

SANDWICH COUNCIL ON AGING NEWS

270 QUAKER MEETINGHOUSE ROAD
EAST SANDWICH, MA 02537

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SEPTEMBER 2018

DIRECTOR'S REPORT – Susan Marancik

September is National Senior Center month and this year's theme is "Building Momentum". It's a perfect fit for us this year as we create more programs and services to support aging well in your community. We will celebrate this month with an ice cream social and surprise entertainment. In July we welcomed Kim Lannigan as our new Senior Administrative Assistant at the COA. If you have not met her please come by to say hello. On behalf of the Council on Aging and Sandwich seniors we would like to extend our sincere thanks to the American Legion for putting on another wonderful lobster luncheon in August. The food was incredible and we are very appreciative of all the time and talent donated by the volunteers. I would also like to thank the Friends of the Sandwich Council on Aging for their ongoing financial support for our programs and their help with several events over the summer. More details on the Friends group are included in this newsletter.

Our Board of Directors has been working to "Build Momentum" this summer helping to educate our community on the programs and services the Sandwich Council on Aging currently provides and what is needed to grow in the future. As we move into Fall, there is still plenty of beautiful weather to enjoy. We will be heading outside to start a new cycling group. If you are interested in joining a non-competitive ride along the Cape Cod Canal, we will join certified bicycle trip leader Jeff Hyman. As the group grows we will add new cycling destinations. Of course, all your favorite current programs are still here!

HEALTH MATTERS- PUBLIC HEALTH NURSE

Joanne Geake MPH, BSN, RN

More on Vitamin D

Vitamin D is a fat soluble vitamin found in egg yolks, fortified cereals and dairy products, and fish such as salmon, tuna, and mackerel. It is also produced when ultraviolet rays from sunlight reach the skin and trigger Vitamin D synthesis. Ten minutes of sunlight several days a week on an exposed skin area would be enough to keep a healthy person's D level normal. However, there is an ongoing debate as to what constitutes normal. Currently, 30-50 ng/ml is acceptable. A study published in April shows higher vitamin D levels are linked to a lower risk for diabetes. Low levels of Vitamin D are associated with poor bone and muscle health and chronic conditions such as heart disease, cancer, and multiple sclerosis. Speak with your doctor to see if you should be taking an over the counter Vitamin D supplements.

Mental Health First Aid Certification offered

The Sandwich Council on Aging and the Sandwich Police Department are offering a training program to Sandwich Residence on ways to assist those dealing with mental health issues. The course will teach techniques to recognize symptoms of mental health problems, how to offer initial help, and how to guide a person to appropriate treatments and other supportive help. The class is not intended to replace a licensed therapist.

The certification is offered in two four hour sessions from 1:30 – 5:30 p.m. on Thursday, September 6th and Thursday, September 13th and is limited to 20 participants. A certificate of completion will be given to those who complete both classes and pass the final exam.

There is a \$20.00 registration fee which covers the cost of materials.

Please call the Sandwich Council on Aging at (508) 888-4737 to register. Payment can be made by cash or check. Checks should be made payable to the Sandwich Council on Aging.

OUTREACH CORNER

Rita Wahlstedt, Outreach Coordinator

The Benefits of Exercising in the Water for Seniors (get to a pool). While partially or fully submerged in the water, this form of exercise offers some the following advantages that set aquatic exercise apart from the land-based activity. **1. Balance enhancer:** Aging limbs and worsening vision can cause an older person to lose coordination and increase the risk of falling. Exercising in water at least waist deep will allow an elderly person to work on balance while aided by the water's natural resistance. **2. Strength Builder:** Trying to make quick arm and leg movements in the water is a form of resistance training that can help build muscle strength and endurance. **3. Low-Impact Results:** The buoyancy factor makes swimming and water exercise among the most injury-free sports. This is a safe way of working out without the risk of falling. Dr. Pamela Bartlo, a certified specialist in cardiopulmonary physical therapy points out that age-related joint pain often inhibits and older person's ability to exercise on dry land. Working out in the water puts less stress on joints, allowing pain-free exercise.

The Social Side of Exercising at the Pool. Socializing is another benefit of many types of physical activity, and aquatic exercise is no exception. Social interaction is a key motivator compelling elderly to join an exercise program. Group exercise classes provide an ideal opportunity to gab and make friends.

