

SANDWICH COUNCIL ON AGING



NEWS

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We're Here For You!

March 2016

DIRECTOR'S REPORT:

The Council on Aging will be scheduling transportation to the polls on March 1 for the Presidential Primary. Please call the COA at 508-888-4737 by Thursday, February 26 to schedule as we will then have time to work out the schedule to each polling spot.

COA Walking Group – Indoor Walking– Call COA for info and to register.

The Sandwich COA wishes to thank the Sandwich-Bourne Lions Club for their very generous donation received from the Community New Year's Day Breakfast. We thank them and the community for supporting this event!

Rummikub is coming to the COA! Do you enjoy Rummikub or want to learn to play? A volunteer has offered to teach the game on Thursday afternoons here at the Council on Aging. Please call the Sandwich COA office to let us know if you would be interested in us starting this program.

SANDWICH PUBLIC LIBRARY NEEDS YOUR SUPPORT....

Sandwich Public Library is once again participating in the Boston Bruins/Cradle to Crayons pajama drive. You can help by donating new pairs of pajamas (sizes 0 – 12 years) or financial contributions. \$10.00 provides one child with a pair of new pajamas. Please make checks payable to Cradles to Crayons. You can drop off your donations at the Sandwich Public Library or as a convenience the Sandwich Council on Aging. For further information please call the Library at 508-888-0625. Help make a difference in the lives of thousands of local children in need.

Let's help Sandwich Public Library with their friendly competition with Bourne Public Library!

AARP INCOME TAX PREPARATION

This program is for basic uncomplicated tax filing only. A few appointments are left!

Appointments start Wednesday, February 10 from 9:00 a.m. – 3:00 p.m. Appointments will be scheduled every other week – four appointments per time slot. Call Sandwich COA at 508-888-4737 to schedule your appointment. **You will need to stop by the COA to pick up your Tax Questionnaire.** Please fill it out and bring it to your appointment. **You will also be required to sign a Release for the Town of Sandwich.** Appointments are limited and Sandwich senior citizens have priority – all others will be placed on a wait list.

As appointments are limited it is necessary for you to bring all pertinent documentation with you to the appointment. Bring Social Security Card **and** a photo ID, the completed questionnaire, a copy of last year's Federal and State tax returns with schedules and supporting documents, all of your 2015 tax related documents. If you wish to have your refund direct deposited (recommended) please bring a blank check for the account. *It is important for you to have all documents with you at the time of your appointment. There will be limited opportunity to reschedule.* If you know you will not have all necessary documents as your appointment date approaches, please contact the COA to rebook your appointment.

****SCAM ALERT:** Please remember to NEVER give out your social security number to someone over the telephone and the IRS never calls to collect funds!

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

MARCH PROGRAMS:

Mondays --- 10AM – 12Noon CRIBBAGE GROUP – Come spend a few hours learning and playing cribbage. No experience necessary. An experienced cribbage player will be leading this group and is willing to teach anyone who would like to learn. **Join this fun group!**

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

Thursdays from 1:00 – 3:00 p.m. Wii bowling is back at the COA!! This fun interactive game has seniors hitting the virtual lanes using Nintendo’s Wii Game System. No heavy balls to lift and throw and no special bowling shoes necessary! You pick up your Wii-mote and simulate the throwing of a bowling ball. Join us for a fun afternoon and guaranteed laughs!

Join us for a Demonstration and Lessons. Plans are in the works to play the Mashpee Council on Aging in a tournament once we practice a bit

Call Sandwich COA at 888-4737 to register.

Tuesday March 8 at 1:00 p.m. SOLO DINING
The restaurant for *March is Capt. Scotts on Tupper Rd.* A nice way to meet people. You order off the menu and we try to pick restaurants that agree to give individual checks.

No Walk-Ins Please as we do call and make a reservation. Call Sandwich COA at 508-888-4737 to sign up by the **deadline date of noon, Friday, March 4.**

Wednesday, March 9 at 11:00 a.m. – Respiratory Therapy Program for Patients and Caregivers -- Asthma and COPD Presentation

Cape Cod Healthcare Pharmacy and a Respiratory Therapist will provide this program for patients and caregivers. The event is free and open to the public. Seniors and their caregivers are encouraged to drop by with all of their respiratory related questions.

There will be a presentation on Asthma and COPD followed by questions and answers.

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

Friday, March 11 and 25 at 10:30 a.m. CURRENT EVENTS DISCUSSION GROUP
Discussion program will have organized areas of discussion on such topics as politics, arts, science, world events, etc. Come and join this very welcoming group.

Call the Sandwich Council on Aging at 508-888-4737 to let us know you will be attending.

