

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 8

We're Here For You!

October 2017

Director's Report:

We have planned many interesting programs – AARP HomeFit program; How to Self-Publish; a monthly craft program....and much more! So please stop by to meet us if you have not and try out our many fitness, health and wellness; educational and volunteer programs.

NOTE: Tuesday A.M. Quilting Group will now meet Tuesdays from 11:30 a.m. – 1:30 p.m. New participants always welcome...stop by to meet the ladies.

Senior Center Building Study Update:

The Council on Aging will be happy to meet with any group to present the results of the study completed pertaining to the new Senior Center (Center for Active Living) and to speak about the work of Council on Aging. You can contact Chair Neal O'Brien at 774-313-8984 (nob516@yahoo.com) or Council on Aging Director, Jan Timmons, at 508-888-4737 (jtimmons@townofsandwich.net).

Please Note: New Hours for the VETERAN'S AGENT -- OFFICE HOURS will now be held at the Human Services Building, Sandwich COA, on Thursdays from 1:30 – 3:30 p.m. The Veteran's Agent services veteran's and spouses of all ages.

Nursing Department Update: The dates for Flu Clinics are – Thursday, October 5 and Tuesday, October 17. For additional information please contact the Nursing Department at 508-833-8020.

INVITATION TO ALL TO JOIN The Friends of the Sandwich Council on Aging
Please join us on Thursday, October 26, 2017 at 1:00 p.m. at the Council on Aging for our Annual Meeting. Installation of officers, financial report and activities for the past year discussion and plans for the current year. Free luncheon will be served. Lunch will be provided by Lambert's.

Please call the Council on Aging to sign up at 508-888-4737 to reserve your place and make your lunch selection from the following choices: Deadline to sign up is: Thursday, October 19.

THE BIG PILGRIM: Turkey Breast, Stuffing, Cranberry Sauce, Mayo on a Roll

THE GENERAL LEE – Baked Ham, Aged Swiss Cheese, Lettuce, Tomato, Pickle, Mustard and Roll

CRANBERRY WALNUT CHICKEN SALAD – Chicken Salad, Cranberries, Walnuts, Lettuce, Tomato, Pickle on a Roll

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.
Fall #2	Oct. 2 – 30 (no 10/9) \$40
Fall #3	Nov 3 – 27 (no 11/10 or 24) \$30

Late Yoga – Mondays	3:15 – 4:15 p.m.	Susan
Fall #2	Oct. 2 – 30 (no 10/9)	\$24
Fall #3	Nov 6 – 27	\$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	
Fall #2	Oct. 10 – Nov 14 (no 10/17 or 24)	\$24
Winter #1	Nov. 28 - Dec. 19	\$24

YOGA CLASS --	Thursdays at 9:00 a.m.	CHAIR YOGA – Thursdays at 10:30 a.m.
Fall #2	Oct. 12 – Nov 16 (no 10/26)	\$30
Winter #1	Nov. 30 - Dec. 21	\$24

RESTORATIVE YOGA -	Wednesdays at 3:15 p.m.
Fall #2	Oct. 11 – Nov 15 (no 10/25) \$35
Winter	Nov. 29 – Dec. 20 \$28

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 3:15 p.m.	Lauren
Fall # 2	Oct. 3 – 31	\$25
Fall #3	Nov 7 – 28	\$20

Tai Chi – for balance: can enhance one’s overall wellness, peace of mind, and balance. Taught by certified instructor
Note new time!!

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 #2	Oct. 4 – 25 \$30.00
Fall #3	Nov 1 – 29 \$37.50
Fridays	9 – 10:00 a.m.
Fall #2	Oct. 6 – 27 \$30.00
Fall #3	Nov 3 & 17 (no 10 or 24) \$15.00

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. 508-685-4594

FREE OSTEO FITNESS PROGRAM: Series #2 ----
Next Session: Sept. 6 – Dec. 27 from 8:00 – 9:00 a.m. – Monday/Wednesdays. This program will be held at Wing School as long as possible and then will be held at the COA. This program is made possible by Elder Services and the volunteer instructors.

