

# **SANDWICH COUNCIL ON AGING NEWSLETTER**

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**September 2019**

## **OCTOBER SPECIAL TOWN MEETING – WE NEED YOU THERE!**

In the months since the May town meeting, the Council on Aging Board of Directors, our Town Manager, and the Board of Selectmen have been working together to finalize plans for a new Senior Center for Active Living.

The need for a larger, purpose-built center was identified by the Council on Aging Board more than 14 years ago and they have been advocating for a new building ever since. The proposed Senior Center for Active Living will serve as a resource for social and support services connecting older adults, families, and caregivers to community services. The expanded space will accommodate outreach and advocacy, professional services, health and wellness, social, and recreational programs. Included in the plan is an attached multi-use gym with indoor pickle ball courts and an elevated walking track to replace community resources that will be lost when the Wing School is sold.

The proposed plan will be funded **WITHOUT AN INCREASE IN TAXES.**

Town Manager Bud Dunham explains:

“The Board of Selectmen asked me to find a way to fund both the construction of a new Senior Center for Active Living and the renovation of the current Library **WITHOUT RAISING THE PUBLIC’S TAXES.** After reviewing many concepts in detail with the Town’s financial team and the Selectmen, we have come up with a way to prudently fund both projects without taking significant financial risks. The two funding sources that would enable us to do this are future Canal Unit #3 payments-in-lieu-of-taxes and half of the increased short-term rental tax payments Sandwich will be receiving from visitors who stay in Sandwich. By accomplishing this goal, we will be addressing our primary remaining municipal building needs for the next 50 years.”

A special Town Meeting is planned for Monday, October 28<sup>th</sup>. The Senior Center for Active Living is part of a warrant article that includes the Library Renovation project. Mark Wiklund, Chair of the Library’s Board of Trustees, describes their plans:

“The Library Renovation project will be voted upon at the Special Town Meeting this fall. The project will be part of a warrant article that includes the construction of a new Senior Center for Active Living. The proposed funding will come from both annual payments from the Power Plant as well as the new short-term rental tax. There will be **NO CHANGE TO YOUR TAX BILL** as a result of these projects.

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## OCTOBER SPECIAL TOWN MEETING

The goal of the Library Renovation project is modernization and making the library more technology friendly while better serving traditional needs. The library will still have a lot of books and print, but we're planning on even better spaces for reading, working, studying, and community events.

Our space was designed over 30 years ago. Times and our community's needs have dramatically changed. To meet those needs, we can't just move things around. We must totally reimagine a space that makes our services more accessible to a diversity of needs. Over the coming weeks, we will start sharing our plans with the community." This Library Renovation Project caps recent improvements that include upgrades to the facility's HVAC, roof, flooring, and parking lot. Says Trustee Ted Scribner, "This renovation work will finish the job."

The Council on Aging and Library Boards are working closely with our Town Manager and the Board of Selectmen to make all of this happen. David Sampson, Chair of the Board of Selectmen, offers the following;

"Thank you to everyone for supporting this important initiative. Over the last several months the Town Manager, Library Director, and COA Director have worked diligently to develop the conceptual plans for a new Senior Center for Active Living and a renewed Sandwich Public Library. Both projects have the full support of the Board of Selectmen and will serve our community for many years to come. This initiative will only become a reality with your support, and I look forward to sharing more details with each of you as soon as they are available. If you have questions please reach out to me via email at [dsampson@sandwichmass.org](mailto:dsampson@sandwichmass.org). Thank you."

