

# **SANDWICH COUNCIL ON AGING NEWSLETTER**

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East Sandwich, MA 02537

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***December 2018 - January 2019***

**Director's Notes**

**Director Susan Marancik**

**From all of the staff here at the Council on Aging, we send you warm holiday greetings! We are also remembering all our seniors who may be celebrating their first holiday season without a special loved one. If you know someone that could use some cheer, please call us and let us know.**

**Happy Holidays to all!**

**Susan, Kim, Rita, Pat, Ginger, Al, Norm and Rick**

This month's newsletter includes both December and January, so keep it handy for all the programs and events starting the first week of December and running through the end of January. You will find your favorite holiday happenings and a few new events including a tour of the lighted Giants of Sandwich and Friday afternoon movies. Don't forget the annual New Year's Day Lion's Club community pancake breakfast. They do a wonderful job and donations go to support COA services and programs.

As we head deeper into winter, please remember that if Sandwich Public Schools are closed due to inclement weather, all COA programs will be cancelled. Our offices will remain open unless the Town Hall is closed. Plan ahead if we are providing your transportation and you need someone to plow your driveway or shovel a walk.

If you are online, we will post updates on our Facebook page too!



## ~Outreach Corner~ Rita Wahlstedt, Outreach Coordinator

Financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21st century." Why? Because seniors are thought to have a significant amount of money sitting in their accounts. Financial scams also often go unreported or can be difficult to prosecute, so they're considered a "low-risk" crime. However, they're devastating to many older adults and can leave them in a very vulnerable position with little time to recoup their losses. It's not just wealthy seniors who are targeted. Low-income older adults are also at risk of financial abuse. And it's not always strangers who perpetrate these crimes. Over 90% of all reported elder abuse is committed by an older person's own family members, most often their adult children, followed by grandchildren, nieces and nephews, and others.

### These are the top 10 Senior SCAMS to "be on the look out for."

1. Medicare/health insurance scams
2. Counterfeit prescription drugs
3. Funeral & cemetery scams
4. Fraudulent anti-aging products
5. Telemarketing/phone scams
6. Internet Fraud
7. Investment schemes
8. Homeowner/reverse mortgage scams
9. Sweepstakes & lottery scams
10. The grandparent scam

### The Holiday Season upon us once again!

The Council on Aging is asking all Sandwich residents to consider helping us remember those in the community that are less fortunate. Each year, the COA helps to sponsor gift bags for homebound seniors and needy families. Any donation you can provide is much appreciated. Personal care items, socks, hats, gloves, scarves are always needed. Gift cards for CVS, Dunkin, Stop & Shop, Market Basket or a local restaurant that delivers would be a special treat for a Sandwich resident or family! The "Sandwich Elves" are unfailingly generous, and this year we need YOUR help to make the Holidays a time of special meaning for some of our neediest and vulnerable citizens. Once again thanks for all you do! We couldn't do this without your generous support!

### FUEL ASSISTANCE REMINDER

Remember to make your appointments to apply for heating assistance for this winter season **NOW**, as the cold weather has arrived! Please come in to get the list of necessary verifications to benefit from this program. The verifications list can also be found on our town of Sandwich website at [www.sandwichmass.org](http://www.sandwichmass.org). Once you've gathered your documents, call to schedule your Monday or Friday appointment with Outreach at 508.888.4737.



## VOLUNTEER CORNER Pat Ryan, Volunteer Coordinator

Cookies for a Senior! Please consider spreading some holiday cheer by donating a batch of your favorite cookies to some of your Senior Friends in need of some holiday cheer. We will be collecting cookies at the COA on December 10th, 11th, and 12th to be delivered by our “Elves” on Thursday, December 13th.

Happy Birthday to all our volunteers celebrating a birthday in December and January. Best wishes to Joan Andrews, Michael Bondarek, Tonda Lamb, John Lee, Sandra MacQuade, Betty Mazzone, Violet Olsen, Brenda Robicheau, MaryJane Ross, Almena Rynders, and Richard Tavares. Thanks for all you do!

Volunteer Opportunities: If you enjoy baking and helping with social events we would love to add you to our list of volunteers! As nice as it is to provide dessert from local grocery stores and bakeries, sometimes it’s nice to offer a home baked dessert. If you would like to occasionally bake for us or assist us with some of the social activities we offer, please call and speak to Pat Ryan, Volunteer Coordinator.

\*Thanks to a large amount of donations of Christmas cards, we are happy to provide you with an expanded display for browsing. If you need a card or two for friends or a whole box of cards, check in at the Council on Aging. Thank you to our volunteer Rosie Rhoades for her extensive work maintaining the card rack throughout the year and managing all the donations that come in.