Required: the COA **must** have a doctor release as well as a registration available at the COA office or on line. Registration is also required by Elder Services.

October 21, 2017

Halloween Party for the Over 21

Advance Purchase Only

Sponsored: By the Sandwich-Bourne Lions Club

Place: American Legion

20 Main Street

Sandwich, MA

Time: 7-11pm Dinner at 7pm

Contacts: Randy Lewis 508-498-8989
 Dianne Tattersall 508-833-3156
 Heritage Theatre 508-833-7772

Costume Contest 50-50 Raffle
 Music by: DJ PDG Roland Cash Bar

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

OCTOBER PROGRAMS:

Casual Cribbage – Mondays 10 -12

No experience needed. **Patient Instructors teach one on one.** Think you're good at cribbage?! Test yourself against some of our experienced players. Registration required.

Call the COA at (508)888-4737 to join this fun group.

Fridays at 12:30 p.m. HAND AND FOOT

Our Hand and Foot card game group is looking for new players to join them. Game is similar to canasta and no experience is necessary!! Why not stop by – they play Fridays at 12:30 p.m. in our lower level.

Genealogy Program- Thursday, October 5 --
1:00PM – 2:00PM

Tracing your family roots is a great way to make history come alive in a fun and personal way. Bring your questions and get started discovering where you came from. This monthly genealogy group meets the first Thursday of the month from 1:00PM to 2:00PM here at the COA.

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

Wednesday, Oct. 11 – 1:00 p.m. AARP HomeFit Program

The AARP HomeFit program was developed to educate older adults how to navigate all living spaces independently to allow them to remain in their own homes as they age. Participants receive information on how to easily evaluate their own home for 'livability' should they themselves or one of their family members become unable to use stairs, or must rely on assistive devices. It is designed to help individuals plan for independence, choice and dignity as they age.

At the event a HomeFit facilitator will help you understand how homes can be designed and modified to help you get around independently in all of your living areas and how to make your home as safe as possible. You will also receive a personal copy of the **AARP HomeFit Guide**.

Reservations are required – call Sandwich COA at 508-888-4737. Deadline to register is Friday, October 6.

Thursday, October 12 at 1:00 p.m.

Crafts with Meagan

Cape Heritage Rehabilitation & Health Care Center is proud to sponsor Crafts with Meagan, a monthly craft series held at the Sandwich Council on Aging. All supplies will be provided as well as light refreshments!

Reservations are a must...please call Sandwich COA at 508-888-4737 to sign up. Deadline is Friday, October 6.

Friday, October 13 & 27 - 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, October 10 at 1:00 p.m. SOLO

DINING The restaurant is *Mezza Luna, Buzzards Bay*. A nice way to meet people. You order off the menu and we 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, September 8.*

Wednesday, October 18 – 10:30 a.m.

Intergenerational get together with young children from Early Childhood Learning

Join in with story time, music, snacks. This is a fun program with the mom's and children. Please call Sandwich COA at 508-888-4737 if you would like to be part of this program.

Wednesday, October 18 at 1:00 p.m.

Cooking Demo presented by Royal Health Group! Demo will be a dessert this time – something to do with apples. And you get to taste the results!

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

Friday, October 20 at 10:00 a.m. Friends of Sandwich COA Board Meeting – Upper Level - back room

Thursday, October 19th at 1:30PM Book Discussion with Sandwich Public Librarian Colleen Hayes. "Garlic and Sapphires" by Ruth Reichl" is our October book choice. Ruth Reichl, world-renowned food critic and former editor in chief of *Gourmet* magazine, knows a thing or two about food. In this book she reflects on her years working as a food critic for the New York Times. A witty, insightful, and engaging story, just like all her other books! Light refreshments served and new faces always welcome!

Call the COA at 508-888-4737 to reserve a copy of the book.

