

SANDWICH COUNCIL ON AGING NEWSLETTER

270 Quaker Meetinghouse Road

East Sandwich, MA 02537

Phone 508-888-4737 Fax 508-833-9154

Email: coa@sandwichmass.org

Late Summer 2020

Director - Susan Marancik

Welcome to August! As difficult as the last several months have been in so many ways, it does seem the time has flown. Our newsletter is still not on the normal schedule you are used to as we try to bring you the most relevant information for different phases of the pandemic. We will continue to keep you updated on the essential services that have been continuously offered and also bring you information on our phased re-opening as we slowly scale up operations. Everything planned is subject to change on a daily basis depending on guidance from the Sandwich COVID-19 Command Team and other local, state and federal guidelines. The senior center remains closed to the public, but we are able to have three staff members in the building at a time using the upper and lower levels.

Although the entire staff misses the way the building comes to life when all of you are here, the safety of our participants, volunteers, and staff is most important as we consider how and when to bring back activities. Size of groups, disinfecting protocols, mask wearing and the ability to social distance are all being taken into consideration. We hope to open by appointment sometime later in the summer and follow with a few indoor programs for small groups of less than ten in September or October. Most exercise classes, Mahjonn, card playing and other games where equipment is shared and there is close contact will be reintroduced last. Please call the office or check the COA Facebook page for the most current information.

By the time you receive this, you will have had the opportunity to see the preliminary design for the new Center for Active Living. It has been exciting to see the work progress despite the obstacles the pandemic has presented! We welcome your feedback as the project continues to evolve. The project will be ready to go out for construction bids before the end of the year right on schedule. Thank you to BH+A Architects, Pomroy and Associates, Project Manager and Heather Harper, Asst. Town Manager for keeping the project on track throughout the shutdown.

As always, if you have questions or ideas, please call the office and speak with a staff member. Pat Ryan, Volunteer Coordinator has worked hard to facilitate programs via Zoom and is available to help if you are having trouble connecting. Paula Johnson and the SCTV team continue to put great content on Channel 13 if you don't have an internet device. We are also able to host conference calls or other programming on social media, so don't hesitate to call if you have an idea you would like to share with the community online.

See you in the Fall!



RESOURCES AVAILABLE

The Council on Aging staff remains fully available. Please call the office for assistance (508) 888-4737

Transportation - Limited availability for essential medical appointments only. Please note that due to safety protocols we have fewer vehicles and drivers; call at least 3 days in advance for a ride. We do not transport to Bourne, Plymouth or beyond Barnstable on Mondays and Fridays until September 30th due to traffic delays.

Grocery Shopping - We do not provide shoppers, but can transport individuals to the store. At this time we are still only able to transport one person at a time, so daily schedules may vary. Stops can be made at a pharmacy or bank. If you are unable to access food, please call the office for alternate resources.

Outreach - Information and referral services are available. Please call the office.

Cape Cod Medical Reserve Corp Grocery Delivery-The Medical Reserve Corp. is now providing a free grocery delivery service for seniors. This will continue through the summer. *MRC volunteers will pick up your pre-ordered, pre-paid groceries and deliver to you. Please call (508) 566-7161 for more information.

Meals on Wheels-At this time Elder Services of the Cape and Islands is taking new clients for the Meals on Wheels program. Please call (508) 394-4630 for more information.

Food Pantry - The Food Pantry is offering arranging a monthly delivery of fresh food; can include meat fruits and vegetables and shelf stable foods. They also offer contact-less drive through pick up.

Caregivers - Please register with the COA if you are caring for a loved one with dementia. In the event that something happens to you, First Responders will notify the COA to make sure your emergency caregiver is contacted. If you don't have a back up plan, please consider your options in case of an emergency need.

Alzheimer's Family Support Center of Cape Cod

AFSC's clinical staff is offering telephone consultations from their home offices to anyone who needs them. Online support and conversation groups are also available online via Zoom.



you'd like to join, just send an email to info@capecodalz.org or call the AFSC office at (508) 896-5170.