## **Outreach Corner - Rita Wahlstedt, Outreach Coordinator**

### **Having things in order can make all the difference during a health or weather emergency.**

Here are some quick tips to help you get your affairs in order ahead of time:

*from the National Institute on Aging*

1. Put your important papers and copies of legal documents in one place. You can set up a file, put everything in a desk or dresser drawer, or list the information and location of papers in a notebook. If your papers are in a bank safe deposit box, keep copies in a file at home. Check yearly to see if there's anything new to add.
2. Tell a trusted family member or friend where you put all your important papers. You don't need to tell this friend or family member about your personal affairs, but someone should know where you keep your papers in case of an emergency. If you don't have a relative or friend you trust, ask a lawyer to help.
3. Discuss your end-of-life preferences with your doctor. He or she can explain what health decisions you may have to make in the future and what treatment options are available. Talking with your doctor can help ensure your wishes are honored, and the visit may be covered by insurance.
4. Give permission in advance for your doctor or lawyer to talk with your caregiver as needed. There may be questions about your care, a bill, or a health insurance claim. Without your consent, your caregiver may not be able to get needed information. You can give your okay in advance to Medicare, a credit card company, your bank, or your doctor. You may need to sign and return a form.

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**Fuel Assistance Recertifications have been mailed out to you!**

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### **Mental Health First Aid Training Certification**

**Tuesday-September 17<sup>th</sup> 9am-4pm**

Offered by the Council on Aging and the Sandwich Police Department at the new Public Safety Complex, 255 Cotuit Road, Sandwich. This course will teach the public how to help someone who may be experiencing a mental health or substance use challenge. The training helps you identify, understand and respond to signs of addiction and mental illnesses.

Call Sandwich Council on Aging at 508-888-4737 to register and pick up your training manual in advance for reading. 16 student limit. **Fee \$20.00** for class materials.



## **VOLUNTEER CORNER - Pat Ryan, Volunteer Coordinator**

**Birthday Wishes** to all our volunteers celebrating a birthday! Happy Birthday to Susan Faria, Gil Martin, and Linda McArdle! Thank you for all you do.

**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 office and ask for Pat.

**Handyman Program and Lamp Repair** - The primary goal of our Minor Home Repair Program is to insure that homes of seniors in our community are safe and secure. Work that is purely cosmetic will not be considered. These tasks might include minor electrical repairs (doorbells, blown fuses); minor plumbing (leaking faucets, toilets, clogged drains, replace washers); and minor chores (take down screens, replace smoke detector batteries, remove air conditioners). These repairs must be related to the health, safety, or security of the homeowner. Although the work is done at no charge, the cost of materials is your responsibility. For more information, please call Pat Ryan, Volunteer Coordinator.

**Volunteer Opportunities:** If you enjoy baking and helping with social events we would love to add you to our list of volunteers! If you would like to bake or assist us with some of the social activities we offer, please call and speak to Pat Ryan, Volunteer Coordinator.

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### **You Can Make A Difference**

The Senior Corps Program of Elder Services is recruiting volunteers for its **ABC Tutoring Program** in all academic areas from K-12. Also, seeking volunteers for an intergenerational book and math clubs in all the Cape Cod Schools. Mileage reimbursement and training are available. For more information, please contact Ann Gallagher @ 508-394-4630 or email: [ann.gallagher@escci.org](mailto:ann.gallagher@escci.org)



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### **Sandwich Veteran's Agent**

Beginning in September Scott Dutra, Veteran's Agent, will be available for expanded hours 9:00am-3:30pm the last Thursday of each month.

He will continue his usual weekly office hours  
Thursdays from 1:30-3:30.

Appointments are first come, first served, no scheduled appointments taken.

# SEPTEMBER EVENTS



**The COA will be closed on Labor Day -Monday, September 2nd.**

**Thursday, September 5<sup>th</sup> at 1:00 PM – Genealogy** - Tracing your family roots is a great way to make history come alive in a fun and personal way. Bring your questions and get started discovering where you came from.

**Thursdays, September 5<sup>th</sup>, 19<sup>th</sup>, and 26<sup>th</sup> at 1:00pm Line Dancing-** If you love pop, rock, and Latin music and love to dance, this class is for you. This is a beginner class and no dance experience is required. A medical release is required for this class. Wear casual clothing, bring a water bottle, and choose shoes that are flat with sufficient traction. Fee \$5.00 per class. Please call to register.