Tuesday, October 24 at 1:00 p.m. Ice Cream Social presented by North River Home Care
Join us for delicious ice cream treat on a late Fall day. Invite your friends and we hope for Indian Summer weather!

Call Sandwich COA at 508-888-4737 to register. Deadline to sign up is Thursday, October 19.

Wednesday, Oct. 25 at 1:00 p.m.– Learn to Self Publish with Henry Quinlan, Publisher and Author
Learn to self-publish in this one hour free seminar. Discussed will be how to self-publish at no cost to you; learn writing tips from a publisher; design techniques that work; learn the basics of book marketing; how to work through writer's block and how to finance your book at little to no cost to you.

Henry Quinlan has more than 40 years of experience in the publishing field.

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

Thursday, October 26 at 1:00 p.m. Friends of Sandwich Council on Aging ANNUAL MEETING – See info on page one.

Tuesday, October 31 at 12:30 p.m. HALLOWEEN LUNCHEON with Nick Pangakis entertaining.

We will be serving Chicken, Broccoli and Zita, Dessert and Beverage. Costume optional but encouraged!

Cost is \$5.00 per person. Call Sandwich COA to sign up. Deadline to register and pay is noon on Tuesday, October 24.

Wednesday, November 1 at 11:00 a.m. Hidden Costs of Aging: Planning for Long Term Care before the Crisis. Speakers: William Scotti III, CFP – Axial financial Group; Attorney Rad Case-Case Estate and Elder Law; Kristine Callahan-2 Sisters.

Learn about: The Spectrum of Late Term Care; Avoid Common Estate Planning Errors; Proactively Plan for you and your family's needs; the Pitfalls of Annuities; Strategies to avoid Probate; Learn about Medicaid Transfer Rules.

Register with Sandwich COA at 508-888-4737 for this free seminar.

Wednesday, November 8 at 12:30 p.m. Luncheon to Honor our Veterans
Speaker will be Sandwich Veteran's Agent – Scott Dutra will be attending to answer your questions.

We will be serving Beef Stroganoff, dessert and beverage. Cost is \$5.00 for non-veterans.

Join us for a delicious catered luncheon (free for our veterans!).

Please help us save postage! If you are heading to a warmer climate for the winter, please call or e-mail to stop the newsletter.

Call: 508-888-4737 or e-mail mesteeves@townofsandwich.net

Outreach Corner Rita Wahlstedt

The Fuel Assistance Program runs from November 1, 2017 until April 30, 2018.

Are you eligible for Fuel Assistance?

Eligibility is based on gross income, household size, and vulnerability to heating costs. Fuel Assistance can assist with your primary heat of oil, natural gas, electricity, propane, kerosene, wood or coal.

Also, if you are living in nonsubsidized housing and your heat is included in your rent, fuel assistance can reimburse you for a portion of your rent.

If you are renting an apartment that is subsidized and the cost of heat is included in your rent, you may not be eligible for the fuel assistance program; however, you may wish to apply to be enrolled in a Massachusetts utility discount program strictly based on income.

In Massachusetts, the eligible income guidelines extend to households with incomes up to 60% of the State median income.

HOUSEHOLD SIZE	MAXIMUM ANNUAL INCOME	GROSS
Family of 1	\$34,380	
Family of 2	\$44,958	
Family of 3	\$55,537	
Family of 4	\$66,115	
Family of 5	\$76,693	
Family of 6	\$87,272	
Family of 7	\$89,255	
Family of 8	\$91,239	

Please call Rita at 508-888.4737, if you are interested in applying for the 2017-18 season.

DID YOU KNOW.....

If I have Hardship or Medical Problems, how do I request Door Mail Delivery:

‘Hardship or Medical Problems’ is defined as an illness or handicap which would present a physical challenge for an individual to retrieve mail.

