

SANDWICH COUNCIL ON AGING NEWS

270 QUAKER MEETINGHOUSE ROAD
EAST SANDWICH, MA 02537

PHONE 508-888-4737 FAX 508-833-9154

WWW.SANDWICHMASS.ORG

FEBRUARY 2018

DIRECTOR'S REPORT



February can sometimes be a difficult month- ice, snow, gray skies-but we have a solution for you. Join us for some of our programs! Zumba, Yoga, Tai Chi, and Cardio will increase your energy level as well as your endorphins. They are a good way to meet old friends and make new ones. We also hope you will attend some new programs, such as the Winter Tea with harpist Katie Koglin or Joseph Yukna's Gun Powder and Grease presentation.

The Centers for Medicare and Medicaid Services (CMS) will begin issuing new Medicare cards in April 2018 that no longer include your Social Security number. The Social Security numbers will be replaced by a new Medicare Beneficiary Identifier (MBI). The cards will be mailed to your address on file with the Social Security Administration, so make sure your contact information is accurate.

It will take 12 months to mail new cards to all Medicare beneficiaries. During this time, keep in mind that Medicare will never request personal or private information, so be wary of anyone contacting you about the new card or MBI. Once you receive your new card, destroy the old card immediately.

The search for a new Senior and Community Services Director has begun and I anticipate many strong candidates will be interested in this position. With your help, the new Director will continue to advocate for our new building and bring increased energy and ideas to our program.

Joanne Geake, RN, MPH, BSN

A BIG THANK YOU TO ALL OF SANTA'S HELPERS THAT HELPED MAKE THIS PAST HOLIDAY SEASON JOYFUL WITH ALL THE GIFT CARDS, CLOTHING, AND PERSONAL CARE DONATIONS.

The **COA Knitting Group** for all the knit goods donated. The Sandwich Seniors thank you. The **Barrett Family**, who helped make all the home delivered dinners so enjoyable!! And last, but not least- All the monetary donations to Fuel Assistance and Transportation Assistance.

The William Unger Family, Cynthia Hickey, Mary Morrissey, The Andrew Judelson Family, The Peter Dubay Family and The Frank Miller Family.

HEALTH MATTERS- PUBLIC HEALTH NURSE

Joanne Geake RN, MPH, BSN

Now is a good time to review your immunizations and make sure they meet the CDC recommendations. If you are 65 or older you should have begun receiving both Pneumonia shots, the Prevnar13 and the Pneumovax 23. If you have infants in the family you might consider receiving the Tdap(tetanus, diphtheria, pertussis). Also, there is a new shingles shot, Shingrix, which CDC recommends for adults 50 years and older. This is a two shot, killed vaccine and recommended regardless of known chickenpox status or previous Zostavax immunizations. Broad payer coverage for Shingrix is not expected until April 2018. Private insurers and Medicare currently pay for Prevnar Pneumovax, and Tdap.



February is heart health month. Take this time to re-evaluate your diet (the Mediterranean and Dash diets are worth looking at) and your exercise plan (30min. 5x a week). Dr. Daniel Levy at NIH, who oversees the Framingham Heart Study, said if we could eliminate smoking, elevated blood pressure and elevated cholesterol levels, we could eradicate 9 out of 10 heart attacks.

OUTREACH CORNER:

Rita Wahlstedt - COA Outreach Coordinator
The Difference between Home Health Care and Non-Medical Home Care Services.

The first step in hiring senior services provided in the home is identifying the difference between non-medical home care and home health care. It is important to understand this distinction, since the type of care will both guide your search for the appropriate caregiver as well as define how you will be able to pay for home care.

What is Non-Medical Home Care? Non-medical home care can also be identified by the following terms: personal care, companion care, homemaker services, custodial care, unskilled, and non-clinical. It provides valuable social interaction, help with household chores, and assistance with activities of daily living.

Meal Preparation, Laundry, Light Housework, Bathing, Dressing, Eating, Toileting, Transportation, Mobility Assistance, Medication Reminders.

What is Home Health Care? Home health care is medical in nature. A prescription from a doctor may be required to obtain these services that are provided by healthcare professionals such as registered nurses, licensed practical nurses, and physical, occupational, and speech-language therapists. Home health care may also be described as clinical care and skilled care. Home health care companies provide the following services:

Administration of medication (including IV's and injections), Monitoring Vital Signs, Wound care, Assistance with recovery from illness or injury, Physical Therapy, Occupation Therapy, Speech-Language Therapy, Monitoring of medical equipment, Expertise in specific medical conditions (like Alzheimer's disease or dementia)

Note that there may be some overlap in the provision of services. For example, a home health care company may also provide non-medical "homemaker" and personal care services if you identify a need for household assistance in your care plan. *Information by AgingCare.com*

Fuel Assistance: It's Cold!!!!