Check with the Doctor before Starting. Despite its many advantages, working out in the water isn't for everyone. Anyone starting a new exercise regimen, aquatic or otherwise, should consult with their doctor first, as some workouts can be detrimental to seniors with certain medical conditions. People with high blood pressure, congestive heart failure, and breathing disorders like emphysema and asthma, should not exercise in water that goes past their waist, as deeper water can increase pressure placed on the cardiovascular system.

Physical activity and Goal-Setting- With studies touting the role of physical fitness in disease prevention coming out daily, it's more important than ever for seniors to remain physically active. Whether one chooses to participate in synchronize swimming, water aerobics, water yoga or aqua-jogging, perhaps the most compelling benefit of an exercise program is the end

goal. For seniors with chronic diseases, goal setting may seem fruitless, but it is crucial. Having a real goal to work towards can give seniors a valuable sense of purpose, so FIND A POOL, and enjoy year round!

***Check your mail carefully for Fuel Assistance**

recertification from SSCAC! They are PINK in color for this upcoming fuel season. Schedule an appointment with Outreach once you have gathered **all necessary documents** together to submit with your application. Appointments will be taken on Mondays and Fridays after September 11th. Please call 508-888-4737
Outreach Assistance: Private appointments are available with the Outreach Coordinator. She can assist with Benefit Screening, assessing needs and accessing appropriate programs, respite for caregivers, etc. Call to schedule an appointment. 508-888-4737

VOLUNTEER CORNER

Pat Ryan, Volunteer Coordinator

Happy Birthday to our volunteers with September Birthdays- Cathy Baker, John Begg, Jill Briggs, Willard Bryden, Joan Foley, Maurice Garrison, Bill Lyons, AnnMarie Masciotta, and Linda Polovina! Thanks for all you do!!

Friendly Visitor Program

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

Volunteer Opportunities

We are looking for volunteers to help us with our Medical Transportation Program. Volunteers in this program use their own vehicles to bring Sandwich Seniors to local medical appointments. As a driver you pick up the senior at their home, bring them to the appointment, and then return them home. For more information on this flexible volunteer opportunity please call the COA and speak with Pat.

UPCOMING EVENTS

Wednesday, September 5th 9:45AM – 3:00PM AARP Driver Training safety Course: Learn proven safety strategies to maintain your confidence behind the wheel. The AARP Smart Driver course is geared towards drivers 50+ (though any driver may attend) and covers practical defensive driving techniques, the effects of the normal changes to vision and hearing caused by aging and the effects of medications and alcohol. The course reviews the latest 'rules of the road' and operating vehicles safely in today's environment and with today's technology. It is not a behind-the-wheel course but a classroom seminar with a good deal of interaction between the participants. There is no pass-fail. Some drivers who complete the course could qualify for a discount on their auto insurance costs. Check with your agent to see if you qualify for a discount for taking this course. There will be a 30 minute lunch break. Please bring your own lunch or you can purchase something in the area. \$15 for AARP members, \$20 for non-AARP member

Monday, September 10th @9:30 Men's Breakfast:

Come on by and enjoy good conversation, hot coffee, and a hearty breakfast on us. Please call to reserve a spot for what we hope will become a regular event. Bring your ideas for future speakers and demonstrations.

Tuesday, September 11th Solo Dining @ 1:00: Location: East Bay Grille in Plymouth. Please call to register.

Wednesday September 12th @ 1:00 Ice Cream Social:

Join us as we celebrate National Senior Center Month with ice cream, music, and a special guest!! We'll be serving ice cream with all your favorite toppings, second helpings welcome! Please call to reserve a spot.

Thursday, September 13th @1:00pm Crafts with Megan:

Join us for a free hour of crafting with Megan Romeo from Cape Heritage Nursing and Rehab Center. This month's craft is a fall wreath. Space is limited; please call to reserve a spot.

Thursday, September 20th @ 1:30 the COA Book Club:

The book club is back at the COA and now meeting in the lower level. This month's book choice is "Girl in Hyacinth Blue" by Susan Vreeland. Copies are available at the COA. We also have large print editions and books on tape. Come join this fun group! Refreshments served!! Please call to reserve a spot.

