

SANDWICH COUNCIL ON AGING



NEWS

Jtimmons@townofsandwich.net

www.Sandwichmass.org

PHONE 508 888-4737

FAX 508 833-9154

270 QUAKER MEETINGHOUSE ROAD, EAST SANDWICH, 02537

DIRECTOR: JANET TIMMONS

Volume 31, Issue 3

We're Here For You!

April 2017

DIRECTOR'S REPORT:

April is Volunteer Appreciation Month and the Sandwich Council on Aging is fortunate to have 101 volunteers to assist our department provide services and programs to our community. They donate over 7,000 hours valued at a conservative \$140,120. Volunteers help in areas such as transportation; SHINE—Health Insurance issues; board members, newsletter collators; volunteer medical appointment drivers; computer assistance; friendly visitors; social program assistance; Friends of Sandwich COA. *Thank you so very much for helping the Council on Aging make a difference in so many lives.*

The Parkinson Support Network of Cape Cod (a branch of the American Parkinson Disease Association, Massachusetts Chapter) is hosting an event on Friday, April 21 from 11:00 a.m. – 12:30 p.m. at the Mashpee Senior Center. The program is *Wellness in Motion* – a panel of Movement and Art Specialists in Parkinson's disease. RSVP is required. Contact 1-800-651-8466 or information@apdama.org.

There is also a support group held on the second Thursday of the month from 10:00 – 11:30 a.m. at the Mashpee COA, 26 Frank E. Hicks Drive. Contact Jeanne Jackson at 508-428-7994 or jahjackson@comcast.net for information.

Plan to join us on Friday, April 21 at 10:45 a.m. – Small pies donated to Parkinson's Association (Sandwich sponsor is Home Instead Home Care – our very own COA Board Member – Denise Dever!). Sign up to come to hear John Root and receive your small pie! After John Root (11:00 a.m.), we will be serving a light luncheon for small cost of \$3.00. See Page Four for more info.

NEW PROGRAM – L.I.F.E. – Learn in Friendly Environment – 6 week series starting Thursday, May 4 at 1:00 p.m. (no class May 11) and ending June 15. Great speakers and topics. For those participants who complete four out of six sessions you will receive a special Thank You. See Page 4 for additional information. Please register by Wednesday, April 26. Call the Sandwich COA at 508-888-4737 to reserve your seat.

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 and American 6 Wicket will be offered five Wednesdays, 10:00 – 11:30 a.m. beginning May 10 through June 7. There is a \$20 fee for the series and equipment will be provided; fee is collected at the first lesson. Please register at the Sandwich Council on Aging. For inquiries call Pat Ryan at the COA – 508-888-4737.

More general information can be found online at www.sandwichcroquet.com.

DID YOU REMEMBER TO CHECK YOUR SMOKE AND CARBON MONOXIDE ALARMS?? It is important to make sure these alarms are properly installed and checked monthly. If your smoke alarm is older than 10 years and your carbon monoxide is older than 7 years, you should replace with new alarms. Just because a smoke alarm beeps when tested it is actually the smoke and heat sensor that deteriorates and will not respond to a fire. If you are home-bound and need assistance with testing or replacing alarms, please contact Rita Wahlstedt, Outreach Coordinator at 508-888-4737.

NOTE: The Council on Aging will be closed Monday, April 17 – Patriot's Day

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. You may only attend class for which you registered.

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.
Spring #1 April 3 – 28 (no 4/17)	\$35
Spring #2 May 1 – 26	\$40

Late Yoga – Mondays	3:30 – 4:30 p.m.	Susan
Spring #1 April 3 – 24 (no 4/17)		\$18
Spring #2 May 1 – 22		\$24

YOGA CLASS -- TUESDAYS	Sherill
9:00 a.m. – 10:00 a.m.	GENTLE YOGA
10:30 a.m. – 11:30 a.m.	MORE CHALLENGING
Spring #1 April 4 – May 9 (no 4/18)	\$30
Spring #2 May 16-June 27 (no 5/30)	\$36
YOGA CLASS -- Thursdays at 9:00 a.m.	
CHAIR YOGA – Thursdays at 10:30 a.m.	
Spring #1 April 6 – May 11 (no 4/20)	\$30
Spring #2 May 18 – June 29 (no 6/1)	\$36
RESTORATIVE YOGA - Wednesdays at 3:30 p.m.	
Spring #1 April 5 – May 10 (no 4/19)	\$35
Spring #2 May 17-June 28 (no 5/31)	\$42
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
Spring #1 April 4 – 25	\$20
Spring #2 May 2 – 30	\$25
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.
Spring #1 April 5 – 26	\$30.00
Spring #2 May 3–31	\$37.50
Total body workout – 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.
Spring #1 April 5 – 26	\$30.00
Spring #2 May 3 – 31	\$37.50
Fridays	9 – 10:00 a.m.
Spring #1 April 7 – 28	\$30.00
Spring #2 May 5 – 26	\$30.00
Total body workout – a low impact dance aerobics and strength training program.	

