

SANDWICH COUNCIL ON AGING



NEWS

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Volume 30, Issue 9

We're Here For You!

November 2016

DIRECTOR'S REPORT:

November 11 is Veteran's Day. This day – originally Armistice Day created by President Wilson in November, 1919 was changed to Veteran's Day on June 1, 1954 and President Dwight D. Eisenhower issued the first 'Veterans Day Proclamation' which stated 'In order to insure proper and widespread observance of this anniversary, all veterans, all veterans' organizations and the entire citizenry will wish to join hands in the common purpose. Veterans Day continues to be observed on November 11 regardless of the day of the week on which it falls. This preserves the historical significance of the date and helps focus attention on the important purpose of Veterans Day. It is a celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.

Please take a moment to thank a veteran you know, perhaps let someone in uniform ahead of you in line or buy their lunch!

"Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude. America will never forget their sacrifices."...John F. Kennedy

The COA is planning a luncheon on Wednesday, Nov.16 to honor our veterans. Veterans will be our guests! Non-veterans -- \$6.00 per person. Please see info on Page 4.

Note – the COA is closed Friday, November 11 – Veterans Day and Thursday, November 24 – Thanksgiving. The COA staff thanks our volunteers and the community of Sandwich for the support shown this department during the year!

Don't forget to change your batteries in smoke alarms and carbon dioxide detectors. Daylight savings time ends Sunday, November 6...change clocks – turn back!

Jan

Veterans Crisis Hotline – 1-800-273-8255, press 1 is available 24/7/365 to provide confidential counseling and referrals for Veterans and their families.

Also, the Town of Sandwich Veteran's Agent has office hours at the Council on Aging Wednesdays from 1:30 p.m. to 3:30 p.m. No appointment – first come, first served. For all Sandwich Veterans no matter the age.

ELDER SERVICES OF CAPE COD AND ISLANDS UPDATE: Elder Services has increased the suggested voluntary donation amount from \$2.00 - \$3.00 per meal. Consumers were notified that this was the first increase in 'many years' and it actually is the first increase in close to twenty years.

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

SAVE THE DATE: Lions Club Annual New Year's Day Community Breakfast – January 1, 2017 --- 9:00 a.m. – 11:00 a.m. Further details next newsletter!

FITNESS & WELLNESS PROGRAMS:

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

A REGISTRATION FORM FOR EACH SESSION is required. Forms and payment due one week before start of session. Walk-ins on the day of the first class will not be permitted. Note: It is our policy you can try one class to see if it fits your needs before committing to registration.

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

Zumba Gold	Peg
Monday/Friday mornings	7:50 – 8:40 a.m.
Fall #3 Nov. 4, 7, 14	\$15
Winter #1 Dec. 2–30 (no 12/26)	\$40

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

YOGA CLASS -- TUESDAYS	Sherill
9:00 a.m. – 10:00 a.m. GENTLE YOGA	
10:30 a.m. – 11:30 a.m. MORE CHALLENGING	
Fall #2 Oct. 25 – Nov. 29 (no 11/22)	\$30
Winter #1 Dec. 6 – Dec. 20	\$18

YOGA CLASS -- Thursdays at 9:00 a.m.	Sherill
CHAIR YOGA – Thursdays at 10:30 a.m.	Sherill
Fall #2 Oct. 27 – Dec. 1 (no 11/24)	\$30
Winter #1 Dec. 8 – Dec. 22	\$18

RESTORATIVE YOGA - Wednesdays at 4:30 p.m.	Sherill
Fall #2 Oct. 26 – Nov. 30 (No 11/23)	\$35
Winter #1 Dec. 7 – Dec. 21	\$21

Please plan to arrive early to class as there is time needed for you to set up your area. Also, bring a beach towel, pillow and/or blanket.

Tai Chi – Qi Gong Tuesdays 1:00 p.m. Jeanette
Fall #3 Nov. 1 – 29 \$25
Winter #1 Dec. 6 – 27 \$20
Tai Chi – for balance: can enhance one’s overall wellness, peace of mind, and balance.