Wednesday, September 26th at 12:30 Fall Luncheon:

We're celebrating the changing seasons and cooling weather with a fall luncheon. Join us for pork loin, butternut squash, scalloped potatoes and apple sauce. Assorted sweets are on the menu for dessert! Bring your friends and enjoy a relaxing afternoon. Brian "the Fishmonger" Kelly will be providing entertainment. The cost is \$5.00 per person. Please register by September 20th.

Thursday, September 27th 1:00 Henry Beston's Book, "The Outermost House": Award winning writer Don Wilding from the Henry Beston Society will share how Beston's trail to Cape Cod began at the Battle of Verdun in World War I, how he tapped into the healing power of nature on Cape Cod's Outer Beach, how "The Outermost House" inspired legislators in Washington to establish the Cape Cod National Seashore, and the influence that Beston and "The Outermost House" had on Rachel Carson, other nature writers, and the American environmental movement. Featured are photos and rough-cut footage from documentary film. Don presents the "Henry Beston's Cape Cod program as a benefit for the nonprofit Henry Beston Society. Refreshments served, please call to reserve a spot.

To register for any event please call the COA at 508-888-4737



Fitness and Wellness

SEPTEMBER 2018

A Registration Form is required:

Forms and Payments are due one week before the start of the session. Walk-ins at the start of the class are not permitted. All participants must have an updated Medical Release Form signed by your Doctor. This form will remain active until there is a change in your Medical Condition.



New Offering

Silver Cycling Group
Monday, September 10th
Monday September 24th
10:00am

Join our certified bicycle trip leader, Jeff Hyman for a group bicycle ride on the Cape Cod Canal. The ride will be at an easy pace. Participants should bring their own bicycle and must wear a helmet and bring a water bottle.

Please call to register and to receive information on group meeting location.

Tai Chi Tuesdays 3:15, September 4th-September 25th Cost \$20.00

Tai Chi is an ancient form of exercise that has been proven to promote well-being and increase vitality. When it is performed slowly and gently, it becomes a moving meditation. The exercises promote increased mobility, balance and flexibility. They strengthen joints and muscles, lesson anxiety, depression and stress while building confidence. Health conditions such as heart disease, diabetes and Parkinson's disease have been shown to improve with regular practice. Classes are slow paced, relaxing and appropriate for all levels of physical ability as the movements can be adapted to be performed in a chair. New participants are welcome. Come see what it's all about; there is no charge to try the class the first time.

YOGA WITH SHERRILL

Gentle Yoga Tuesdays 9:00-10:00

***Fall I** September 4th- October 2nd \$30
***Fall II** October 16th- November 13th \$30

Yoga II Yoga Tuesdays 10:30-11:30

***Fall I** September 4th - October 2nd \$30
***Fall II** October 16th- November 13th \$30

Restorative Yoga Wednesday 4:30-5:30

***Fall I** September 5th-October 3rd \$35
***Fall II** October 17th-November 14th \$35
(Minimum number of participants required)

Gentle Yoga Thursdays 9:00-10:00

Chair Yoga Thursdays 10:30-11:30

***Fall I** September 6th-October 4th \$30
***Fall II** October 18th-November 15th \$30



Osteo-Fitness Program from 8:00-9:00am

This program will be held at the Wing School as long as possible and then will be held at the COA. This program is made possible by Elder Services and the volunteer instructors. A medical clearance is needed.

Men's Exercise

Get fit and Be Social!
Mondays and Thursday
9-10am- Lower Level
Small friendly group. No instructor; light weights and stretching.

MASSAGE WITH DEE

1ST AND 3RD WEDNESDAY
OF EACH MONTH
\$1.00 PER Minute with a 15
minute minimum.

Helps reduce stress and
stiffness.

APPOINTMENTS NEEDED
PLEASE CALL 508-888-4737

Fred The Barber!
Thursdays 8:30-11:30
Men's haircuts!



REIKI



Reiki appointments on various days and times. Due to lack of space at the COA, Ms. Schermerhorn to continue our program at her office. Generous discount for seniors!