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:
Winter Walking - Wing School Gym Weekdays 8:00 – 9:00 a.m. This group will walk indoors December – April 15.

Participants for either walking program **MUST** register with the Council on Aging and have a medical release form on file with us. Forms are available at the COA.

Thank you to Sandwich Schools Facilities Dept. for making it possible for seniors to continue to walk during inclement weather!

FREE OSTEO FITNESS PROGRAM: Series #2 ---- Starting April 1 – June 30 from 8:00 – 9:00 a.m. – Monday/Wednesdays. This program will be held at Wing School until June 30 and then will be held at the COA. This program is made possible by Elder Services and the volunteer instructors. Registrations for both, Elder Services and COA as well as Medical Release are required and are available at the COA.

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

APRIL PROGRAMS:

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

Please call *Sandwich COA at 508-888-4737 to register and let us know you will be joining us.*

GENEOLOGY Classes - NO MEETINGS IN April -- Starts Thursday, May 4 at 1:00 p.m.
Please call Sandwich COA if you will be attending.

Wednesday, April 5 at 11:00 a.m.
ART FOR THE MIND presented by Jill Sanford
Topic is:
The Renaissance, Italy’s Finest
Art for the Mind is an engaging, educational, art observation experience designed to broaden the minds of its participants. Programs are for people of all ages and backgrounds – artists and non-artists alike. The featured topic, **The Renaissance, Italy’s Finest**, features the accomplishments of famous artists of the Italian High Renaissance. Increase your awareness of one of the most famous art periods of all time with this opportunity to look closely at the ways Botticelli, Da Vinci, Michelangelo, and Raphael redefined the language of art. Join us for an enjoyable hour of challenging your mind in new ways!

Please call Sandwich COA (508-888-4737) to register for this program. Art for the Mind is back due to popular demand!

Thank you to Friends of Sandwich COA for supporting this program.

Fridays April 7 & 21 – 10:00 a.m. – Noon UNWIND AT THE COA (lower level) - ADULT COLORING BOOKS. We will have all the colored pencils, fine point markers, and Adult Coloring Books ready for you. 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!**

Tuesday, April 11 at 1:00 p.m. SOLO DINING
The restaurant for April is Wimpy’s in Osterville. 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, April 7.**

Wednesday, April 12 at 1:00 p.m. Healthy, Zany Facts presented by Royal Health Group. We will be serving a light lunch of soup and dessert.

Join us for this fun – yet educational program. See how much you know!! You will be surprised!! Raffle prize awarded as well.

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

Friday, April 14 & 28 - 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.

Tuesday, April 18 from 9:00 a.m. – 2:00 p.m.
Free Oral Health Screenings
provided by Cape Cod Community College
BY APPOINTMENT
Students will provide free dental screenings, oral cancer exam, cleaning and oral health information. Students are supervised by instructors.

Appointments are required...Sandwich residents only please! To schedule your appointment, call Sandwich COA at 508-888-4737. If you need to be pre-medicated, please take your prescription before your appointment. You will be required to complete a medical history form before day of the appointment. Please bring a list of any medications you are currently taking.

Sandwich COA thanks CCCC Dental Hygienic program students and faculty for their ongoing commitment to provide screenings to our senior citizens.

Wednesday, April 19th 1:00 – 4:00PM

Think Spring Painting Class

Artist Ann DesRoches continues to offer painting Lessons for Beginners. This 3 hour afternoon class is relaxed and fun. During the class you will practice mixing and applying color using acrylic paints on a self-framed panel. Her next class will be instruction on painting a Night Scene. The cost is \$35.00 payable to the COA which covers the cost of the class and all materials. Please call Sandwich COA by April 14th to register.

Wednesday, April 19 at 2:30 p.m.

Kalien Crystal Bowls Cost - \$7.50

Relax to the sounds of the Crystal Bowls. Crystal Bowls are a vibrational light therapy. The bowls are perfectly tuned to each of your chakras. With your intention, the bowls will allow your chakras to begin to vibrate at their own frequency again while unblocking stored energy. Experiencing the bowls feels very healing to the mind, body and soul leaving you with a feeling of wellness.