**Friday, September 6<sup>th</sup> at 1:00- Afternoon at the Movies– Water for Elephants**  
Academy Award Winners Reese Witherspoon and Christoph Waltz join Robert Pattinson for this epic tale of forbidden love based on Sara Gruen’s acclaimed best seller.

**Mondays, September 9<sup>th</sup>- 30<sup>th</sup> at 10:30AM History Lecture Series - Controversial U.S. Elections of 1824, 1912, 1948, and 1960.** Each has their own blend of surprise, controversy, influence, and intrigue. No specific reading is required but it will be helpful to somewhat familiarize yourself with each election. Instructor David Wyant. Class size is limited to 16 so register early if possible. Classes are located at the Sand Hill School. Please call to register.

**Tuesday, September 10<sup>th</sup> at 1:00pm -Solo Dining: British Beer Company** Please call to register by Friday, September 6<sup>th</sup>. Transportation is provided for those who are in need of a ride. (Separate checks are requested ahead of time)

**Wednesday, September 11<sup>th</sup>, at 11:00am Ladies Brunch-** Join us for brunch in the main room. July’s brunch was such a success, we decided to do it all over again! Please call to register.

**Wednesday, September 11<sup>th</sup> and 25<sup>th</sup> at 1:00pm Mindfulness Meditation-** This class is for beginners as well as those with experience. Mindfulness meditation can help one recognize and manage stressful thoughts and situations, which may lead to a more balanced and healthy outlook. Mindfulness has been proven to be effective in helping to treat pain, anxiety, depression, sleeplessness and many other conditions. This **one hour** class will include light stretching, silent meditation as well as dialogue between attendees to share and reflect on the experience. We will be seated for most of the class, yoga pads are not necessary. Fee \$10.00 Please call to register.

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# SEPTEMBER EVENTS



**Thursday, September 12<sup>th</sup> – 1:00pm – Crafts with Megan** – Join us for this free one hour crafting class with Megan! All materials provided. Please call to register, space is limited. 508 -888-4737

**Friday, September 13<sup>th</sup>, 9:45am – 3:00pm lower level: 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. \$15 for AARP members, \$20 for non-AARP member. Call to register.

**Tuesday September 17<sup>th</sup>, from 9am-4pm -Mental Health First Aid Training Certification-** Offered by the Council on Aging and the Sandwich Police Department at the new Public Safety Complex, 255 Cotuit Road, Sandwich. This course will teach the public how to help someone who may be experiencing a mental health or substance use challenge. The training helps you identify, understand and respond to signs of addiction and mental illness. Call Sandwich Council on Aging at 508.888.4737 to register and pick up your training manual in advance for reading. 16 student limit. **Fee \$20.00** for class materials.

**Tuesday, September 17<sup>th</sup> - 12:30pm Indoor Cornhole and Pizza Party-** Come celebrate National Senior Center Month with us! Gather a team or come alone, learn how to play or just come to cheer the teams on. This is a fun bean bag toss game popular with all ages. Please call to register so we know we have enough for teams. **Fee \$3.00**

**Wednesday, September 18<sup>th</sup> – 1:00pm – 3:30pm Sail Away on the Craft of Pastel Painting** – This hands-on workshop is led by professional artist Greg Maichack. Participants will create a 12 x 18 pastel version of Monet’s Impressionist painting “Sailboat at Le Petit-Gennevilliers”. All materials are provided and you will have the opportunity to experiment with the artist’s professional grade pastels, pastel pencils and paper. Mr. Maichack works with beginner to advanced painters so all are welcome to attend. Please call to register. This class is generously sponsored by the Massachusetts Cultural Council and the Friends of the Sandwich COA.