Time To Touch Route 6A 508-685-4594

Cardio/Strength Building Class

Wednesdays 9:00-10:00 Diane

Fall I September 5th- 26th \$30.00

Fall II October 3rd – 31st \$37.50

Fridays 9:00-10:00

Fall I September 7th-28th \$30.00

Fall II October 5th-26th \$30.00

Saturdays 9:00-10:00

Fall I September 1st- 29th \$37.50

Fall II October 6th- 27th \$30.00

**Total body workout-a low impact dance aerobics and
strength training program.**

Mondays at 3:15, "Challenge Accepted"

This unique class is for ACTIVE people with focus on strength, cardiovascular training, technique and form. Liz will share today's gym-style fitness training. Class may consist of moving to the beat, lifting weights, timed intervals, teams or stations work, mat work or using portable workout equipment. Learn HOW TO MODIFY so you can progress with confidence! Bring your own weights & mat. Please wear proper workout attire (especially FOOTWEAR) and WATER, WATER, WATER!

**Starting September 10th there will be 6 classes on 09/10, 9/24,
10/01, 10/15, 10/22, and 10/29.**

Please call for more information 508- 888-4737

SEPTEMBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 CLOSED  Labor Day	4 9:00 Yoga 10:30 Yoga II 11:30 Quilters 12:00 Shine 1:00 Mah Jongg 3:15 Tai Chi	5 8:00 Osteo Fitness 9:00 Cardio Fitness 10:00 Knit/Crochet 1:00 Massage	6 8:30 Shopping Van 9:00 Yoga 9:00 Men's Barber 9:00 Men's Exercise 10:30 Scrabble 10:30 Chair Yoga 1:30-3:30 VA Agent	7 7:50 Zumba Gold 9:00 Cardio Fitness 12:30 Men's Poker 12:30 Hand and Foot	8
9	10 7:50 Zumba Gold 8:00 Osteo Fitness 9:00 Men's Exercise 10:00 Cribbage 1:00 Rummikub 1:00 Painting group 3:15 Challenge Accepted	11 9:00 Yoga 10:30 Yoga II 10:00 Alzheimers Group 11:30 Quilters 12:00 Shine 1:00 Mah Jongg 3:15 Tai Chi	12 8:00 Osteo Fitness 9:00 Cardio Fitness 10:00 Knit/Crochet 1:00 Bereavement	13 8:30 Shopping Van 9:00 Yoga 9:00 Men's Barber 9:00 Men's Exercise 10:30 Scrabble 10:30 Chair Yoga 1:30-3:30 VA Agent	14 7:50 Zumba Gold 9:00 Cardio Fitness 9:00 Foot care 12:30 Men's Poker 12:30 Hand and Foot	15
16	17 7:50 Zumba Gold 8:00 Osteo Fitness 9:00 Stichers 9:00 Men's Exercise 10:00 Cribbage 1:00 Rummikub 1:00 Painting group	18 9:00 Yoga 10:30 Yoga II 11:30 Quilters 12:00 Shine 1:00 Mah Jongg 3:15 Tai Chi	19 8:00 Osteo Fitness 9:00 Cardio Fitness 10:00 Knit/Crochet 1:00 Massage	20 8:30 Shopping Van 9:00 Yoga 9:00 Men's Barber 9:00 Men's Exercise 10:30 Scrabble 10:30 Chair Yoga 1:30-3:30 VA Agent	21 7:50 Zumba Gold 9:00 Cardio Fitness 12:30 Men's Poker 12:30 Hand and Foot	22 Fall begins
23	24 7:50 Zumba Gold 8:00 Osteo Fitness 9:00 Men's Exercise 10:00 Cribbage 1:00 Rummikub 1:00 Painting group 3:15 Challenge Accepted	25 9:00 Yoga 10:30 Yoga II 10:00 Alzheimers Group 11:30 Quilters 12:00 Shine 1:00 Mah Jongg 3:15 Tai Chi	26 8:00 Osteo Fitness 9:00 Cardio Fitness 10:00 Knit/Crochet 1:00 Bereavement	27 8:30 Shopping Van 9:00 Yoga 9:00 Men's Barber 9:00 Men's Exercise 10:30 Scrabble 10:30 Chair Yoga 1:30-3:30 VA Agent	28 7:50 Zumba Gold 9:00 Cardio Fitness 12:30 Men's Poker 12:30 Hand and Foot	29
30						

FOR YOUR INFORMATION

***Hand and Foot:** This fun group meets Fridays in the lower level at 12:30PM and is looking for new players. No experience necessary, they are willing to teach you! If you like card game and wish you could play for hours this might be the game for you! Similar to Canasta, it involves 2 decks of cards. Come give it a try!