Outreach Corner ~ Rita Wahlstedt, Outreach Coordinator

FUEL ASSISTANCE NEWS 2020-2021

Letters from South Shore Community Action have been mailed to previous fuel assistance recipients. This year's light green recertification packets will follow soon in your upcoming mail! Be sure to call Rita if you need assistance applying or would like your recert reviewed prior to you mailing it. SSCAC wants to remind you that **they are closed to the public**, so please do not go to their office but mail your recerts along with copies of ALL necessary documents to the Plymouth address which is included in your mailing from them.

If further questions for them, please call their main number 508.746.6707.

Do Your Kids Know Your Plans? Talk to Them

Most families never talk about what one's wishes may be when they become incapacitated or when they die. After all, no one likes to talk about their own mortality, especially with their children, even if they are adults themselves. However, an open dialogue would be the best thing for everyone. It will save your children from making painful decisions during an emotionally charged time and help to avoid conflict or distress.

By discussing your wishes with caregivers, healthcare providers and family, and completing important documents, you provide those around you with the instructions they need to deliver the care you want. It also provides a way for them to respect your final wishes. These important documents should always be prepared by an Elder Law / Estate Planning Attorney and include:

- HIPAA Release
- Health Care Proxy
- Durable Power of Attorney
- Advanced Care Directive / Living Will
- Last Will and Testament

Having the documents is important but having the appropriate conversations is the crucial part. Your family, especially the person you have identified as your agent, need to know how you wish to be treated and what your limits for treatment would be. Making those decisions for you will be much easier if you've had a discussion with them. This is also a good time to discuss any final wishes you may have, pre-made funeral arrangements and plans for your property, should you pass. Talking about your plans is a way of guiding them through a difficult time. The more they know what to expect, the less their burden becomes. *Surprenant & Beneski, P.C.*

To quote Senator Cyr, *"Don't be shy about reaching out for help!"* Call the Council on Aging if there is something at all we can do to help you. This is exactly why we are here! 508.888.4737



Sandwich Public Health Nurse - Joanne Geake MPH BSN RN

Medical Equipment

The Medical Equipment Shed is available by appointment for Sandwich Town Residents to borrow needed items. **Appointments are required** for pick-up and drop-off. Please call the Public Health Nursing Office at **508-833-8020** to schedule a time to visit the shed.

Pick-up: Monday and Friday mornings. **Drop-off:** Monday and Friday afternoons.

Please contact the Public Health Nurse at **508-833-8020** for more information.

Spaulding Healthy Caregiver Support Group - Now on Zoom

Tuesday, August 4th at 1:00-2:30

To RSVP or for more information: Email Mary Jo French at mfrench5@partners.org



Veteran's Agent

To speak with a Veteran's Agent

please call 508-778-8740 and you will be referred to a local agent.



Osteoporosis Prevention Exercise Class

Join us Mondays and Wednesdays, 8:00-9:00 am **online** 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 led by trained Senior Corps volunteers. Please call the office to sign up.

Start date will depend on interest.

Please note: If you do not have a Medical Release on file, you must have one signed by your physician prior to participating.

This class is sponsored by Elder Services of Cape Cod and the Islands



SHINE

If your SHINE counselor is not yet accessible at your COA, SHINE can still be reached by telephone M-F. If you have any questions about your health or prescription coverage, please feel free to call at 508-375-6762.

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, 2020**) 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 **2021** 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 30th 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, 2021 (Please note - this enrollment period may not affect you if you have retiree coverage).

With the Governor's "Stay Safer At Home Advisory" still in effect along with guidance through our federal Administration for Community Living (ACL) SHIP grant and Senior Medicare Patrol (SMP) Partnership, SHINE will maintain the safety of consumers and counselors to assure quality, privacy and confidentiality is maintained through remote counseling until further notice.