Monday, March 14 – 10:00 a.m. – Noon UNWIND AT THE COA - Four of the books topping Amazon’s best seller list this past season have been **ADULT COLORING BOOKS**. We will have all the colored pencils, fine point markers, and Adult Coloring Books ready for you to try the newest craze! Come enjoy a relaxing morning. Unwind, unplug, and do something good for yourself. Besides, it’s fun!

Call the Sandwich COA at 508-888-4737 to sign up.

Tuesday, March 15 at 3:00 p.m. Friends of Sandwich COA Board Meeting

Wednesday, March 16 at 12:30 p.m. St. Patrick’s Day Luncheon and Entertainment – Cost is \$10:00 per person.

Join us for traditional corned beef lunch. The luncheon is being catered. Entertainment is Dave Hickey – a Dublin native who had been entertaining audiences on Cape Cod and Boston area since 1992. Come to hear great Irish music.

Registration and payment due by March 9 at noon.

GENEOLOGY NO CLASS JANUARY, FEBRUARY OR MARCH Classes -
Thursday, 1:00PM – 2:00PM (lower level of bldg.) **GENEOLOGY-** Judy HENDY **March, 2016 Newsletter**

OUTREACH CORNER Rita Wahlstedt

SMOKE ALARMS FOR THE DEAF OR HARD OF HEARING

Alert accessories are available for people who are deaf or hard of hearing. Smoke alarms activate strobe lights throughout the house to alert you of fire conditions. These devices produce a low-pitched sound, as aging people tend to lose the ability to hear high-pitched sounds. In addition, there are pillow or bed shakers to help you awake to escape.

Where to Find Equipment

Smoke alarms with alert devices can be purchased through home improvement store websites or searching the internet for "strobe light smoke alarms." Smoke alarm accessories are also available through www.lifetonesafety.com, www.safeawake.com, and www.silentcall.com.

AND REMEMBER...

All smoke alarms should be tested at least once monthly using the test button!

-NFPA Public Education Division-Your source for SAFETY Information-

TIME IS RUNNING OUT for applying to South Shore Community Action for fuel assistance for this winter season! Please make your appointments with the Outreach Coordinator as soon as possible to gain the benefits with heating your home. Rita is available to assist you with your recertification or first time applications on Mondays and Fridays. Please call 508.888.4737.

Volunteer Corner: Pat Ryan

Sandwich Croquet Club

If you remember the fun of backyard croquet, you are sure to like playing croquet at the Sandwich Croquet Club, located at the Sandwich Hollows Golf Course. The games are a combination of skill and strategy in a very social setting.

Lessons on Golf Croquet, 9 wicket, and American 6 Wicket will be offered four Wednesdays 10:30-

11:30, beginning May 11 through June 1. There is a \$20.00 fee for the series and equipment will be provided. For more information call Pat at the COA 888-4737. More general information can be found online at www.sandwichcroquet.com.

Handyman Program

We have handymen available to help fix those small broken things around your home that relate to safety in your home. Our handymen provide their services free of charge. You are responsible for only the cost of supplies. For more information, please call Pat at 888-4737.

Technology Help Desk -CONNECTIONS

Have you recently purchased an iPad, iPhone, Nook, or a digital camera and need some help getting started? Learn how to upload pictures and download apps and books.

Created to help answer your questions on technology, volunteers are available at the Senior Center weekly to answer your questions and help you understand your devices.

Please call the Council on Aging at 888-4737 for times and availability.

Birthday Wishes!

Happy Birthday to all our volunteers celebrating a birthday this month! Best Wishes to Rosalind Berger, Roseanne Carr, Phyllis Mason, and Aletta Spielman. Thanks for all you do!

SANDWICH DRUG COLLECTION CONTAINER

SANDWICH POLICE DEPARTMENT
117 Route 6A, Sandwich

Sandwich Police Department has a drug collection box in their lobby. They will handle the disposal of all items placed within the container. The container is intended for unwanted or expired prescription medications, over-the-counter medications, and pet medications. This container is open to all residents. Drop-off is 24/7, free and no questions asked. This is a safe, effective and sustainable way for substance disposal.

WHAT IS COLLECTED? Prescription Medicines, Over-the-Counter Medicines, Pet Medicines, Sample Medications, Pills, Capsules, Vitamins.

NOTE: No liquid medications or needles can be collected!

COA – Miscellaneous Info:

SUPPORT GROUPS:

Bereavement, Changes and Loss Support

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

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

Sight Loss Support Group for Visually Impaired

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

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

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

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

CHECK IT OUT!!! *We have college courses on tape you can borrow.* These tapes are on subjects such as Symphonies of Beethoven, Classics of American Literature (seven parts), Great Ideas of Philosophy, Shakespeare, How to Listen to and Understand Opera. Many of these courses are in series form (Part 1 – Part 7). We have many more subjects. Stop by to check out the list. **Great way to spend part of a long winter!**

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

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

We need your help....