20 – 20- 20 (Advanced)	Dianne
Wednesdays	7:45 a.m.
Fall #3 Nov. 2 – 30	\$37.50
Winter #1 Dec. 7 – 28	\$30.00
Saturdays (Advanced) 9:00 – 10:00 a.m.	
Fall #3 Nov. 5 – 26	\$30
Winter #1 Dec. 3 – 17	\$22.50

Total body workout – a low impact dance aerobics and strength training program. Some floor work.

MASSAGE: Dee
First and Third Wednesday each month. \$1.00 a minute – minimum of 15 minutes.
 Great program to help reduce stress and stiffness, etc.

Call Sandwich COA at 508-888-4737 to book your appointment.

Cardio/Strength Building Class	Dianne
Wednesdays	9 – 10:00a.m.
Fall #3 Nov. 2 – 30	\$37.50
Winter #1 Dec. 7 – 28	\$30.00
Fridays	9 – 10:00 a.m.
Fall #3 Nov. 4, 18	\$15
Winter #1 Dec. 2 – 30	\$37.50

Total body workout – a low impact dance aerobics and strength training program. A great workout for ALL levels.

Reike - Various days and times Sandwich Seniors receive generous discount. Due to lack of space, Ms. Schermerhorn has agreed to continue our program. Appointments are now held at the office of Time to Touch, Route 6A, Sandwich. 508-888-8007

Walking Group: Meets 9:00 a.m. at the Canal, Freezer Road. This group walks Mondays and Thursdays. They welcome new participants. Call Sandwich COA at 508-888-4737 if interested.

Planning is underway for new fitness programs – stay tuned!!

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

NOVEMBER PROGRAMS:

Mondays --- 10AM – Noon CRIBBAGE GROUP – Come spend a few hours learning and playing cribbage. No experience necessary. **Join this fun group! No group on Nov. 14!**

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

GENEALOGY Classes - **Thursday, November 3 at 1:00 pm GENEALOGY- Judy Hendy** Note: Ms. Hendy will also work on *your* genealogy for a very small fee. **Pre-registration is required in order to help us know how to set up the computers.**

Fridays November 4 and 18 – 10:00 a.m. – Noon UNWIND AT THE COA (lower level) - 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. **Join this fun group!**

Friday, November 4 & 18 at 10:30 a.m. NOTE DATE CHANGE DUE TO HOLIDAYS!

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, November 7 at 8:30 a.m. COA Board Meeting - Ridge Club Clubhouse

Tuesday November 8 at 1:00 p.m. SOLO DINING
The restaurant for *November is Jade in Mashpee Commons*. 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, November 4.**

Wednesday, November 9 at 11:00 a.m. Trivia-Aging and Transitions presented by Royal Health Group
Join us for a fun, entertaining yet educational program. Lucky winner will receive a Stop and Shop gift card as it always helps with the holidays! You might even win the raffle prize!

Registration is required – call Sandwich COA at 508-888-4737.

Thursday, November 10 at 1:00 p.m. CORD (Cape Organization for the Rights of the Disabled) Having Difficulty Hearing?
Learn how to make your home safe and accessible to you. Program provides information on assistive listening devices and how to get free funding for them including hearing aids. Learn your rights to communication access and how to apply for benefits. Also how to prepare a to-go kit or a stay at home kit for emergencies.

Please sign up at the Sandwich Council on Aging at 508-888-4737.

Monday, November 14 from 10:00 – Noon and 1:00 p.m. to 3:00 p.m. MEMORY SCREENINGS

November is National Memory Screening Month. Free, 30 minute, confidential Memory Screens will be administered by the Alzheimer's Family Support Center of Cape Cod. Memory screens can help to identify possible causes of memory loss and you will receive information on actions that can be taken if there is a reason for concern.

Pre-registration is required. Please call Sandwich C.O.A. at 508-888-4737 to schedule your appointment. This program is supported by Harbor Point in Centerville.