Remember to apply or recertify for Fuel assistance ASAP, as it takes 6-8 Weeks to process applications!!

Outreach Assistance:

Available by appointment, Meet confidentially with our Outreach Coordinator Rita 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 and schedule your appointment. 508-888-4737

VOLUNTEER CORNER -

Happy Birthday to all our volunteers celebrating a birthday this February! Best wishes to Marjorie Collins, Georgia D'Erricco, Addie Finn, Barbara Gunshor, John Mclsaac, Michael Teehan, Carol Thwaites, Thanks 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.

COUNCIL OF AGING WEATHER POLICY: If schools are closed due to weather, activities at the COA, programs and transportation, will be cancelled. Staff will still be at COA and will be available by telephone. If Town Hall closes due to a storm, then the Human Services Building will also be closed. In order to keep our transportation clients, bus drivers, and volunteer drivers safe, all driveways and walkways must be shoveled and free of ice. Please be proactive in Weather emergencies. Have at least 3 days' worth of medication and personal supplies ready to take with you. If you have a pet have a pet carrier and food ready to go.

UPCOMING SPECIAL EVENTS

The Savvy Caregiver Program is a FREE six-session training for family and friends who are active caregivers; caring for those living with Alzheimer's or related dementias.

The program will be held at the Sandwich Council on Aging, facilitated by Elder Services of Cape Cod and Alzheimer's Family Support Center of Cape Cod. FREE, SUPERVISED RESPITE WILL BE AVAILABLE. The educational series will be held on Tuesdays, February 6th – March 13th from 10:00 to 12:00. For more information or to register please contact **Beth Gilmore at Elder Services of Cape Cod at 508-394-4630 x450 or beth.gilmore@escci.org**

Wednesday, February 7th 1:00-3:00pm Gunpowder and Grease Paint Presented by Joseph Yukna, Co-Founder of Cape Cod Military Museum- The Cape Cod Military Museum co-founder Joseph Yukna will present a free program on how the Anti-Aircraft Artillery Training Command, the first Composite Anti-Aircraft Demonstration Battalion Royal Artillery, and Gertrude Lawrence, the world's first super star, all came together on Cape Cod in 1943. *Registration required please call 508-888-4737*

Thursday, February 8th 1:00-2:00 Crafts with Megan- Beat the winter blues and join us for this fun free crafting class with Megan! All materials provided. *Registration required please call 508-888-4737*

Tuesday, February 13th 12:30-2:30 Valentine's Luncheon- Wear your cheeriest red and pink and join us for a Valentine's luncheon. Entertainment provided by Brian "The Fishmonger" Kelly. Brian can often be heard playing at the Dan'l Webster and Fisherman's View here in Sandwich. We will be serving Chicken Parmesan, Caesar Salad, and Dessert. *Cost is \$5.00 and Registration is required please call 508-888-4737*

Thursday, February 15th 1:30-3:30 Our book club is back- Colleen Hayes, Sandwich Public Librarian will be here to facilitate a discussion on the book, **The Underground Railroad**, by Colson Whitehead. This Winner of the Pulitzer Prize and the National Book Award, the #1 New York Times bestseller is a magnificent tour de force chronicling a young slave's adventures as she makes a desperate bid for freedom in the antebellum south. We will have copies of the book here for you to borrow. Refreshments served! *Registration is required please call 508-888-4737*

Wednesday, February 21st 11:00-12:00 The Many Uses of Aromatherapy Symptom Management- Kristine Callahan, Certified Dementia Practitioner and Reiki Master is joining us to give an overview of some of the most effective uses of essential oils. Learn how blending them together can aid in relaxation and compliment your current medication regime or someone caring for you. Participants will leave with a sample essential oil blend. *Registration is required please call 508-888-4737*

Thursday, February 22nd 1:00-2:00 Karen Schermerhorn, Medium-After studying with John Holland, one of the most renowned authentic psychic mediums of the world stage and Lauren Rainbow, voted New Hampshire's best psychic medium, Ms. Schermerhorn is offering for a very low cost **\$5.00** an hour of healing messages from your loved ones. It cannot be guaranteed that all audience members will receive a message. *Registration is required please call 508-888-4737*

Wednesday, February 28th 1:00-2:30 Mid- Winter Afternoon Tea- Please join us for a lovely-afternoon of tea, desserts, and harpist Katie Lynch-Coglin who will be playing a combination of beautiful classical and Celtic music. *Cost is \$5.00 Registration is required please call 508-888-4737*



Fitness and Wellness

February 2018

Note: All participants must have a Medical Release Form signed by your Doctor. This form will remain good until there is a change in your Medical Condition.