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# SEPTEMBER EVENTS

**Thursday, September 19<sup>th</sup> at 1:30pm - Book Club-** The book club is reading “Sail Away Girls” by local author Jim Coogan as their September book. Mr. Coogan will be here to facilitate the discussion. All are welcome! Refreshments served! **Copies of the books are available to borrow at the COA.** Call to register 508-888-4737

**Friday, September 20<sup>th</sup> at 10:30am Informational session “Plastic Bottle Ban - What It means to Sandwich”** – Join Sustainable Practices for a presentation about the proposed Municipal Plastic Bottle Ban. Information will be given on the environmental and human impact of single use plastic bottle consumption. A question and answer session will follow. Please call the COA to reserve a seat 508-888-4737.

**Friday September 20<sup>th</sup> at 1:00pm- Afternoon at the Movies - Julie and Julia** - Culinary legend Julia Child provides a frustrated office worker with a new recipe for life in Julie & Julia. This film tells the true story of how Julia Child’s life and cookbook inspired fledgling writer Julie Powell to whip up 524 recipes in 365 days. Starring Meryl Streep and Amy Adams.

**Wednesday, September 25<sup>th</sup> 12:30pm -Fall Luncheon-** We’re celebrating the changing seasons and cooling weather with a fall luncheon. Join us for a menu of pork loin, butternut squash, scalloped potatoes and apple sauce. Dessert is a traditional apple crisp! Bring your friends and enjoy a relaxing afternoon. **We will be joined by special guests Sandwich Town Clerk Taylor White and Chairman of the Sandwich Board of Selectmen David Sampson, who will once again award the Boston Post Cane to the oldest citizen in Sandwich.** Don’t miss this special occasion! \$5.00 per person. Please register by September 20th.

**Thursday, September 26<sup>th</sup> 9:00am-3:30pm – Sandwich Veteran’s Agent - expanded office hours.** Beginning in September Scott Dutra, Veteran’s Agent, will be available for expanded hours the last Thursday of each month. He will continue his usual weekly office hours Thursdays from 1:30-3:30. Appointments are first come, first served, no scheduled appointments taken.

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Do you have interest in playing Bridge?  
Please call the Council on Aging and let us know.

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## SAVE THE DATE

**Friends of the Sandwich Council On Aging**

**Annual Luncheon and Meeting**

Sagamore Inn

Wednesday, October 16<sup>th</sup>, 2019 12:30 p.m.

Menu selections and registration will be available in the October newsletter.



## SEPTEMBER TRAVEL NEWS

**Foxwoods** 9/03, 10/01, \$35; **Big E-Eastern States Exposition** 9/13, \$55 (\$45 w/ military ID); **MGM Springfield** 9/13 \$45; **Salem Tour & "Witch Trial"** 9/28, \$85; **Escape to Margaritaville-PPAC** 10/04, \$110/\$98; **Oktoberfest at East Hill Farm & Covered Bridges of NH** 10/08, \$95; **Lion King-Boston** 10/09, \$159; **CAROL BURNETT Live on Stage-PPAC** 10/19, \$150/\$105; **Legends In Concert-Foxwoods** 10/22, \$60; **ALADDIN on Broadway-Matinee-PPAC** special price \$95/\$75; **Flying Ivories Dueling Piano's & Lunch** 11/07, \$99; **Overnight Mohegan Sun/Foxwoods** 11/07, \$149; **Come From Away-PPAC** 12/06, \$115/\$99; **Holiday Pops Boston-Matinee-First Balcony** 12/11, \$105; **Atlantic City New Year Celebration** 3 days, 2 shows, 4 meals 1/06/20, \$234.

**2020 Broadway Season-\$25 holds your seat:** **Mean Girls-Boston** 2/09/20, \$145; **Fiddler on the Roof-PPAC** 2/14/20, \$110/\$75; **Blue Man Group-PPAC** 2/20/20 \$105/\$75; **Jesus Christ Superstar-PPAC** 4/04/20 \$110/\$99; **Riverdance 25th Anniversary Tour-Wang** 4/05/20, \$95; **Donna Summer Musical-Boston** 8/16/20, \$149.  
**SPECIAL EVENT: COLLETTE VACATIONS TRAVEL EXTRAVAGANZA Presentation-Door Prizes-Travel Deals-Lunch, Tuesday, September 24-\$10-RSVP Required**