**Wednesday, November 16 at 12:30 p.m.
LUNCHEON TO HONOR VETERANS &
Entertainment by Dan McCarthy**

Join us for a fun afternoon – our lunch will be Chicken Pot Pie, dessert and beverage. If you are a veteran your lunch is on us! We honor your service. Non veterans -- \$6.00 per person.

Registration is required – call Sandwich COA at 508-888-4737.

**Thursday, November 17 from 1:00 – 3:00 p.m.
Mass Audiology Free Hearing Screenings**

Give yourself ten minutes to have your hearing professionally checked. In just 10 minutes they can check your ear canal and screen you for hearing loss with an audiometer. If you already have hearing aids, they can check them and replace your batteries and/or answer any questions you may have about your hearing device.

Pre-registration is required – call Sandwich COA at 508-888-4737 to schedule your one-on-one hearing screening.

Thursday, November 17th at 1:30PM Book Discussion Please join us as Colleen Hayes, Reference Librarian at the Sandwich Public Library leads a discussion on the wonderful book, “Us” by David Nichols. As taken from Amazon: “David Nicholls brings the wit and intelligence that graced his enormously popular *New York Times* bestseller, *One Day*, to a compellingly human, deftly funny new novel about what holds marriages and families together—and what happens, and what we learn about ourselves, when everything threatens to fall apart.”

Call the COA at 508-888-4737 to register. We also have books available if you would like to borrow one before the discussion.

Thursday, November 17 at 3:00 p.m. . Friends of Sandwich COA Board Meeting – Upper Level

Wednesday, November 30 from 10:00 a.m. – 3:00 p.m. AARP DRIVER SAFETY (Lower level)

Should You Take the AARP Smart Driver Course?

Cars have changed. So have traffic rules, driving conditions, and the roads you travel every day. Even the

most experienced drivers can benefit from brushing up on their driving skills.

The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation’s largest driver safety course and is designed especially for drivers age 50 and older. By taking the AARP Smart Driver Course you’ll learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today’s increasingly challenging driving environment.

Take the AARP Smart Driver Course at the Sandwich COA, 270 Quaker Meetinghouse Road, Sandwich, MA. The classroom course will run from 10:00 am to 3:00 pm with a break for lunch, please try to arrive before 9:45 am to fill out paperwork. You may bring a lunch or purchase something in the area.

Space is limited, so register now by calling (508) 888-4737.

Wednesday, November 30 at 1:00 p.m. Health Plan Options for People with Medicare presented by Blue Cross Blue Shield

This seminar is a presentation and discussion led by a BlueCross Blue Shield of Massachusetts representative. It typically includes:

Explanation of Medicare Parts A, B and C; Medicare enrollment timeline; Medigap plans that help supplement Medicare coverage; Medicare Advantage Plans, such as HMAs and PPOs; Medicare Part D prescription drug costs

Pre-registration is required – call Sandwich COA at 508-888-4737.

Wednesday, December 7 from 1:00 – 4:00PM Acrylic Painting Class, Downstairs.

Our last painting class of 2016! Always wanted to try painting? Join Artist Ann DesRoches and learn to paint in a fun relaxed environment. In this next class the focus will be on painting a holiday miniature. Cost is \$35.00 which covers the class and all materials. Call the COA to register in advance.

Please Call Sandwich COA at 508-888-4737 to register. Deadline to register and pay is Wed, November 30.

See Page 5 for more program info!

Programs continued....

Thursday, December 8 at 1:00 p.m.
A Neighbor's Guide to Dementia presented by Northbridge Companies (Laurelwood at Pinehills).

Do you know a family struggling with dementia? Would you like to be able to help but you're not sure how? Then this program is for you! The presentation will review the disease, answer common questions and introduce effective ways to communicate as well as provide you with the skills you need to enjoy time with a diagnosed person. Refreshments served!

Registration is required – please call Sandwich Council on Aging at 508-888-4737.