A Registration Form for each session is required.

Forms and Payments are due one week before the start of the session. Walk-ins at the start of the class are not permitted. You may only attend the class for which you registered.

It is our policy you may try one class to see if it fits your needs before committing to the registration.

Prices shown are for Sandwich Residents. Add \$10.00 for Non-Residents.

ZUMBA GOLD

MONDAY AND FRIDAY MORNINGS WITH PEG 7:50-8:40AM

Winter 3 February 2nd – February 26th (no class 02/19) **\$35.00**

Spring 1 March 2nd – March 30th **\$45.00**

Spring 2 April 2nd – April 30th **\$40.00 (no class 4/16)**

YOGA

***Gentle Yoga Tuesdays 9:00-10:00**

***Yoga II More Challenging Yoga Tuesdays 10:30-11:30**

Winter January 23rd-March 6th (no class 02/20) **\$36.00**

Spring 1 March 13th – April 10th **\$30.00**

Spring 2 April 24th –May 22nd **\$30.00**

Restorative Yoga Wednesdays 4:30-5:30

Winter January 24th-March 7th (no class 02/21) **\$42.00**

Spring 1 March 14th- April 11th **\$35.00**

Spring 2 April 25th-May 23rd **\$35.00**

Gentle Yoga Thursdays 9:00

Chair Yoga Thursdays 10:30

Winter January 25th-March 8th (no class 02/22) **\$36.00**

Spring 1 March 15th – April 12th **\$30.00**

Spring 2 April 26th-May 24th **\$ 30.00**



A POEM TO THE ZUMBA CLASS.

Ode to my Zumba Class

By Marion McGinn

On Mondays and Fridays
at about 7:50 I go to a place
Where the mornings are
Nifty.

We meet Peg for Zumba
Her joy is contagious. She
cranks up the music our
moves are outrageous.

We V-Step and shimmy. We
cha-cha and more. We
shout crazy words and we
can't wait for more.

Before long it happens as
cardio increases. The fans
are turned on and clothing
decreases.

And all the way through
we laugh and we tease and
share joys and sorrows
with most comfortable
ease.

By fate and by Phyllis I
ended up here a great way
to start another New Year.

So thanks Zumba Ladies
for enriching the days Not
just with dancing but in so
many ways!!

TAI CHI-QI GONG

TUESDAY 3:15 LAUREN

Winter 3 February 6th- February 27th \$20.00

Spring 1 March 6th – March 27th \$20.00

Spring 2 April 3rd- April 24th \$20.00

Tai Chi for balance can enhance one's overall wellness, peace of mind, and balance. Instructor is certified.



REIKI

Various days and times Sandwich Seniors receive generous discounts. Due to lack of space Ms. Schermerhorn has agreed to continue our program at the office of Time to Touch on Route 6A in Sandwich.

Please call 508-685-4594 for appointments.

Cardio/Strength Building Class

Wednesdays 9:00-10:00 Diane

Winter February 7rd- February 28th \$30.00

Spring 1 March 7th – March 28th \$30.00

Spring 2 April 4th-25th \$30.00

Fridays 9:00-10:00

Winter February 2nd- February 23rd \$30.00

Spring 1 March 2nd- March 30th \$37.50

Spring 2 April 6th- April 27th \$30.00

Saturdays 9:00-10:00

Winter February 3rd- February 24th \$30.00

Spring 1 March 3rd- March 31st \$37.50

Spring 2 April 7th – April 28th \$30.00

Total body workout-a low impact dance aerobics and strength training program.

Winter Walking Group inside the Wing School

October 30th- April 27th 8:00-9:00am

Please call 508-888-4737 Registration is required.

MASSAGE WITH DEE

1ST AND 3RD WEDNESDAY OF EACH MONTH

\$1.00 PER Minute with a 15 minute minimum.