For a complete listing of all trips stop by the senior center or visit [www.adventureswithkarynwendell.com](http://www.adventureswithkarynwendell.com) Karyn will be offering a monthly "Travel Talk" at the senior center and is available to meet with you by appointment. For more information, contact Karyn Wendell at (508) 420-5288 - [Karynmw1@comcast.net](mailto:Karynmw1@comcast.net). Mail payments for travel to Karyn Wendell, P. O. Box 161, Centerville, MA 02632. See "Adventures with Karyn" ad every Sunday in the Cape Cod Times

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## MEDICARE'S OPEN ENROLLMENT IS JUST AROUND THE CORNER...

### Don't wait until it is too late!

The Open Enrollment Period (**Oct 15 – Dec 7, 2019**) for Medicare Advantage Plans (Part C) and Prescription Drug Plans (Part D) will be here before you know it and it is **very important** to re-evaluate your Medicare options for **2020** during this period. Each year Medicare plans can change premiums, deductibles, co-pays and the prescription formulary (list of drugs they cover). In addition, Medicare Advantage Plans (HMOs, PPOs) often add and/or drop primary and specialty physicians, skilled nursing facilities and hospitals. Your current plan is required to notify you by September 30<sup>th</sup> of any changes for the coming year. This letter is called the Annual Notice of Coverage (ANOC) - please make sure you review it. If you decide to stay with your current plan there is no further action required.

If you switch your Medicare Advantage (Part C) or Medicare Prescription Drug (Part D) Plan during the Open Enrollment Period it will take effect January 1, 2020

(Please note - this enrollment period may not affect you if you have retiree coverage).

SHINE appointments fill up quickly. We will begin scheduling appointments in late September or early October for this year's open enrollment. Reviewing you plans could save you money in 2020. **Remember- don't wait until it is too late.**

for this year's open enrollment. Reviewing you plans could save you money in 2020. **Remember- don't wait until it is too late.**

# YOGA



## GENTLE YOGA

**Tuesday 9:00-10:00**  
September 3rd– October 8th  
Fee: \$36.00

**Thursdays 9:00-10:00**  
September 5th-October 10th  
Fee: \$36.00

**Wednesdays 4:30-5:30**  
September 4th-October 9th  
Fee: \$36.00

## YOGA II

**More Challenging**  
Tuesdays 10:30-11:30  
September 3rd– October 8th  
Fee: \$36.00

**CHAIR YOGA**  
Thursdays 10:30-11:30  
September 5th-October 10th  
Fee: \$36.00

**\*New class at the Sand Hill Building on Dewey Ave in Sandwich**

**SAND HILL CHAIR YOGA**  
September 3th– October 8th  
Tuesdays 1:00-2:00  
Fee: \$36.00

*Payment is due one week before the start of the session.*



# 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!

Liz Saunders is a certified personal trainer.

**Monday's 3:15 - 4:15**  
**September 9th-30th**  
**Fee: \$24.00**

## **Line Dancing Thursdays at 1:00 September 5th, 19th, and 26th**

If you love pop, rock, and Latin music and love to dance, this class is for you. This is a beginner class and no dance experience is required. Wear casual clothing, bring a water bottle, and choose shoes that are flat with sufficient traction.

Fee \$5.00 per class. Please call to reserve a spot

## **Mindfulness Meditation**

**Wednesdays at 1:00– September 11th, and 25th**

Mindfulness Meditation class is a one hour class for beginners as well as those with experience. Fee \$10.00

# FITNESS

## TAI CHI

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, lessen 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 for the first time.