***Introduction to crochet lessons is on hiatus for September.** Current participants may join the ongoing knitting and crochet group that meets upstairs on Wednesdays at 10:00 am.

***Please call and let us know if you are interested in resuming the Current Events group in September.**

***SAVE THE DATE:** The **Annual Friends luncheon** and officer elections will be held on Wednesday, October 17. The exact time and menu will be in the October newsletter. Call the COA to register in advance.

***Connections:** For expert help with all features of mobile phones, tablets, and laptops please schedule an appointment at the COA with one of our Volunteers.

***If you would like to start receiving your newsletter by email please let us know!!**

LEGAL ASSISTANCE

Atty. Mello's office, 3rd Monday of the month. Financial security, health care choices, trusts, will & estate management.

Atty. Tom Kosman 2nd, Tuesday of the month. Housing problems, government benefits, health law, guardianship, reverse mortgage, and consumer

Atty. Michael Lavender or Atty. Kennan, 2nd Wednesday.
Elder law, trusts, estates, and wills.

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

*Home visits can be arranged if you're homebound. Appointments are in the mornings. Please call 508-888-4737 to schedule appointments.

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 be at the COA and will be available by telephone. If Town Hall closes due to a storm, then the Human Services Building will also be closed. In order to keep our transportation clients, bus drivers, and volunteer drivers safe, all driveways and walkways must be shoveled and free of ice. Please be proactive in weather emergencies. Have at least 3 days' worth of medication and personal supplies ready to take with you. If you have a pet have a pet carrier and food ready to go.

Need Help
with your **Medicare**
Plan Comparisons
for Open Enrollment?



It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), expect an information packet from your plan by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan for 2019. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand *your* plan changes as well as *other options* you may have.

REMINDER: Be on the alert for your new Medicare card in the mail and as always, bring your card and drug list to your appointment!

Call now to discuss your insurance questions and schedule your SHINE appointment during the Open Enrollment from **October 15 through December 7th**! **SHINE counselors will be have additional appointment hours at the Sandwich Council on Aging during Open Enrollment. Call for more information (508) 888-4737.**



A word or two from the Chair of the Friends of the COA Reggie Peters

All members are in good standing. Dues are \$10.00 per year, but not required to participate in programs at the COA.

What do we do? We are the fund raising arm of the COA. We use your membership dues to provide entertainment for the lunches we have every other month. Your dues have also helped to refurbish worn out tables, chairs, and the floor at the existing building. We sponsor some programs at no additional cost to Sandwich seniors.

Where and when do we meet? We meet the first Tuesday of each month at the COA building 270 Quaker Meetinghouse Road @ 9:30am. All are welcome to join us.

How do we raise other monies, other than through dues? The Friends have hosted fundraising events including raffles, dinners, talent shows, and dances. Last year we held our first annual Bocce tournament with the Samaritans. All Sandwich residence are invited to participate in fund raising events.

For further information please contact me at (508)428-4695 and leave a message. I will return your call promptly.

Membership

Phyllis Alberti
John and Jean Begg
Elaine Berry
Gertrude Crowley
Lois Frost
Alma Gillis
Mary Govoni
Christopher Noel Hall
Todd Herrmann & Steven James
Phyllis Mason
Kathryn Norton
William and Jeanne Peters
Michael Robbins
Theresa Sena
Judith Sillars
Lisa Storer
Bette Straut
Ellen Swain
Walter Uggerholt



In Memory of



Judith Cummings: From John and Jean Begg

Barbara & Cliff Flodin: From Gary Flodin

Arthur S. Brown: From Ellen Swain

Shirley Uggerholt: From Walter Uggerholt

George Maciel: From Bob & Sheila Wentworth

Irene Tobin: From Phyllis Mason

Betty Landers: From Michael Robbins

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!

Elaine Berry
Ruth Fontana
Alma Gillis
Mary Govoni

Transportation Options:

Provided by the Sandwich Council of Aging:

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

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

We ask that for all rides at least 3 days advance notice so that we may make arrangements with our volunteer drivers.

If using a wheelchair you must have a companion with you-the driver cannot accompany you into the building for your appointment.

For Transportation to **medical appointments** please limit these appointments to routine visits only.