Helps reduce stress and stiffness.

APPOINTMENTS NEEDED PLEASE CALL 508-888-4737

February 2018 Weekly Programs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 8:00 Walking group Wing 8:30 Shopping Van 9:00 Yoga 9:00 Barber/Men 10:30 Chair Yoga 1:30-3:30 Veterans' agent	2 7:50 Zumba Gold 8:00 Walking Group Wing 9:00 Cardio Fitness 12:30 Men's Poker 12:30 Hand and Foot	3
4	5 7:50 Zumba Gold 8:00 Walking group Wing 8:00 Osteo fitness 9:00 Sandwich stiches 1 st /3 rd 10:00 Cribbage 1:00 Rummikub 1:00 Painting	6 8:00 Walking group Wing 9:00 Yoga 10:30 Yoga II 11:30 Am/Pm Quilters 1:00 Mah Jongg 3:15 Tai Chi	7 8:00 Walking group Wing 8:00 Osteo Fitness 9:00 Cardio Fitness 10:00 Knitting/Crocheting 1:00 Massage 4:30 Restorative yoga	8 8:00 Walking group Wing 8:30 Shopping Van 9:00 Yoga 9:00 Barber/Men 10:00 Scrabble 10:30 Chair Yoga 1:30-3:30 Veterans' agent	9 7:50 Zumba Gold 8:00 Walking Group Wing 9:00 Cardio Fitness 9:00 Footcare 10:30 Current events 12:30 Men's Poker 12:30 Hand and Foot	10
11	12 7:50 Zumba Gold 8:00 Walking group Wing 10:00 Cribbage 1:00 Rummikub 1:00 Painting Group	13 8:00 Walking group Wing 9:00 Yoga 10:30 Yoga II 11:30 Am/Pm Quilters 1:00 Mah Jongg 3:15 Tai Chi	14 8:00 Walking group Wing 8:00 Osteo Fitness 9:00 Cardio Fitness 10:00 Knitting/Crocheting 4:30 Restorative yoga	15 8:00 Walking group Wing 8:30 Shopping Van 9:00 Yoga 9:00 Barber/Men 10:00 Scrabble 10:30 Chair Yoga 1:30-3:30 Veterans' agent	16 7:50 Zumba Gold 8:00 Walking Group Wing 9:00 Cardio Fitness 12:30 Men's Poker 12:30 Hand and Foot	17
18	19 7:50 Zumba Gold 8:00 Walking group Wing 8:00 Osteo fitness 9:00 Sandwich stiches 1 st /3 rd 10:00 Cribbage 1:00 Rummikub 1:00 Painting	20 8:00 Walking group Wing 9:00 Yoga 10:30 Yoga II 11:30 Am/Pm Quilters 1:00 Mah Jongg 3:15 Tai Chi	21 8:00 Walking group Wing 8:00 Osteo Fitness 9:00 Cardio Fitness 10:00 Knitting/Crocheting 1:00 Massage 4:30 Resotrative yoga	22 8:00 Walking group Wing 8:30 Shopping Van 9:00 Yoga 9:00 Barber/Men 10:00 Scrabble 10:30 Chair Yoga 1:30-3:30 Veterans' agent	23 7:50 Zumba Gold 8:00 Walking Group Wing 9:00 Cardio Fitness 10:30 Current events 12:30 Men's Poker 12:30 Hand and Foot	24
25	26 7:50 Zumba Gold 8:00 Walking wing 8:00 Osteo Fitness 10:00 Cribbage 1:00 Rummikub 1:00 Painting group	27 8:00 Walking group Wing 9:00 Yoga 10:30 Yoga II 11:30 Quilters 1:00 Mah Jongg 3:15 Tai Chi	28 8:00 Walking group Wing 8:00 Osteo Fitness 9:00 Cardio Fitness 10:00 Knitting/crocheting 4:30 Restorative yoga	Cardio/Strength Class with Diane Saturdays Winter 3 Feb 3rd-24th \$30.00 Spring 1 March 3-31st \$37.50 Spring 2 April 7-28th \$30.00 Remember to call and register for programs 508-888-4737		

ELDER SERVICES OF CAPE COD AND ISLANDS:

ELDER LUNCHEON PROGRAM:

Healthy, delicious hot meals are served at the Sandwich Housing Authority, 20 Tom's Way, and 4 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 Friday.