To request door delivery, you need to write a letter requesting this change and attach a statement from a Doctor. The Doctor’s statement should indicate

that you are unable to collect your mail from a curb or centralized mailbox. Both your letter and the Doctor’s statement must be sent to the Post Office that delivers your mail for approval or denial. Final determination on whether or not door delivery will be granted will be made by the Post Office.

Request letters should be addressed to the attention of the Postmaster in either Sandwich, East Sandwich or Forestdale Post Office.

NOTE: Any approval will be temporary (further information can be obtained from the local Post Office)

Volunteer Corner: Pat Ryan

Birthday Wishes! Best Wishes to all our volunteers celebrating a birthday this month! Happy Birthday to Betty Mazzone, Louise Condon, Rose Marie Fariello, Bob Goff, Judith Grasso, Jeff Hyman, Frank Miller, Carolyn Motta, Rita Whitman, Jennie Zantuhos! Thank you for all you do!

Friendly Visitor Program - More than 30 years ago a wonderful group of volunteers started a program to insure that homebound Sandwich seniors would see a friendly face on a weekly basis. Purely social, this important program continues today working to prevent isolation. If you know of someone who would benefit from a visit, please give the COA a call and ask for Pat Ryan, our Volunteer Coordinator.

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. 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.

SHINE UPDATE:**Serving Health Insurance Needs of Elders****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, 2017**) for Medicare Advantage Plans (Part C) and Prescription Drug Plans (Part D) is here and it is **very important** to re-evaluate your Medicare options for **2018** 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, 2018 (Please note - this enrollment period may not affect you if you have retiree coverage).

SHINE appointments fill up quickly so don't forget to call the Sandwich COA at 508-888-4737 to make your SHINE appointment for this year's open enrollment. If you are a couple – please make two appointments! Bring a list (or the bottles) of your current medications to the appointment

Remember- don't wait until it is too late. If you don't make a change during the Open Enrollment Period (Oct 15 - Dec 7, 2017) you may have to stay with your existing plan for another whole year.

AARP Foundation Tax-Aide Program: Do you enjoy people? Do you think numbers can be fun? If yes, then we're looking to share the fun with you. Since 1968 AARP Foundation TAX Aide volunteers have been helping low and moderate income taxpayers complete their Federal and State income tax returns free of charge.

New volunteers participate in a training program each fall. Over a three week period of time (twice a week for three weeks) they are trained in the process of completing tax returns. Counselors, upon passing the required test, are assigned to various centers across the Cape and Islands. Preference is given to centers near their homes. From February through April 15 wonderful people are met and needed to help is given. Schedules are flexible and allow for vacation time.

Find out more about the fun you can have by being a Tax-Aide Volunteer Counselor. For more information contact: Pat Zeiss, Volunteer Coordinator at: Patzeiss@juno.com or call 508-255-2292.

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. This program is provided by Pedi-Care Inc.

Call Sandwich COA at 508-888-4737 to make your appointment – second Friday each month.

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GRATITUDE

These are the latest submissions in the Gratitude Box located in the Reception Area.

I'm grateful for everyday my feet hit the ground and I don't have to hear other people complain.

Grateful for my faith in community services COA, SPD & SFD. Thank you!

I am grateful for the friendly voices on the phone and friendly smiles on the faces of the COA staff and drivers each time I see or hear them. Thank you each of you! Some days it's the only smiles I see or hear.

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.

Please call for program days and times.

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.

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.

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 \$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$

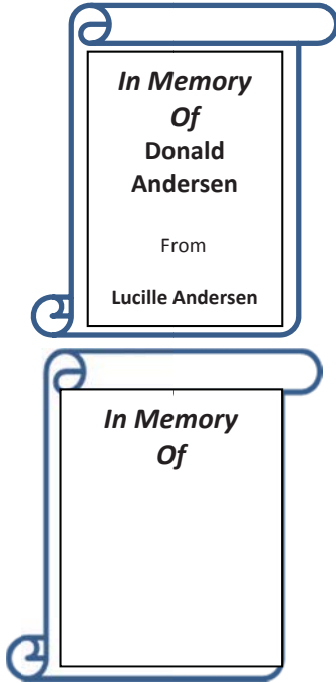
Please consider receiving your newsletter by e-mail.