*Registration required and payment due 1 week before the session starts.*

**Tuesdays at 3:15pm**  
**September 3rd-24th**  
**Fee: \$20.00**



## ZUMBA GOLD

**Mondays and Fridays**  
**7:50-8:50am**  
**September 6th– September 30th**  
**Fee: \$40.00**

*Registration required and payment due one week before the session starts.*

## **REIKI**

Appointments are offered on various days and times. Ms. Schermerhorn will continue offering this program at her office. Generous discount for seniors. Time to Touch Route 6A 508-685-4594

## CARDIO/ STRENGTH CLASS– Total body workout

**Wednesdays 9:00-10:00**  
 September 4th-25th  
 Fee: \$30.00

**Fridays 9:00-10:00**  
 September 6th-27th  
 Fee:\$30.00

**Saturdays 9:00-10:00**  
 September 7th-28th  
 Fee: \$30.00

*Registration required and payment due 1 week before the session starts.*

**Rummikub**-Mondays at 1:00

**Mah Jongg**- Tuesdays at 1:00

**Scrabble**- Thursdays at 10:30

**Hand and Foot**- Fridays at 12:30

Come join these fun and friendly groups.

They are always looking for new players!

## Cribbage

Mondays 10:00-12:00

No experience needed.

Patient instructors teach one on one.

Test yourself against some of our seasoned players.

Please call to register.



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## The Sandwich Stitchers

Would you like to make quilts and other items for charity?

Come join this group the 1st and 3rd Monday of every month from 9:00am to 12:00pm.



### Massage with Dee

1st and 3rd Wednesday of each month.

\$1.00 Per minute with a 15 minute minimum.

Helps reduce stress and stiff muscles.

*Appointments are necessary*



### Fred The Barber

Thursdays 8:30-11:30

Men's haircuts!

*Donations accepted*



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## Walking Group

Come join the fun!! A great opportunity to keep moving through the year. The group meets at 8:00am to 9:00am in the gym of the Wing School Monday through Friday.

Walkers will meet at the canal on nice days, and the Wing School if raining. A signed Medical Waiver must be completed by your physician. Please call the COA to register.

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## Osteoporosis Prevention Exercise Class

Join us Mondays and Wednesdays, 8:00-9:00am at the Wing School for Osteoporosis Prevention Exercise classes. Classes are structured to help individuals diagnosed with Osteoporosis or who are at risk for Osteoporosis, maintain strength, flexibility, and function. The classes are free, open to the public, and led by trained Senior Corps volunteers. Interested participants are asked to complete a class registration form which includes a signature from his/her physician. This class is sponsored by Elder Services of Cape Cod and the Islands, and the Sandwich COA.



**Painting Group**  
**Mondays at 1:00**

Come join this fun and friendly group of both beginner and experienced artists!

**Knitting**  
Wednesdays  
10:00am Knit/Crochet



**Connections- Technology Help Desk**

Do you need help with your mobile phone, tablet, laptop or digital camera. Learn how to upload pictures and download apps and books. Having trouble with your answering machine and deleting all those old messages? Volunteers are available to help, please call the COA for an appointment.

**Hand and Foot**

Friday  
afternoons at 12:30!



**PLEASE CALL THE COA TO REGISTER FOR ALL CLASSES AND PROGRAMS. 508-888-4737 THANK YOU!**

All exercise participants must have a medical release form signed by your Doctor. This form will remain active until there is a change in your medical condition.



**Forms and Payments are due one week before the start of the session.**

Walk-ins at the start of the class are not permitted. You may only attend the class for which you registered. It is our policy that you may try one class to see if it fits your needs before committing to the registration. Sandwich residents have priority in all classes and programs. Fees may apply for out of town participants.