\* Please be on the lookout for more information on an important Community Needs Assessment Survey. The Town of Sandwich is participating in a regional grant program awarded by the Cape Cod Foundation. All towns on the Cape are participating in this program. You will be able to complete the survey online or come into the Council on Aging for a paper copy. Your participation is very important as the results will help address the needs of the growing population of seniors on Cape Cod and specifically in Sandwich.



# UPCOMING DECEMBER EVENTS

**Tuesday, December 4th at 1:00 pm—Crafts with Megan** continues with Megan Romeo from Cape Heritage Rehab and Nursing Facility. Class size is limited; please call to register for this fun and free event!!

**Wednesday, December 5th at 1:00 pm – Legends and Traditions of the Christmas Season with Henry Callan** – Henry will be here discussing Christmas traditions through the years. Always entertaining and engaging, Henry's presentations are fan favorites! Please call and register.

**Thursday, December 6th - 4:00 p.m. COA Bus Tour of the Sandwich Giants,** Join us for a **driving tour around town to see the lighted Giants of Sandwich** and other holiday displays. We will meet at the COA for cookies and hot chocolate and begin the tour at 4:30. We will reschedule if the weather is not clear for viewing. Please call to reserve a seat on our bus, (508) 888-4737.

**Monday, December 10th at 9:30 am – Men's Breakfast** - We'll be serving pancakes, sausage, eggs, home fries and fruit along with coffee and juice. Sandwich Fire Chief JJ Burke will be here to answer questions and provide an update on the new Public Safety Complex. Please call and register.

**Tuesday, December 11th at 1:00 pm - Solo Dining** Join the lunch group at the **Dan'l Webster**. Please call the office to register if you plan on attending. *Separate checks are requested ahead of time and transportation is available.*

**Friday afternoon at the Movies – December 7th, December 14th and December 28th 1:00 p.m.** During the month of December we will be showing movies on our new big screen TV! Join us for some of your holiday favorites while enjoying hot chocolate and cookies! **Dec. 7th – Elf** with Will Ferrell; **Dec. 14th - A Christmas Story** with Peter Billingsly; ; **Dec. 28th Meet me in Saint Louis** with Judy Garland. *Please call and register.*

**Wednesday, December 12th at 10:30AM - Art for the Mind with Jill Sanford, “A Look at Ancient Greece”-** Experience the innovations in Ancient Greek Architecture, pottery, and sculpture-which forever changed the world of art. Focusing on Greek's famous Classical period, we'll make surprising connections with our own modern culture and with ancient Rome. Please call and register.

**Thursday, December 13th - 12:30 p.m. Holiday Luncheon with Liz Saunders-** Join us for a holiday lunch of roast pork loin, butternut squash, and potato casserole, beverage, and dessert. Liz Saunders will be entertaining with all your holiday favorites. Cost is \$5.00. Please call and register.

**Thursday, December 13th at 1:00PM - Genealogy with Judy Hendy.** Judy will be here to assist you in the search of your family roots. Come take advantage of her extensive knowledge! Call to register and begin tracing your family history!

**Friday, December 14th 10:30AM – Holiday Concert** – Come enjoy the sounds of the season! The Oakridge School 5th and 6th grade band and chorus will be here again this year. This talented group play and sing so beautifully, call and register.

# UPCOMING JANUARY EVENTS

**Tuesday, January 1, Lion's Club Pancake Breakfast, 9-11:30 am.** The Lions will once again host a community breakfast at the Human Services Building. **No reservations needed.** Suggested donations of \$5/adult and \$2/children go to support the Council on Aging. Menu items include pancakes, sausage, fruit salad, coffee cake, coffee, tea and juice.

**Friday, January 4th Intergenerational Program 10:30 – 11:30AM** – We have partnered with the Sandwich Partnership for Families for this fun filled hour of song storytelling and snacks. If you have small grandchildren of your own or just enjoy the energy of young children and want to join us please call and register.

**Tuesday, January 8th at 1:00 Solo Dining** - Join the lunch group at **Bobby Byrne's**. Please call the office and let us know if you plan on attending. *Separate checks are requested ahead of time and transportation is available.*

**Thursday, January 10th at 1:00pm Crafts with Megan**– Crafts continue with Megan Romeo from Cape Heritage Rehab and Nursing Facility. Class size is limited; please call to register for this fun and free event!!