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

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

We appreciate your support in keeping your meeting space neat.

We need your consideration.....

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

DON'T FORGET:

THE SANDWICH COUNCIL ON AGING OFFERS MANY LEGAL, FINANCIAL, RECREATIONAL, MEDICAL SCREENINGS OR OTHER SERVICES AND/OR ACTIVITIES BY VOLUNTEER OR NOMINAL-COST PRACTITIONERS. SENIORS PARTICIPATING IN THESE SERVICES/ACTIVITIES DO SO WITH THE UNDERSTANDING THAT THE SANDWICH COUNCIL ON AGING, TOWN OF SANDWICH OR ITS EMPLOYEES DO NOT ASSUME ANY LEGAL OR OTHER RESPONSIBILITY FOR ANY ADVICE OR SERVICES RENDERED BY SUCH VOLUNTEER OR FOR NOMINAL-COST PRACTITIONERS. ANY ACT OR ADVICE OR SERVICE BY OUTSIDE PROVIDERS AT THE COUNCIL ON AGING SHOULD NOT BE PRESUMED TO BE ENDORSED AND SPONSORED BY THE COUNCIL ON AGING.

OUTREACH ASSISTANCE: Available by appointment. Meet confidentially with our Outreach Coordinator to have your questions answered about resources and programs you may be entitled to. We can assist with Benefit Screening, assessing needs and accessing appropriate programs, respite for caregivers, etc. **Call us at 888-4737** to schedule your confidential appointment.

LEGAL ASSISTANCE – APPOINTMENT ONLY
----- **Atty. Mello's office, 3rd Monday**
Financial security, health care choices, trusts, wills & estate management.
----- **Atty. Tom Kosman, 2nd, Tuesday**
Housing problems, government benefits, health law, guardianship, reverse mortgage, & consumer issues.
---- **Atty. Michael Lavender 2nd Thursday**
Elder Law, Trusts, Estates, and Wills.
*Home visits can be arranged if you're homebound. Appts. are in the mornings.
----- **Atty. John Kennan, 4th, Wednesday**
Wills, trusts, estates, asset protection
Please call the COA at 508-888-4737 to make an appointment.

HEARING SCREENINGS:
(2nd Wed. each month). Free screenings at Spaulding Rehab. Please call 508-833-4141 to schedule your free appointment.

SHINE COUNSELOR:
Will assist you with your Health Insurance questions and needs. Please call the COA 508-888-4737 office to make an appointment.

GROCERY SHOPPING: Every Thursday morning to Stop & Shop, a bank, and a pharmacy. This is Door-to-Door service! You must call the COA office by Wednesday at NOON to make your reservations. There is no fee but a \$4.00 donation is requested.

Medical Appointment Transportation: volunteers provide this service. We ask at least three days notice if possible when requesting a driver. **Please make your doctors appointments between 10am and 2pm whenever possible.** DONATION TO DRIVER. Call COA at 508-888-4737.
Suggested donation schedule:
Sandwich-\$5.00 Mashpee-\$5.00 Bourne-\$10.00
Hyannis-\$10.00 Falmouth-\$15.00 Yarmouth-\$15.00
Plymouth-\$20.00 Wareham-\$20.00

**Please call with your destination suggestions!
508-888-4737**

Call for availability of transportation to your local COA programs, hairdressers, doctors and more!
Call for more info: 508-888-4737

Please let us know if you would like to receive the newsletter by e-mail! mesteeves@townofsandwich.net or to cancel delivery for the winter!

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

Please help us save \$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$

Please consider receiving your newsletter by e-mail.

Please contact Mary-Ellen at the COA 508-888-4737 or by e-mail at:

mesteeves@townofsandwich.net

The Friends of the Sandwich COA wish to thank you for your dues, your donations, your donations to the Building Needs Fund and your support during 2015.

2016 MEMBERSHIP DUES ARE DUE!!!

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

Name _____

Mailing Address _____

Tel #: _____ E-mail: _____

Individual/Family Membership \$10

Business Membership \$25

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

Enclosed is \$ _____ (please make check payable to Friends of Sandwich COA)
Mail to Treasurer, PO Box 107, Sandwich, MA 02563 or drop off at the COA Office
2016 Memberships run from October, 2015 to September, 2016

FRIENDS OF THE SANDWICH COUNCIL ON AGING, INC.

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

A Living Memorial / Honor

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

and mail to PO Box 107, Sandwich MA 02563

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

Name: _____

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

**"The Friends Of" are looking for volunteers to join their team. It's a great way to make friends and help the Council on Aging! The time has come to start advocating for a new center, but we need your help. Please come to one of our meetings and what we're all about.
Next meeting date is March 15th, at 3pm.**

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

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Therapies



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