Outreach Corner: Rita Wahlstedt

FUEL ASSISTANCE! *Mass Energy & Assistance program has sent out re-certifications.* If you have a recertification needing completion or review, please call to schedule an appointment with Rita now. Do not wait until mid-winter, as the application takes weeks to process. Please call 508.888.4737.

If you have never applied and feel you are eligible (Income under \$34,001 for one and \$44,463 for a couple). We have the information families with more people. We also have a list of information you must bring with you to complete the application. Make your appointment now before the cold weather arrives.

The Holiday and winter season is upon us!

Once again the Council on Aging is asking all Sandwich residents to consider helping us remember those in the community that are less fortunate. Each year, the Sandwich COA helps to sponsor gift bags for homebound seniors and families dealing with financial difficulty.

Any donation you can provide is much appreciated. Personal care items, warm clothing; socks, hats, gloves, scarves and sweaters are always needed. Gift cards to Dunkin Donuts, Stop & Shop or a local restaurant would also be a special treat for a Sandwich resident. The 'Sandwich Elves' have always been very generous!

If you can help, or have any questions about items needed or sizes for clothing, please call Rita at the COA. Once again, thanks for all you do – we could not do this without your generous support!

Volunteer Corner: Pat Ryan

Happy Birthday to all our volunteers celebrating a birthday this month. Best wishes to Phyllis Briggs, Anne Burbine, Joan Lapp, and Marian McLoughlin. Thank you for all you do!

Enjoy playing Games? **Rummikub, Cribbage and Hand and Foot** all continue to meet weekly at the COA. All skill levels welcome and newcomers are especially encouraged to come and learn! See the Activity Page for days and times.

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.

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.

Volunteer Opportunities

Friendly Visitor Volunteer Program: This one on one, one hour a week commitment pairs volunteers with homebound seniors. Call Pat at the COA office for more information, or stop by and pick up a volunteer application.

Shopping van drivers: Using our shopping van, volunteers bring seniors to the grocery store where they have an hour to shop for groceries. Stops at the pharmacy and banks are also allowed on this trip. Our shopping van runs on Thursday mornings and volunteers are asked to drive one Thursday a month. **If you can help us keep this important service going please call or stop by the office.**

Contact Pat Ryan at 508-888-4737 if interested in volunteering! Or – do you have a program you would like to present- travelogue, special interests or hobby?

SHINE INFORMATION**Open Enrollment Ends Soon, Don't Delay!**

Medicare's Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment (**October 15 – December 7**). It is very important to review your Medicare options during this period. You should have received a notice from your Prescription Drug or Medicare Advantage (HMO, PPO) Plan in September. **Make sure you read this notice-** it will explain the changes (premiums, copays, tiers) to your plan for **2017**.

During the Annual Open Enrollment (**October 15 - December 7**), you will have a chance to **CHANGE** your plan. This change takes effect January 1, 2017. SHINE Counselors can help you understand your plan's changes, screen you for assistance programs and discuss other options you may have. If you do not change your plan during this period you may have to stay with your existing plan for another whole year. (Note: the open enrollment may not affect those with retiree coverage).

DO NOT WAIT UNTIL IT'S TOO LATE- Appointments fill up fast! Call the Sandwich COA at 508-888-4737 and make an appointment with a SHINE counselor for this year's open enrollment. Make sure you bring the list or bottles of your current medications to the appointment and if you are a couple, please ask for 2 appointments.

Note from Executive Office of Elder Affairs:

Do not ignore Medicare Mail !! It is that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO) you should expect information from your plan by the end of September. This information is important because it explains changes in your plan for 2017. During Medicare Open Enrollment (Oct. 15 – Dec. 7), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!

Call Sandwich COA at 508-888-4737 to schedule your appointment.

A REMINDER...

The Sandwich Council on Aging does have a scholarship program available to low-income seniors for activities and programs. There is an application process with documentation required. This is a confidential process. Please contact Jan Timmons or Rita Wahlstedt to discuss this process.

Foot Care for Seniors....