All SHINE appointments will be done remotely. There will be no in-person appointments, but we will be scheduling telephonic appointments. At the time of writing, we do not know if Medicare will be making any adjustments to Open Enrollment due to the pandemic. As the situation evolves and directives from Medicare are published, SHINE will keep you up to date.



**Planning for Medicare presented by a
Blue Cross Blue Shield representative**

August 27th at 10am or September 24th at 6:00pm

This 45 minute online presentation is geared towards individuals approaching Medicare who may have questions about available health plan types. The presentation will focus on the differences between Medigap and Medicare Advantage plans and explain Medicare's enrollment timeline.

<https://attendee.gotowebinar.com/register/4973499419412559888>



PROGRAMS

Zoom Practice Coffee Hour- Zoom is a great way to stay in touch with family and friends. We are hosting a coffee hour every Wednesday morning at 10:00 am to help you learn and practice. Call the COA with your email address and we'll send you an invitation to join us.

Monday July 27th and every other Monday at 10:00AM-Zoom Topics of Societal Interest Discussion- The first topic is "What Happened to the News". Join us for a look back at how the News has changed over the years, beginning with the 1950's. Call to sign up or learn upcoming topic discussion topics.

August 3rd and every other Monday at 10:00AM- Zoom History Lecture Series with David Wyant –Women of the Civil War. Explore this fascinating topic brought to life by historian Dave Wyant. Learn about the spies, the nurses and the general's wives who helped shape the war and it's outcome.

August 7th, August 21st , September 4th, and 18th -10:00AM-Current Events Zoom Meeting. We use the NewsCurrents platform to discuss topical current happenings here and around the world. Come join the discussion, new members always welcome!

Wednesday August 19th 1:00PM-2:00PM Drive-Through Ice Cream Social at the COA – The Cape Cod Slush and Ice Cream truck will be here with all your favorite ice cream novelty favorites! Stop by the Human Service Building for your complimentary treat.

Thursday August 20th at 1:30PM -Page Turners Book Club-Zoom Meeting
"The Woman's Hour: The Great Fight to Win the Vote" by Elaine Weiss –Thanks to the Sandwich Public Library, we have the books available at the COA for you to borrow. Please call and let us know if you'd like to join us for the discussion and we'll send you an invite!

Wednesday, September 9th, 12:30PM -Seafood Sam's Food Truck- Everyone's favorite, Seafood Sam's, will be here with their new food truck and delicious fresh seafood cooked to order! We will be observing social distancing, so this is a drive through event, not an eat in luncheon. Please call the COA for more information and to register. Space is limited.

Thursday September 17th 1:30PM -The Page Turners Book Club - Zoom Meeting
The September Book choice is "A Tree Grows in Brooklyn" by Betty Smith. Books are available at the COA, call to reserve a copy. Many thanks to **Sandwich Public Television** who have agreed air the original movie starring Dorothy McQuire and Joan Blondell prior to the meeting

Zentangle Craft Class - The Zentangle method was created by Rick Roberts and Maria Thomas as a way to **practice focus and meditation through drawing** by using repetitive lines and shapes. Each mark is called a "tangle," and by combining various tangles into patterns you create a drawing. Sharon Hunt will be demonstrating this fun, relaxing art form on Sandwich Community TV. We have put together individual bags of supplies, free of charge, if you would like to draw along with this lesson.

Call to reserve your supplies and the broadcast date.



EXERCISE PROGRAMS

Medical releases must be on file to participate in Zoom classes

ZOOM YOGA - Instructor Sherill Dykeman

In an effort to support our seniors and provide ongoing classes while the senior center is closed, the Sandwich COA is working with the fitness instructors to provide online access via Zoom! Checks are payable to the COA and mailed to:

Sandwich COA, 270 Quaker Meetinghouse Rd, East Sandwich, MA 02537.

Please note on check which session.