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

Thursday, April 27 at 1:30 p.m. Book Discussion

We continue to collaborate with the Sandwich Public Library and their 2017 Reading Challenge. The April challenge is to read a book of poetry. The follow up discussion will take place at 1:30PM in COA main room and facilitated by Sandwich Librarian Colleen Hayes.

Please call Sandwich COA (508-888-4737) to register. Light refreshments served.

Friday, April 21 at 10:00 a.m. Friends of Sandwich COA Board Meeting – Upper Level - back room

Friday, April 21 at 10:45 a.m. Pie's for Parkinson's giveaway and at 11:00 a.m. John Root presents *Songbirds of the Northeast.* The program will consist of both power point and sound recordings.

Join us for both events – support the Cape Cod Parkinson's Association efforts to raise awareness.

A big *THANK YOU* to HOME INSTEAD HOME CARE from Sandwich for donating the pies to program attendees!! Thank you Denise Dever.

We will be serving a luncheon of chicken salad sandwiches, pasta salad and beverage.

Cost is \$3.00 to help us defray the cost of the luncheon. Pre-registration is required – call Sandwich COA at 508-888-4737.

Council on Aging Board Meeting – Monday, April 24 at 8:45 a.m. Lower Level.

Wednesday, April 26 at 1:00 p.m. MEDIUM –

Karen Schermerhorn After studying with John Holland, one of the most renowned authentic psychic mediums on the world stage and Lauren Rainbow, voted New Hampshire's best psychic medium, Ms. Schermerhorn, developing medium, is offering a very low cost of \$5.00 an hour of healing messages from your loved ones. It cannot be guaranteed that all audience members will receive a message.

Pre-registration is required. Please note there is a limited number of spaces so please register early by calling the Sandwich COA at 508-888-4737 to reserve your seat. *Registration and payment due by Friday, April 21 by noon.*

Wednesday, May 3 at 1:00 p.m. Dr. Michelle Costa, speaking on ARTHRITIS

Dr. Costa is a Rheumatologist from Falmouth. She will be giving an overview on Arthritis – the different types of arthritis (osteoarthritis, rheumatoid arthritis, gout, etc.) and will discuss their symptoms and how they can affect your living activities. She will also review questions you should ask your physician and will answer questions from the audience.

Reservations for this important program requested – call Sandwich COA at 508-888-4737.

Thursdays, May 4 – June 15 L.I.F.E. – Learn in a Friendly Environment 1-2:30p.m.

This series will explore topics such as: May 4 – Home Care Options; May 18 – Elder Services of CC – Elder Abuse/Protective Services; May 25 – Slips, Trips and Broken Hips, Spaulding; June 1 – Into to Integrative Medicine – Spaulding; June 8 – Strategies for Hearing Loss – Spaulding; June 15 – Road We Are All On – Hope Health. Healthy snacks provided.

Registration is required. Call Sandwich COA at 508-888-4737.

Outreach Corner: Rita Wahlstedt

WELCOME SPRING!!! As quoted by Rebecca Rashti, spring is the season after winter and before summer, in which vegetation begins to appear, in the northern hemisphere from March to May. This is obvious by the blooming of most flowers, melting of ice and thawing of the ground. The weather becomes much sunnier while hibernating animals begin to come out of hibernation. Hence, "in spring the garden is a feast of blossom." Get outside, observe this activity, and enjoy the sunshine and fresh air!

MASSACHUSETTS MONEY MANAGEMENT PROGRAM

Professionally managed volunteers preserving elder independence and repairing lives

Volunteer Bill Payers: work with you creating a budget, negotiating with creditors, while you remain in control of your funds

Volunteer Representative Payees: managing your federal benefits, assuring monthly bills are paid, providing you with monthly cash stipend.

The MMM Program is remarkably cost-efficient.

The MMM Program is primarily supported through the state budget.

The Massachusetts Money Management Program's vision is to aggressively seek additional funding, increase outreach efforts, and support more elders living in the community, assisting with financial tasks and issues. For more information, please contact: Cheryl A. Cannon, Statewide Coordinator of the Massachusetts Money Management Program at ccannon@nselder.org or 1.978.624.2254 TTY: 1.978.624.2244

Knox Boxes and Life Lines are important tools in keeping individuals safe in their home. Do you know what these are? If you would like more information for yourself or a loved one, please call Rita @ Outreach 508.888.4737.

Volunteer Corner: Pat Ryan

Birthday Wishes!

Happy Birthday to all our volunteers celebrating a birthday this month! Best Wishes to Bus Olsen! Thanks for all you do!