We also have our **Shopping Van** to Stop and Shop, as well as CVS, and various banks on Thursday mornings.

Call the Sandwich Council of Aging at 508-888-4737 as soon as possible to book your reservation. Seating is limited.

Donations may be given to the driver

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

Cape Cod Regional Transportation Rides to

Boston: Travel from Cape Cod direct to Boston Hospitals on a wheelchair accessible bus. Monday – Fridays (no holiday service) Pickup locations Mid and Upper Cape 8:00am, Barnstable (Burger King Rt.6 & 132), 8:15 Sagamore (bridge commuter lot). Reserve by 11:00am the day before. Cost is \$30 round trip; \$15 one way. Reservations can be made by calling 1-800-352-7155. Medical appointments should be made between 10:00am and 2:00pm. Bus leaves Boston no later than 3:00.

Mass Health Members may be eligible to obtain a PT-1 form for transportation. Talk with your Primary Care Physician in regards to obtaining one. PT-1's can be used for any of your Mass Health providers.

Cape Cod Regional Transit Authority Fixed Bus Routes

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

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

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

A reminder: The Sandwich Senior Center offers many legal, financial, recreational, medical screenings or other services and/or activities by volunteer or nominal-cost practitioners. Seniors participating in these services/activities do so with the understanding that the Sandwich Senior Center, Sandwich COA, Town of Sandwich or its Employees do not assume any legal or other responsibility for any advice or services rendered by such volunteer or for nominal-cost practitioners. Any act or advice or service by outside providers at the Council of Aging should not be presumed to be endorsed and sponsored by the Council of Aging.

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

ELDER SERVICES OF CAPE COD AND ISLANDS:

ELDER LUNCHEON PROGRAM:

Healthy, delicious hot meals are served at the Sandwich Housing Authority, 20 Tom's Way 4 days per week. The program provides a great chance to get out of the house during the week to make new friends or renew old acquaintances. A voluntary donation of \$3.00 per meal is recommended and lunches are served on Mondays, Tuesdays, Thursdays, and Friday.

Reservations need to be made by calling 508-888-2965

Hearing Screenings:

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

Foot Care for seniors:

2nd Friday of each month by appointment. The Cost is \$29.00. A foot care program provided by specially trained registered nurses. The following services for those that do not have diabetes are: Assessments of the feet and lower extremities including, circulation, skin conditions, overall podiatric health, trimming, filing and cleaning of the nails; reduction of thickened toe nails, smoothing of corns and callouses; massaging, moisturizing lotions and powdering of the feet. Home visits are available for those that are homebound for \$50.00. This program is provided by Pedi-Care Inc.

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

Alzheimer Support Group:

Meets the 2nd and 4th Tuesday at 10:00 each month. A Free monthly support groups for people living with Alzheimer's or dementia related diseases. Separate groups run simultaneously so caregivers are free to bring loved ones with them.

COUNSELING OPTIONS:

Options counseling is a short-term decision support process to assist consumers of any income (elders age 60 or over, or individuals over the age of 18 with any disability) and their family members, caregivers and/or significant others to make informed choices about their long term services, supports, and setting. Options counseling is a free service provided by elder services of Cape Cod and The Islands. For more information please contact the referral department at 1-800-394-4630

Bereavement, Changes and Loss Support

Group: Richard Bickford, LICSW, is facilitating this program, generously co-sponsored by the VNA, for people who are coping with the loss of a spouse/significant other or any other major changes that are difficult to deal with. Meets the 2nd and 4th Wednesday of each month at 1:00 PM

Sight Loss Support Group for Visually

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

Aphasia Community Group/Caregivers:

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

Parkinson's Disease Support Group:

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

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

FRIENDS OF THE SANDWICH COUNCIL ON AGING, INC.

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

A Living Memorial/ Honor

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

Mail to PO Box 107, Sandwich MA 02563

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

Name:

Send card to: Donor's Name (your name)

2018 MEMBERSHIP

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

Name -----

Mailing Address -----

Tel #:

E-mail:

Individual/Family Membership \$10 Business Membership \$25

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

Enclosed is \$ _____ (please make check payable to Friends of Sandwich COA) Mail to Treasurer, PO Box 107, Sandwich, MA 02563 or drop off at the COA Office. 2018 Memberships run from November, 2017 to October, 2018