August Mondays

Gentle Floor Yoga 9:00am

08/03, 08/17, 08/24 -\$18.00

Chair Yoga 11:00am

08/03, 08/17, 08/24 -\$18.00

August Thursdays

Gentle Floor Yoga 9:00am

08/13, 08/20, 08/27 \$18.00

Chair Yoga 11:00am

08/13, 08/20, 08/27 \$18.00

September Mondays

Gentle Floor Yoga 9:00am

09/14, 09/21, 09/28 \$18.00

Chair Yoga 11:00am

09/14, 09/21, 09/28 \$18.00

September Thursdays

Gentle Floor Yoga 9:00am

09/03, 09/10, 09/17, 09/24 \$24.00

Chair Yoga 11:00am

09/03, 09/10, 09/17, 09/24 \$24.00



Zoom Tai Chi - Instructor Lauren Powers

Tuesdays starting August 18th, 4:00 pm on Zoom, cost \$5 per class

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.



Mindfulness Meditation - Instructor Pete Cormier

Wednesdays at 1:00 through August and September; anyone can join.

Click here or enter the URL into your browser) for the Zoom invite:

<https://us04web.zoom.us/j/763485651?pwd=YmllM1R3YjF2UnF2NC83UklqNUVxUT09>

Click here for a pre-recorded meditation you can listen to anytime-

<https://petecormier.com/guided-meditations/>

Walking Group

Join a COA staff member for a local walk and a chance to socialize with friends (at a safe distance!). We'll be going Tuesday-Wednesday at 9:00 in groups of 6 (weather permitting).

Please call the office for all the details and to sign up.



Sandwich Community TV

Tune in to your local channels at Sandwich Community TV and keep up with what's happening in town, the latest health advisories, and just good, solid entertainment.

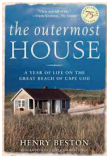
Senior focused content is on Channel 13 10am-12pm daily and Channel 14 6pm-8pm daily. Sandwich TV is here for all of you during this challenging time. Please check out their website www.sandwichtv.org or call 508.274.6806 for information. Thanks for watching!

Available on Sandwich Community TV Channel 13:

Zentangle Drawing - Call to get your at home kit to participate in the televised class

Classic Movies - Check your local station guide for times and titles. They will be posted on the COA Facebook page as they are scheduled. Generally on Saturday and Sunday evenings at 7:00 pm.

Exercise - Senior Chair Exercise, Chair Yoga, Pilates



FREE AUDIO BOOK - The Outermost House by Henry Beston Audio Book on CD

Publishing house Silver Hollow Audio has graciously donated copies of the beloved Cape Cod book, *The Outermost House*, by Henry Beston. Silver Hollow's audio narration of the book was one of *Library Journal's* "best audiobooks" of 2007, and a *Cape Cod Life* "must have"! The book is narrated by company owner Brett Barry and includes an interview with Henry Beston's biographer, Dr. Daniel G. Payne.

If you would like a copy of your own or have a small CD player to donate so others could enjoy the book, please call the COA. We can mail a set to you or deliver a copy to your door!



Legal Services

Attorney John Kennan - 4th Wednesday of the month - Wills, trusts, estate planning.

Attorney Michael Lavender – 2nd Wednesday of the month - Elder law, trusts, estates, and wills. Zoom and phone consultations.

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

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

Please call the COA for more information or to schedule an appointment (508) 888-4737