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 five Wednesdays 10:30-11:30, beginning May 10 through June 7. There is a \$20.00 fee for the series and equipment will be provided; fee is collected at the first lesson. For more information call the COA 888-4737 to register. More general information can be found online at www.sandwichcroquet.com

Telephone Reassurance Program.

This month we will begin a **free telephone reassurance program**. A volunteer will place a phone call on a regularly scheduled basis to seniors who are in need of someone to touch base with them to ensure their well-being and/or to have a friendly conversation. This program is not designed as a referral service or medical alert service.

Individuals may self-refer or be referred by a caregiver, family member, or service provider. It is intended to serve Sandwich seniors or who are home-bound, isolated, or living alone. This may be temporary while recuperating from an illness or it may be a permanent situation. Married couples who are home-bound are eligible for this service.

For more information, please call the COA at 508 888-4737 and ask for Pat.

Interested in teaching a class or a craft? We are always interested in offering new programs and activities. Want to get involved? Volunteer! Call Volunteer Coordinator Pat Ryan at 888-4737 for more information.

SHINE INFORMATION

Serving Health Insurance Needs of Elders

*****Hospital Observation Stays and Original Medicare*****

Many times when a person goes to the emergency room and is then placed in a hospital bed, they are not admitted as “inpatient” but are there under “observation”. When a Medicare Beneficiary is in the hospital under observation, Medicare Part B (medical insurance) will be billed not Medicare Part A (hospital insurance). This can result in increased costs for the beneficiary. For instance, Medicare requires a three-day inpatient stay at a hospital before it will pay for any stay in a skilled nursing facility and time spent under observation in a hospital will not count towards that three-day minimum. If a Medicare Beneficiary goes to a skilled nursing facility after a stay at the hospital under observation they will be responsible for the entire bill which could be thousands of dollars. The Medicare Beneficiary may also be responsible for the Part B deductible and co-insurance if they do not have a supplement.

As of March 8, 2017, hospitals are required to provide a **Medicare Outpatient Observation Notice (MOON)** to a Medicare Beneficiary who has been receiving observation services as an outpatient for more than 24 hours. This notice will inform the individual as to the reason(s) they are an outpatient receiving observation services and the implications of such status with regards to Medicare cost sharing and post-hospital skilled nursing facility services. An oral explanation of this notice must also be provided. A signature must be obtained from the individual or a person acting on the individual’s behalf to acknowledge receipt. If the individual refuses to sign the MOON, the staff member of the hospital providing the notice must sign certifying that notification was presented.

This notice was a result of the Notice of Observation Treatment and Implication for Care Eligibility Act (NOTICE Act) which was enacted August 6, 2015. This Act will hopefully make the Medicare Beneficiary more aware of the implications of not being admitted as inpatient.

Please call the Senior Center (508-888-4737) to schedule an appointment with a SHINE counselor if you would like more information on this or any other Medicare issue. Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

VETERANS LAWS AND BENEFITS

The Council on Aging has copies of this booklet. Please stop by if you are interested in this information.

Also, a Veteran’s Agent is here at the Human Services Building at the Council on Aging office each Wednesday from 1:30 – 3:30 p.m. If you are a veteran or spouse of a veteran and are curious about possible benefits through the Veteran’s Administration, please stop by. No appointments – first come, first served.

Program is open to veterans and spouses of all ages.

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.

Now Enrolling! Over 55? Want to earn money while being trained? Looking for a Bridge Back To Work?The Senior Community Service Employment program (Elder Services of Cape Cod and Islands) has immediate openings for income-eligible men and women who are now currently working. We offer paid internships with area non-profits and municipal agencies

Contact the Mature Workers Program at: info@escoci.org or 508-394-4630 x 540.

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.

Parkinson’s Disease Support Group – (2nd Thursday Mashpee COA 10:00 – 11:30 a.m.

SUGGESTION BOX – We have a **Suggestion Box** in the Reception Area. 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.

Spring and Summer 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.

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) or 1:30 p.m. for out of town appointments.**

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.

MASS HEALTH MEMBERS may be eligible to obtain a PT-1 for transportation. Talk with your primary physician as PT-1's can be used for any of your MassHealth providers including doctors, therapists, dentists, counselors, etc.

