb. 27	COA Board Meeting	8:30 a.m.
Monday	Feb. 27	Attorney Mello's Office**	9:00 a.m.

MONDAY

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

TUESDAY

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

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 (1st & 3rd)
 1:00 Bereavement Group
 (2nd & 4th)
 1:30-3:30 Veterans' Agent
 4:30 Restorative 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
 10:30 Chair Yoga

FRIDAY

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

**** 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 & your support
during 2017***

Joan M Anderson Irene Barr Marina Carvell William & Laurie Chase David Collins Edward & Darrylle Curran G James Davis Paul & Rita Dawson Claire Desilets Rita Doherty Bob & Barbara Enderle Ann Eriksen Jean Esser Adelaide Finn Carol Fonseca Helen Gately Clyde & Barbara Gill Joanne Giacobbe Alice Grondin Barry & Susan Hall Barbara & Howard Hanley Janet & Paul Hannon Bob & Celine Hardy George & Elinor Heimbegner Barbara B Herndon Sandra Hirst Jeanette Hokanson Joseph M Jochowitz Pat Johnson Jeanette A. Jones Roy & Jacqueline Keel Merle Kelly	Dorothy & Tom Malick Jim & Marion McLoughlin Ed & Stella Maybury William & Cathleen McIntyre Mary Menard Ann & Luke Miller Karen Miller Lynn Mockler-Fields Eleanor M Morey Ronald & Catherine Muise Carol O'Brien Barbara J O'Neil Sharon & Richard Packard Carol & Joseph Queenan Carol Quinlan Linda & Joe Reilly David & Suzanne Salois Charles & Renate Sands Nancy Spunzo Bette Straut John & Charlotte Sullivan Dottie Sykes Ellen Swain Josephine Weisdorfer Robert & Karen Zak	<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 & tomorrow!</i></p> <p>***** **</p> <p>Eleanor M Morey Linda & Joe Reilly John & Charlotte Sullivan Jean Esser Claire Desilets Clyde & Barbara Gill Ed & Stella Maybury William & Cathleen McIntyre Charles & Renate Sands</p>
<i>IN MEMORY OF</i>		
<i>"Mike Sykes"</i>		
Dottie Sykes		
<i>IN MEMORY OF</i>		
<i>"Rod Eriksen"</i>		
Ann Eriksen		
<i>IN MEMORY OF</i>		
<i>"Arthur S, Brown MD"</i>		
Ellen Swain		
<p><i>IN MEMORY OF</i> <i>"Baerbel Davis"</i> Beloved Wife G. James Davis</p>	<p><i>IN MEMORY OF</i> <i>"Jack Jillson"</i> Sarah Terhorst</p>	

<p><i>IN MEMORY OF</i> <i>"Mom & Auntie"</i> Rita Doherty</p>	<p><i>IN MEMORY OF</i> <i>"Richard Johnson"</i> Pat Johnson</p>
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Sandwich Council on Aging
THIS FORM COULD SAVE YOUR LIFE

In cooperation with the Sandwich Fire Department and Police Department, Emergency Management Office, the Council on Aging is sponsoring this Emergency Information Form and Medical Reference Program. The purpose of this program is to build a database of information to help all Sandwich Seniors.

The Council hopes that all seniors will fill out the form below and mail to us at:
270 Quaker Meetinghouse Road, East Sandwich, MA 02537 or drop it off at our office.

**ALL INFORMATION WILL BE ENTERED INTO THE COUNCIL'S COMPUTER AND KEPT STRICTLY
CONFIDENTIAL. ONLY EMT'S WILL HAVE ACCESS TO its CONTENT.**

NAME _____ TODAY'S DATE _____

STREET ADDRESS _____ TEL# _____

MAIL ADDRESS _____

E-Mail _____ Cell # _____

DATE OF BIRTH _____ AGE _____ S.S. NO. _____

RELATIVE OR PERSON TO NOTIFY IN CASE OF EMERGENCY:

NAME _____ RELATIONSHIP _____ TEL# _____

NAME _____ RELATIONSHIP _____ TEL# _____

NEAREST PERSON WITH KEY: NAME _____ TEL# _____

ADDRESS _____

DOCTOR'S NAME _____ TEL# _____

HOSPITAL OF CHOICE _____

INSURANCE _____ NUMBER _____

CURRENT MEDICATIONS & DOSAGE: _____

ALLERGIES: _____

YOUR CURRENT HEALTH CONDITIONS: (EX. -HEART, DIABETES, MEMORY LOSS, MENTAL HEALTH ISSUES?) _____

ARE YOU RECEIVING ANY HOMECARE/HEALTHCARE SERVICES? _____

DO YOU HAVE A KNOX BOX? _____ LIFELINE? _____ FILE OF LIFE? _____

PETS? _____ DO YOU DRIVE? _____ HAVE A CAR? _____

*DO YOU USE: OXYGEN? _____ WHEELCHAIR? _____ WALKER? _____

HEARING AID? _____ ARE YOU SIGHT IMPAIRED? _____

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Barbara Enderle: “Prompt, Knowledgeable, Courteous, Gentleman
With excellent driving skills.”

Jim Slavin: “Caring, Attentive & Very Professional”.

Your Council on Aging Board,
Friends of the Council on
Aging
and COA Staff continuing
to advocate for a
Sandwich Senior Center.
Won't it be Nice!