A foot care program provided by specially trained registered nurses. The following services for those that are not diabetic are: assessments of the feet and lower extremities including circulation, skin conditions, overall podiatric health, trimming, filing and cleaning of nails; reduction of thickened toenails, smoothing of corns and callouses; massaging, moisturizing lotion and powdering of the feet. Cost is \$29 per visit and is not covered by insurance. Home visits are available for shut-ins for \$50.00. Call Sandwich COA at 508-888-4737 to make your appointment – second Friday each month.

COMMUNITY NEWS:**Heritage Museum and Gardens: Gardens Aglow**

Opens its annual, highly anticipated family holiday event with its treasured favorite indoor and outdoor activities—and new ones as well. Feel like a kid again with free rides on a vintage carousel. Marvel at more than 10 miles of holiday lights throughout the gardens and grounds. You are never too old to sit with Santa and give him your wish list in a 1913 Ford Model T. Enjoy a model train display and a special exhibit of Currier & Ives winter scenes. Watch life ice sculpting demonstrations every Saturday and then cozy up to fire pits and roast marshmallows. Hot drinks and treats are also available at Magnolia Café!

Gardens Aglow is open Friday – Sunday, November 25 – December 18: 4:30 p.m. – 8:30 p.m. Last ticket sold at 7:30 p.m.

There is ample, free parking in the new visitor parking lot.

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.

SUGGESTION BOX IS ALSO IN FRONT HALL.

Winter and Spring 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

TRANSPORTATION OPTIONS:

**Provided by Sandwich Council on Aging:
COUNCIL ON AGING VAN/BUS
TRANSPORTATION
9:00 A.M. – 2:00 P.M.**

Call for availability to schedule a ride to COA programs, hairdressers, local errands, doctors and more! **Please book appointments no earlier than 9:30 a.m. (local) and no later than 2:00 p.m. (local)**

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

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

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

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

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

Pickup Locations Mid & Upper Cape

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

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

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

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

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

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

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

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

ELDER SERVICES OF CAPE COD & ISLANDS INFORMATION:**Elder Luncheon Program:**

Healthy, delicious hot meals are served at the Sandwich Housing Authority, 20 Tom's Way, four days per week. The program provides a great chance to get out of the house during the week to make new friends or renew old acquaintances. A voluntary donation of \$2.00 per meal is recommended and lunches are served on Mondays, Tuesdays, Thursdays, and Fridays. Reservations need to be made by calling 508-888-2965.

OPTIONS COUNSELING:

Options Counseling is a short-term decision support process to assist consumers of any income (elders age 60 or over, or individuals over the age of 18 with any disability) and their family members, caregivers and/or significant others to make informed choices about their long term services, supports and setting. Options Counseling is a FREE service provided by Elder Services of Cape Cod and the Islands.

For more information, or to be connected to a counselor, please contact the Information and Referral Department at: 1-800-394-4630.

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 2016.

2017 MEMBERSHIP

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

Name _____

Mailing Address _____

Tel #: _____ E-mail: _____

Individual/Family Membership \$10

Business Membership \$25

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

**Enclosed is \$ _____ (please make check payable to Friends of Sandwich COA)
Mail to Treasurer, PO Box 107, Sandwich, MA 02563 or drop off at the COA Office
2016 Memberships run from November, 2016 to October, 2017**

FRIENDS OF THE SANDWICH COUNCIL ON AGING, INC.