Reservations need to be made by calling 508-888-2965

Hearing Screenings:

Free screenings at Spaulding Rehab the 2nd Wednesday of each month. Please call 508-833-4141 to schedule your free appointment.

Foot Care for Seniors:

2nd Friday of each month

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 the nails; reduction of thickened toe nails, smoothing of corns and callouses; massaging, moisturizing lotions and powdering of the feet. Cost is \$29.00 Home visits are available for shut-ins for \$50.00. This program is provided by Pedi-Care Inc.

Please call the COA at 508-888-4737 to make your appointment.

SHINE COUNSELOR: Will assist you with health insurance questions and needs. Please call 508-888-4737 to schedule appointments.

COUNSELING OPTIONS:

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 please contact the referral department at 1-800-394-4630

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. Meets the 2nd and 4th Wednesday of each month at 1:00 PM

Sight Loss Support Group for Visually

Impaired: Mashpee COA meets the 4th Friday each month at 10:00 am to 12:00pm. Transportation is available. Call Sight Loss Support at 508-394-3904

Aphasia Community Group/Caregivers:

Spaulding Cape Cod the 1st Wednesday of each month in the 2nd floor dining room. Aphasia group meets in the dining room and Caregivers meet next door. Contact Barbara Fitton for additional information 508-833-4268

Parkinson's Disease Support Group:

Meets the 2nd Thursday each month at the Mashpee COA from 10:00am to 11:30am

Transportation Options:

Provided by the Sandwich Council of Aging:

Van/Bus Transportation 9:00am – 2:00pm

Call for availability to schedule a ride to COA programs, hairdressers, local errands, doctors and more! **Please book appointments no earlier than 9:30am (local) and no later than 2:00pm (local). For out of town appointments please do not book after 1:30pm.**

Call the Sandwich Council of Aging at 508-888-4737 as soon as possible 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.*

For Transportation to **medical appointments** please limit these appointments to routine visits only. We ask for at least 3 days advance notice so that we may make arrangements with our volunteer drivers.

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

Donations may be given to the driver

Suggested- Sandwich, Mashpee \$5.00, Bourne, Hyannis \$10.00, Falmouth, Yarmouth \$15.00
Plymouth, Wareham \$20.00

Cape Cod Regional Transportation

Rides to Boston: Travel from Cape Cod direct to Boston Hospitals on a wheelchair accessible bus. Monday – Fridays (no holiday service)
Pickup locations Mid and Upper Cape
8:00am Barnstable (Burger King Rt.6 & 132)
8:15 Sagamore (bridge commuter lot)
Reserve by 11:00am the day before. Cost is \$30 round trip; \$15 one way. Reservations can be made by calling 1-800-352-7155. Medical appointments should be made between 10:00am and 2:00pm. Bus leaves Boston no later than 3:00

Mass Health Members may be eligible to obtain a PT-1 for transportation. Talk with your Primary Care Physician in regards to obtaining one. PT-1's can be used for any of your Mass Health providers.

Cape Cod Regional Transit Authority Fixed Bus Routes

CCRTA has fixed bus 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 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. The COA is a stop on the route!!

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

A reminder:

The Sandwich Senior Center 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 Senior Center, Sandwich COA, 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 of Aging should not be presumed to be endorsed and sponsored by the Council of Aging.

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

Please let us know if you would like to receive the newsletter by email! mesteeves@townofsandwich.net

Legal Assistance

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

Atty. Tom Kosman 2nd, Tuesday of the month. Housing problems, government benefits, health law, guardianship, reverse mortgage, and consumer

Atty. Michael Lavender or Atty. Kennan, 2nd Thursday.
Elder law, trusts, estates, and wills.

Atty. John Kennan 4th Wednesday. Wills, trusts, estates, asset protection

*Home visits can be arranged if you're homebound. Appointments are in the mornings. Please call 508-888-4737 to schedule appointments.

Suggestion Box-

We have a suggestion Box in the Reception Area. Please use this to make suggestions regarding programs and activities you would like the COA to offer. Also, you can give us your thoughts on existing programs.

Gratitude Box-

We have a Gratitude Box located in the reception area. Please jot down your thoughts on what you are grateful for in your life....We hope to print these in future newsletters.

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. 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.

As always you may call with any questions or concerns

508-888-4737

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 there are spills let us know ASAP so we may help in getting it cleaned.

We appreciate you support in keeping the meeting space neat.