# September 2019

		September 2019					
	Mon	Tue	Wed	Thu	Fri		
1	2  COA  	3 9:00 Yoga 10:30 Yoga II 11:30 Quilters (on hold) 12:00 Shine 1:00 Mah Jongg 1:00 Sand Hill Yoga 3:15 Tai Chi	4 8:00 Osteo Fitness 9:00 Cardio 10:00 Knit/Crochet 1:00 Massage 4:30 Gentle Yoga	5 8:30 Shopping Bus 8:30 Men's Barber 9:00 Yoga 9:00 Men's Exercise 10:30 Chair Yoga 10:30 Scrabble 1:00 Line Dancing 1:30-3:30 VA Agent	6 7:50 Zumba Gold 9:00 Cardio 12:00 Men's Poker 12:30 Hand and Foot 1:00 Movie	7	
8	9 7:50 Zumba Gold 8:00 Osteo Fitness 9:00 Men's Exercise 10:00 Cribbage 1:00 Rummikub 1:00 Painting 3:15 Challenge Accept	10 9:00 Yoga 10:30 Yoga II 11:30 Quilters (on hold) 12:00 Shine 1:00 Mah Jongg 1:00 Sand Hill Yoga 3:15 Tai Chi	11 8:00 Osteo Fitness 9:00 Cardio 10:00 Knit/Crochet 1:00 Bereavement 1:00 Meditation 4:30 Gentle Yoga	12 8:30 Shopping Bus 8:30 Men's Barber 9:00 Yoga 9:00 Men's Exercise 10:30 Chair Yoga 10:30 Scrabble 1:30-3:30 VA Agent	13 7:50 Zumba Gold 9:00 Cardio 12:00 Men's Poker 12:30 Hand and Foot	14	
15	16 7:50 Zumba Gold 8:00 Osteo Fitness 9:00 Stitches 9:00 Men's Exercise 10:00 Cribbage 1:00 Rummikub 1:00 Painting 3:15 Challenge Accept	17 9:00 Yoga 10:30 Yoga II 11:30 Quilters (on hold) 12:00 Shine 1:00 Mah Jongg 1:00 Sand Hill Yoga 3:15 Tai Chi	18 8:00 Osteo Fitness 9:00 Cardio 10:00 Knit/Crochet 1:00 Massage 4:30 Gentle Yoga	19 8:30 Shopping Bus 8:30 Men's Barber 9:00 Yoga 9:00 Men's Exercise 10:30 Chair Yoga 10:30 Scrabble 1:00 Line Dancing 1:30-3:30 VA Agent	20 7:50 Zumba Gold 9:00 Cardio 12:00 Men's Poker 12:30 Hand and Foot 1:00 Movie	21	
22	23 7:50 Zumba Gold 8:00 Osteo Fitness 9:00 Men's Exercise 10:00 Cribbage 1:00 Rummikub 1:00 Painting 3:15 Challenge Accept	24 19:00 Yoga 10:30 Yoga II 1:30 Quilters (on hold) 12:00 Shine 1:00 Mah Jongg 1:00 Sand Hill Yoga 3:15 Tai Chi	25 8:00 Osteo Fitness 9:00 Cardio 10:00 Knit/Crochet 1:00 Bereavement 1:00 Meditation 4:30 Gentle Yoga	26 8:30 Shopping Bus 8:30 Men's Barber 9:00 Yoga 9:00 Men's Exercise 10:30 Chair Yoga 10:30 Scrabble 1:00 Line Dancing 9:00-3:30 VA Agent	27 7:50 Zumba Gold 9:00 Cardio 12:00 Men's Poker 12:30 Hand and Foot	28	
29	30 7:50 Zumba Gold 8:00 Osteo Fitness 9:00 Men's Exercise 10:00 Cribbage 1:00 Rummikub 1:00 Painting 3:15 Challenge Accept	<p><b>COA Board of Directors meeting</b>  <b>Date:</b> September 24th <b>Time:</b> 8:45am in the lower level</p> <p><b>Friends of the Sandwich COA board meeting</b>  <b>Date:</b> September 3rd <b>Time:</b> 4:30pm in the lower level</p>					

# Transportation Options



## Transportation provided by the Sandwich Council of Aging.

Monday to Friday between 9:00am – 2:30pm. All transportation is based on driver availability.

**\*The COA is unable to provide transportation to and from any medical appointments that require anesthesia.**

**\*We ask that at least 3 DAYS** advance notice is given for all rides so that we may schedule a driver.

**\*The COA provides rides to COA programs, medical appointments, and local errands. Please book local appointments between 9:00am and no later than 2:30pm.**

For out of town appointments please book between 9:30am and 1:30pm.