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

A Living Memorial / Honor

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

and mail to PO Box 107, Sandwich MA 02563

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

Name: _____

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

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

November 2016

COUNCIL ON AGING ACTIVITIES

Mondays	Nov.	Cribbage Group (No Nov. 14th)	10:00 a.m.
Thursdays	Nov.	Barber for Men	9:00-11:30
Tuesday	Nov.1	Free Oral Health Screenings**	9am-2pm
Wednesday	Nov. 2	Massage Therapy**	1:00 p.m.
Thursday	Nov. 3	Genealogy	1:00 p.m.
Friday	Nov. 4&18	Unwind at the COA- Adult Coloring	10:00 a.m.
Friday	Nov. 4&18	Current Events- <u>Note Date Changes</u>	10:30 a.m.
Monday	Nov. 7	COA Board Meeting – The Ridge Club	8:30 a.m.
Tuesday	Nov. 8	Attorney Tom Kosman**	10:00 a.m.
Tuesday	Nov. 8	Solo Dining – Jade	1:00 p.m.
Wednesday	Nov. 9	Trivia-Aging and Transitions	11:00 a.m.
Thursday	Nov. 10	CORD-Having Difficulty Hearing?	1:00 p.m.
Monday	Nov. 14	Memory Screenings**	10-3 p.m.
Wednesday	Nov. 16	Massage Therapy**	1:00 p.m.
Wednesday	Nov. 16	Veterans Luncheon w/Dan McCarthy	12:30 p.m.
Thursday	Nov. 17	Free Hearing Screenings** Mass Audiology	1-3 p.m.
Thursday	Nov. 17	Book Discussion- “Us” by David Nicols	1:30 p.m.
Monday	Nov. 21	Attorney Mello’s Office**	9:00 a.m.
Wednesday	Nov. 23	Attorney John Kennan**	9:00 a.m.
Wednesday	Nov. 30	AARP Driver Safety-Lower Level	10-3 p.m.
Wednesday	Nov. 30	Medicare Health Plan Options –BC/BS	1:00 p.m.
Wednesday	Dec. 7	Painting Class with Ann DesRoches	1:00 p.m.
Thursday	Dec. 8	“A Neighbor’s Guide to Dementia”	1:00 p.m.

MONDAY

Seniors on the Go
 7:50 Zumba Gold
 9:00 Walking Group
 9:00 Sandwich Stitchers
 (1st & 3rd)
 10:00 Cribbage
 1:00 Rummikub(down)
 1:00 Painting Group
 3:00 COA Board Meeting (4th)
 3:30 Yoga

TUESDAY

Seniors on the Go
 9:00 Yoga
 10:30 Yoga II
 1:00 Mah Jongg
 1:00 PM Quilters
 1:00 Tai Chi

WEDNESDAY

Seniors on the Go
 7:45 20-20-20 Fitness
 9:00 Cardio Fitness
 10:00 Knitting/Crocheting
 1:00 Massage (1st & 3rd)
 1:00 Bereavement Group
 (2nd & 4th)
 1:00 Painting Group
 1:30-3:30 Veterans’ Agent
 4:30 Restorative Yoga

THURSDAY

Seniors on the Go
 Thursday Shopping Van
 9:00 a.m. Walking Group
 9:00 a.m. Yoga
 9:00 a.m. Barber for Men
 10:00 a.m. Scrabble
 10:30 a.m. Chair Yoga
 Genealogy (1st)

FRIDAY

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

SATURDAY

9:00 20-20-20 Fitness

****APPOINTMENTS NEEDED—
 PLEASE CALL 508-888-4737 (COA
 OFFICE HOURS 8:30 A.M. TO 4:30
 P.M.) Exercise and Wellness
 Programs- Registration and
 Payments are due 1 week before
 the session starts. No Walk-Ins
 Not Responsible for
 Typographical Errors**

The Friends of the Sandwich COA wish to thank you for your dues, your donations, your donations to the Building Needs Fund and your support during 2016.

MaryAnn Alunni
Armand & Maybelle Auclair
Col. D.A. Bartlett
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Jayne Wilkin
Eleanor Winslow

10/11/2016
□

IN MEMORY OF

BONNIE
WALKER RYAN
&
SCOTT RYAN

I LOVE YOU,

WANDA
WALKER

IN MEMORY OF

"TIM"

LOVE,

CAROLYN

IN MEMORY

OF

"LOVED ONES"


ELIZABETH
WEST

IN MEMORY

OF

RUTH WAY

JANE GOVONI


*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!*

*June B. Bowser-Barrett
Carolyn Weimar*

IN MEMORY

OF

TOM HICKEY

DICK & LUCILLE

FARRAR

IN MEMORY

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