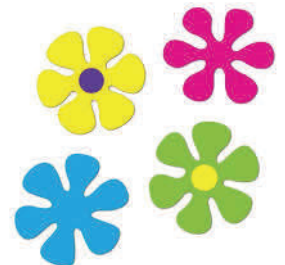


1960s Trivia

Questions from the era of Beatlemania, Barbie Dolls & Bell Bottoms

1. Who was the first African-American named Supreme Court Justice in 1967?
2. In 1963, Jack Ruby was convicted of murdering which other accused assassin?
3. Israeli forces defeated Arab forces in this extremely short but decisive war that took place in June 1967? What was the name of that war?
4. What was the name of the conflict in 1961 in which CIA-trained forces tried, but failed to invade Cuba and overthrow Fidel Castro?
5. Who was assassinated in November 1963?
6. What new type of telephone was invented in 1963?
7. Who delivered the famous "I have a dream" speech?
8. What iconic anti-war novel did Joseph Heller publish in 1961?
9. Which film won the Oscar for Best Picture in 1960?
10. What famous band arrived from England to the U.S. in February 1964?
11. What 60s artist was famous for his renderings of every day objects such as soup cans?
12. What was the famous boxer's name before he changed it to Muhammed Ali?
13. Who famously sang Happy Birthday to President John F. Kennedy in 1962?
14. Who did John F. Kennedy defeat in the US Presidential election in 1960?
15. In 1963, what was the average cost of a gallon gas?
16. What type of airplane appears in Dr. Strangelove?
17. What movie starred a computer named H.A.L.?
18. In what year did the Woodstock Festival take place?
19. Which actor won the Oscar for Best Actor for his role in the 1962 film to Kill a Mockingbird?
20. Who played the role of Norman Bates in the 1960 horror movie Psycho?
21. In 1962, this company opened its first store.
22. This astronaut became the first American to orbit the earth in 1962.
23. Which famous American penitentiary closed in 1963?
24. Which safety device did Allen Breed invent in 1968?
25. In 1965 which fashion item made its first appearance?
26. Which song gave Elvis Presley his first US No.1 of the 60's ?

Answers on next page





PRICES IN 1950

Guess the price of each of these items from 1950



- | | |
|---------------------------|-----------|
| 1. Gallon of gas _____ | A. \$.60 |
| 2. Loaf of bread _____ | B. \$.37 |
| 3. Gallon of milk _____ | C. \$3216 |
| 4. Dozen eggs _____ | D. \$.43 |
| 5. Postage stamp _____ | E. \$.12 |
| 6. 1 lb. of bacon _____ | F. \$.82 |
| 7. Bananas _____ | G. \$7150 |
| 8. 1 lb. of coffee _____ | H. \$.13 |
| 9. 5 lbs. of sugar _____ | I. \$.27 |
| 10. Jiffy cake mix _____ | J. \$.05 |
| 11. A burger _____ | K. \$.30 |
| 12. House _____ | L. \$.52 |
| 13. Average income _____ | M. \$.14 |
| 14. Toilet tissue _____ | N. \$.10 |
| 15. Head of lettuce _____ | O. \$.03 |



1960s Trivia Answers:

- | | | |
|----------------------------|----------------------------------|---------------------|
| 1. Thurgood Marshall | 10. The Beatles | 19. Gregory Peck |
| 2. Lee Harvey Oswald | 11. Andy Warhol | 20. Anthony Perkins |
| 3. The Six-Day War | 12. Cassius Marcellus Clay Jr. | 21. Woolco |
| 4. The Bay of Pigs | 13. Marilyn Monroe | 22. John Glenn |
| 5. John F. Kennedy | 14. Vice President Richard Nixon | 23. Alcatraz Island |
| 6. Tone Dialing Phones | 15. \$.31 | 24. Air Bag System |
| 7. Martin Luther King, Jr. | 16. B-52 Bombers | 25. Minidress |
| 8. Catch-22 | 17. 2001 | 26. Stuck on You |
| 9. Ben-Hur | 18. 1969 | |

Prices in 1950 Answers: 1i, 2e, 3f, 4a, 5o, 6l, 7m, 8b, 9d, 10n, 11k, 12g, 13c, 14j, 15h

2020 Friends of the Sandwich COA
Memberships and Donations

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Meryden Kirby & Bruce Hartshorn
James Lovell & Rebecca Lovell Scott
William & Laurie Chase
Brigida Ferris
Mary & Douglas Moquin
Richard & Irene Dunn
John Hendricksen & Diane Martin
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Mary M. Reardon
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*Thank
You!*

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 2020.

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)

2020 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

2020 Memberships run from November 2019 to October 2020