**\*The Shopping Bus** goes to Stop and Shop, CVS, Aubuchon, and various banks on **Thursdays**. Please call by Tuesday afternoon to book your reservation. Seating is limited.

**\*Please note that from July 1st – September 30th** transportation to Plymouth, Bourne and towns beyond Barnstable will only be offered on Tuesdays, Wednesdays, and Thursdays due to summer traffic.

If using a **wheelchair** you must have a companion with you-the driver cannot accompany you into your home or an appointment.

**Call the COA for all transportation reservations 508-888-4737**

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



**CCRTA DART Bus** provides door to door service.

They require 24 hour notice.

1-800-352-7155

**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 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!

## **SERVICES AVAILABLE TO SENIORS**

### **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 Monday, Tuesday, Thursday, and Friday.

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

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#### **HEARING SCREENINGS:**

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

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#### **FOOT CARE FOR SENIORS:**

2<sup>nd</sup> Friday of each month by appointment. 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. **Fee is \$29.00 and home visits are \$50.00.** This program is provided by Pedi-Care Inc. Please call the COA to schedule an appointment.

*Reminder we do not take credit cards.*

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**SHINE COUNSELOR:** Will assist you with health insurance questions and needs. Appointments available on Tuesday afternoons at the COA. Please call 508-888-4737 to schedule appointments.

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#### **ALZHEIMER'S SUPPORT GROUP: \*New Location at The Sandwich Public Library\***

Meets the second and fourth Wednesday from 10:00 - 11:30 . A Free monthly support group for people living with Alzheimer's or dementia related diseases. Separate groups run simultaneously so caregivers are free to bring loved ones with them.

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#### **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 please contact the referral department at 1-800-394-4630

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#### **BEREAVEMENT, CHANGES and LOSS SUPPORT GROUP AT THE COA:**

Richard Bickford, LICSW, facilitates this program for people coping with the loss of a spouse or significant other or any difficult life changes. This program is generously co-sponsored by the VNA. Meets the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month at 1:00pm.

## **SIGHT LOSS SUPPORT GROUP for VISUALLY IMPAIRED: \*Meeting on Mondays now\***

Located at the **Mashpee COA** on the 4th Monday of the month. Transportation is available, please call Sight Loss Support at 508-394-3904.

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## **APHASIA COMMUNITY GROUP/CAREGIVERS:**

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

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## **PARKINSON'S DISEASE SUPPORT GROUP:**

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

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### **LEGAL ASSISTANCE:**

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

**South Coastal Legal Services 2nd Tuesday of every other month:** Housing problems, government benefits, health law, guardianship, and consumer.

**Atty. Michael Lavender, 2nd Wednesday of the month:** Elder law, trusts, estates, and will.

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

Please call the COA to schedule an appointment.

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**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.

**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.

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

**The Friends of the Sandwich COA meet on the first Tuesday  
of every month at 4:30**

Location: Sandwich Human Services Building. (lower level)  
270 Quaker Meetinghouse Road, East Sandwich 02537

**2019 Memberships**

Decatur House Inc.  
Thomas and Kathleen LaRoche  
Joseph and Virginia Nelson  
Robert and Alana Donohoe  
Dr. Wendy Leslie & Col. D. Bartlett  
Jeanette Hokanson  
Carolyn Weimer  
Cynthia Hickey

**Donations**

Cynthia Hickey  
Carolyn Weimer  
Robert and Alana Donohoe  
Dr. Wendy Leslie & Col. D. Bartlett

*Thank  
You!*

*In  
Loving  
Memory*

Jim and Carolyn Albrecht in Memory of **Stacia Powell**

William and Judith Page in Memory of **Alice Zona**

Rita Wahlstedt in Memory of **Maryln Giunta**

***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 2019.***

**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)

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**2019 Membership**

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

Name \_\_\_\_\_

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

Town \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone # \_\_\_\_\_ 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

2019 Memberships run from November 2018 to October 2019