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

mesteeves@townofsandwich.net

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.

MaryAnn & Robert Alunni
 Lucille Andersen
 M. Jill Briggs
 Gloria Carson
 Chris Christo
 Jean A Eldridge
 Marie E Firicano
 Lois Frost
 Janet Garfield
 Ron & Ellie Held
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 John Hendricksen & Diane Martin
 Lefteri & Alexandra Karacalidis
 Virginia Kindem
 Donald Kreutzer
 Margaret Mehmel
 Thomas & Dorothy Mossissey
 Jeanette M Nowick
 Judith & Bill Page
 Linda Podryhula
 Jacquelyn L Putnam
 John & Patricia Salvo
 Deborah B & Frederick T Stetson
 James & Jeanette Stewart
 Sophie V. Vanderzee
 Paul Washburn
 Carolyn Weimar





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!

★

Gloria Carson
★

John Hendricksen
★

Judith & Bill Page
★

Carolyn Weimar
★

Julia C. Hendy
★

Margaret Mehmel
★

Sophie V. Vanderzee

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.

Annual Meeting
October 26, 2017
1pm

October 2017

COUNCIL ON AGING ACTIVITIES

Mondays	October	Cribbage Group	10:00 a.m.
Thursdays	October	Barber for Men	9-11:30a
Thursday	Oct. 5	Geneology	1:00 p.m.
Thurs/Tues	Oct.5 &17	FLU CLINIC- Call Nursing 833-8020	
Tuesday	Oct. 10	Attorney Tom Kosman**	10:00 a.m.
Tuesday	Oct. 10	Solo Dining- Mezza Luna	1:00 p.m.
Wednesday	Oct. 11	AARP HomeFit Program	1:00 p.m.
Thursday	Oct. 12	Crafts with Meagan	1:00 p.m.
Friday	Oct. 13	Current Events-	10:30 a.m.
Wednesday	Oct. 18	Intergenerational Program	10:30 a.m.
Wednesday	Oct. 18	Cooking Demo w/Royal Health Group	1:00 p.m.
Thursday	Oct. 19	Book Club – “Garlic & Sapphires”	1:30 p.m.
Friday	Oct. 20	“Friends of” Meeting	10:00 a.m.
Monday	Oct. 23	Attorney Mello’s Office**	9:00 a.m.
Tuesday	Oct. 24	Ice Cream Social	1:00 p.m.
Wednesday	Oct. 25	Attorney John Kennan**	9:00 a.m.
Wednesday	Oct. 25	Learn to Self Publish	1:00 p.m.
Thursday	Oct. 26	Friends Of “Annual Meeting” Lunch	1:00 p.m.
Friday	Oct. 27	Current Events	10:30 a.m.
Tuesday	Oct. 31	Halloween Luncheon	12:30 p.m.
Save the Date	Nov. 1	“Hidden Costs of Aging”	11:00 a.m.
Save the Date	Nov. 8	Veteran’s Luncheon	12:30 p.m.

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
- 8:45 COA Board Meeting (4th)
- 3:15 Afternoon 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 (down)
- 10:30 Chair Yoga
- 1:30-3:30 Veterans’ Agent

TUESDAY

- Seniors on the Go
- 8:00 Walking Group (Wing)
- 9:00 Yoga
- 10:30 Yoga II
- 11:30 Am/Pm Quilters
- 1:00 Mah Jongg(down)
- 3:15 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 (down)

WEDNESDAY

- Seniors on the Go
- 8:00 Walking Group (Wing)
- 8:00 Osteo Fitness (Wing)
- 9:00 Cardio Fitness
- 10:00 Knitting/Crocheting
- 1:00 Massage (1st & 3rd)

****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**