**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 \$3.00 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.

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

April 2017

COUNCIL ON AGING ACTIVITIES

Mondays	April	Cribbage Group	10:00 a.m.
Thursdays	April	Barber for Men	9:00-11:30
Wednesday	April 5	Art for the Mind-The Renaissance	11:00 a.m.
Friday	April 7	Unwind at the COA- Adult Coloring	10:00 a.m.
Tuesday	April 11	Attorney Tom Kosman**	10:00 a.m.
Tuesday	April 11	Solo Dining- Wimpy's	1:00 p.m.
Wednesday	April 12	Healthy, Zany Facts!	1:00 p.m.
Friday	April 14	Current Events-	10:30 a.m.
Tuesday	April 18	Free Oral Health Screenings**	9:00 a.m.
Wednesday	April 19	Acrylic Painting Class	1:00 p.m.
Wednesday	April 19	Kalien Bowls	2:30 p.m.
Thursday	April 20	Book Discussion Group	1:30 p.m.
Friday	April 21	"Friends of" Meeting	10:00 a.m.
Friday	April 21	Unwind at the COA- Adult Coloring	10:00 a.m.
Friday	April 21	Pie's for Parkinson's with John Root	10:45 a.m.
Monday	April 24	COA Board Meeting	8:45 a.m.
Monday	April 24	Attorney Mello's Office**	9:00 a.m.
Wednesday	April 26	Attorney John Kennan**	9:00 a.m.
Wednesday	April 26	Medium Karen Schermerhorn	1:00 p.m.
Friday	April 28	Current Events-	10:30 a.m.
Save the Date	May 3	Dr. Costa, Falmouth Hosp.-Arthritis	1:00 p.m.
Save the Date	5/4-6/8	L.I.F.E. Series	

MONDAY

- Seniors on the Go
- 7:50 Zumba Gold
- 8:00 Walking Group (Wing)
- 8:00 Osteo Fitness (Wing)
- 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

THURSDAY

- Seniors on the Go
- Thursday Shopping Van
- 8:00 Walking Group (Wing)
- 9:00 Yoga
- 9:00 Barber for Men
- 10:00 Scrabble
- 10:30 Chair Yoga

TUESDAY

- Seniors on the Go
- 8:00 Walking Group (Wing)
- 9:00 Yoga
- 10:30 Yoga II
- 1:00 Mah Jongg
- 1:00 PM Quilters
- 1:00 Tai Chi

FRIDAY

- Seniors on the Go
- 8:00 Walking Group (Wing)
- 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

WEDNESDAY

- Seniors on the Go
- 7:45 20-20-20 Fitness
- 8:00 Walking Group (Wing)
- 8:00 Osteo Fitness (Wing)
- 9:00 Cardio Fitness
- 10:00 Knitting/Crocheting
- 1:00 Massage (1st & 3rd)
- 1:00 Bereavement Group
(2nd & 4th)
- 1:30-3:30 Veterans' Agent
- 3:30 Restorative Yoga

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

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
2017 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.

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

<p>Jessie Anne Bautz Eileen Burns Henry T. Callan/Fine Antiques Margaret Carroll Mary & Fred Collari John F. & Kathleen Cuddy Janine Destremps Geraldine Doran Carole & Charles Dundorf Charles Dustow Leonard Ehrman Sue & Dick Federico Carl & Barbara Flodin Richard Fischer Allen & Lee Forsythe Toni Gelotte David R. Gibson Priscilla Hall Robert & Dorothea Kreisinger Don & Shirley Lafler Lillian Mathews Frances McGlynn Claire Monte Joan Morris Evelyn Mulcahy Gloria Nelson Violet & Albert Olsen Linda Randlett</p>	<p>June Robie Joseph & Mary Ann Roche Leone Rogers June & Eric Small Jay Stinson Dianne Tattersall Dorothy Torrey Carol Vigliano Janis & Richard Weiner Bob and Shiela Wentworth Jennie & George Zantoulos</p> <div data-bbox="747 871 1071 1543" style="text-align: center;"> <p><i>In Memory Of</i> Jean Dockery From: Paul & Sarah Salois</p> <p><i>In Memory Of</i> James R. Burns From: Eileen Burns</p> </div>	<div data-bbox="1291 252 1372 346" style="text-align: center;"> </div> <p><i>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!</i></p> <p style="text-align: center;">*</p> <p>Charles Dustow</p> <p style="text-align: center;">*</p> <p>Sue & Dick Federico</p> <p style="text-align: center;">*</p> <p>Lillian Mathews</p> <p style="text-align: center;">*</p> <p>Frances McGlynn</p> <p style="text-align: center;">*</p> <p>Joan Morris</p> <p style="text-align: center;">*</p> <p>Nicole Smith NuPsi</p> <p style="text-align: center;">*</p> <p>Jay Stinson</p> <p style="text-align: center;">*</p> <p>Jennie & George Zantuhos</p>
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