The Office of Representative Randy Hunt
MASSACHUSETTS HOUSE OF REPRESENTATIVES
5TH BARNSTABLE DISTRICT

Cable Cord-Cutting Workshop

Friday, March 2, 2018 at 1pm

Sandwich Council on Aging

270 Quaker Meeting House Road, East Sandwich, MA 02537



Cable or satellite TV bills eating your budget alive?

Join state Representative Randy Hunt to discover ways to cut your bills while keeping the programming you love.

The cable operator on Cape Cod monopolizes the market when it comes to our residential internet access. Representative Hunt is working hard with his partners to encourage better pricing and faster internet speeds by introducing competition. This will take some time.

In the meantime, **there are alternatives to subscribing to cable or satellite TV that will save you money**. Randy will walk you through some of those options, how they work, and how much they cost.

Learn about over-the-air (OTA) stations, Sling TV, PlayStation Vue, Hulu, Amazon Prime, Netflix, CBS All Access, HBO Now, Showtime, and other TV-viewing alternatives. Also, find out how to use your internet connection to eliminate your landline telephone service.

This hour-long seminar is brought to you as a public service by Sandwich's own Randy Hunt. **Admission is free, but an RSVP is encouraged. Please call the COA at 508-888-4737.**

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.

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)

2018 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

2018 Memberships run from November, 2017 to October, 2018

2018 Dues and Donations

Carolyn & Jim Albrycht
 Jean M. Blevins
 Mary Collari
 Theresa Crooks
 Jann & Gerry Czarnetzki
 Rita Doherty
 Carole & Charles Dundorf
 Charles Dustow
 Leonard Ehrman
 Ann Eriksen
 June B. Everett
 Adelaide Finn
 Richard Fischer
 Carol S. Fonseca
 Gerald & Pauline Fortin
 Linda & John Foster
 Helen Gately
 Alfred & June Gordon
 Alice Grondin
 Norman & Marie Campagney Hayes
 Julia C. Hendy
 Edna M. High
 Diane Hill
 Andi Iadonisi
 Jack & Phyllis Johns
 Patricia Johnson
 George & Janet Kasper
 Daniel & Shirley Kelley
 Merle Kelly
 Meryden Kirby & Bruce Hartshorn
 Judith Koenig
 Robert & Kathy Kucharski
 Todd & Robin LaFleur
 Claire LaMontagne & John Williams
 Charles & Rosemarie MacKenzie
 Sara Mantineo
 John & Ellen McHugh
 William McIntyre
 Robert & Barbara Meehan
 Peter & Pearl Moretti
 Ronald & Catherine Muise
 Evelyn Mulcahy
 Joseph & Virginia Nelson
 Carol O'Brien
 Barbara J O'Neil
 Carol & Joseph Queenan
 Joseph & Linda Reilly
 Rosemary Roberts
 Joan Rogers
 Chuck & Renate Sands

Jonathan & Eugenie Shaw
 Del & Linda Smith
 Jay Stinson
 Bette Straut
 John & Charlotte Sullivan
 William (Chip) & Gayle Swett
 Mary A. Townes
 Walter Uggerholt
 Mary Ann Valentini
 C James "Brian" Wallace
 Gloria & Graham Williams

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!

Charles Dustow
 Julia C. Hendy
 Andi Iadonisi
 Jack & Phyllis Johns
 William McIntyre
 Joseph & Linda Reilly
 Jay Stinson
 William (Chip) & Gayle Swett
 Mary A. Townes
 Jean M Blevins
 Gerald & Pauline Fortin
 Edna M. High
 Todd & Robin LaFleur
 Charles & Rosemarie MacKenzie
 Joan Rogers
 Bette Straut
 Mary Ann Valentini
 Carolyn & Jim Albrycht
 Claire LaMontagne & John Williams
 Chuck & Renate Sands
 John & Charlotte Sullivan

**In Memory Of
 Neil
 Champagney
 From
 Marie
 Champagney**

**In Memory Of
 Mom & Auntie
 From
 Rita Doherty**

**In Memory
 Of
 Rod
 Erikson
 From
 Ann Erikson**

**In Memory
 Of
 Shirley
 Uggerholt
 From
 Walter**

**In Memory
 Of
 Rick Pierce
 From
 Dick & Jane
 Pierce**

**In Memory
 Of
 Jill & Jack
 Jillson
 From
 Sarah
 Terhorst**

**In Memory Of
 Richard
 Johnson
 From
 Patricia
 Johnson**