**Wednesday, January 16th - 10:30 am -Storm Sheltering with your Pet.** Cape Cod Disaster Animal Response Team (CCDART) will discuss what to do if you & your pet need to go to an emergency shelter. Their mission is to educate the public about preparedness for you and your pet before an emergency arises. Come learn where the pet friendly shelters are located, transportation to and from these shelters & what to put in the all important "Pet To Go Bag". CCDART volunteers will assist you in pre-completing the shelter paperwork. **They will have informational handouts along with treats for your dog &/or cat.**

**Friday January 11th, and January 25th at 2:00pm Cabin Fever Cinema** - Please call for movie listings. (508) 888-4737.

**January 14th at 9:30 Men's Breakfast** – Join us for a delicious hot breakfast and good conversation! Please call to register.

**Thursday January, 17<sup>th</sup> at 1:30pm** in the lower level. **Book Club with Colleen Hayes, Sandwich Public Librarian** – There's no book club scheduled for December, The group will meet at the usual time in January on the 3<sup>rd</sup> Thursday of the month., January's book is *To Kill a Mockingbird* by Harper Lee. Copies are available at the COA for you to borrow. Come join this fun group!

**Wednesday January 23rd at 10:30AM - Jill Sanford "Art For Your Mind"** is an engaging, educational, art observation experience designed to broaden the minds of it's participants. Programs are intended for people of all backgrounds – artists and non-artists alike. The featured topic, **Landscapes Old and New, is a collection of images from America, Europe and beyond.** Simple looking scenes become surprisingly informative and interesting when guided observation is combined with insight into the decisions and goals of the artists.

**Wednesday, January 30th at 10:30am Wellness Talk**—**"Hospitalizations: What you need to know when an accident or illness occurs"**. This comprehensive presentation covers what you can do to prepare for unexpected illness or hospitalization . You will learn about Medicare qualifications and coverage for skilled nursing facility services as well as home care services after hospitalization. Presented by Joanne McGee, Business Office Manager Royal Health Group.

# FOR YOUR INFORMATION

## **Thursday, December 6th - 4:00 p.m. COA Bus Tour of the Sandwich Giants,**

Join us for a driving tour around town to see the lighted Giants of Sandwich and other holiday displays. We will meet at the COA for cookies and hot chocolate and begin the tour at 4:30. We will reschedule if the weather is not clear for viewing. Please call to reserve a seat on our bus, (508) 888-4737.

**AARP Tax Preparation - Registration will be available after January 7th for appointments beginning in February.** This is a free program for low to moderate income seniors with simple tax returns. Please call the COA to make an appointment. We will provide a list of necessary documents and ask that you sign a “release of liability” required by the Town of Sandwich.

**Bowling League starting January 9<sup>th</sup> at Ryan Family Amusements!** Candlepin bowling is a fabulous way to keep active seniors, not only active but engaged during the winter months. We have 2 very successful senior bowling programs so far, with many of our members celebrating their 90th birthdays. We would love to spread our programs to new seniors looking for something fun to do. Call Ryan Family Amusements for more information (508) 759-9892

**\*The 6th graders at the Oak Ridge School have teamed up again with SAVERS and are holding a clothing drive to raise money for their educational trip to Yellowstone next year.** They will be collecting used clothing in any condition including towels, bedding, shoes and accessories. They will pick up any donations you have at your home. Please contact Alison Bruno at 774-238-6904 or email her at arbruno825@gmail.com to arrange pickup.

**\* Please be on the lookout for more information on an important Community Needs Assessment Survey.** The Town of Sandwich is participating in a regional grant program awarded by the Cape Cod Foundation. All towns on the Cape are participating in this program. You will be able to complete the survey online or come into the Council on Aging for a paper copy. Your participation is very important as the results will help address the needs of the growing population of seniors on Cape Cod and specifically in Sandwich.





## Walking Group

Come join the fun!! A great opportunity to keep moving through the winter. The group meets at 8:00am to 9:00am in the gym of the Wing School Monday through Friday. Registration is required through the COA.

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## Osteoporosis Prevention Exercise Class

Join us Mondays and Wednesdays, 8:00-9:00am at the Wing School for Osteoporosis Prevention Exercise classes. Classes are structured to help individuals diagnosed with Osteoporosis or who are at risk for Osteoporosis, maintain strength, flexibility, and function. The classes are free, open to the public, led by trained Senior Corps volunteers. Interested participants are asked to complete a class registration form which includes a signature from his/her physician. This class is sponsored by Elder Services of Cape Cod and the Islands, and the Sandwich COA.

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**Medicare Part D and Pharmacies for MOST Medicare drug plans, the pharmacy you use could make a big difference in the cost of your medications!**

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have network pharmacies. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your medications will not be covered, and you will pay full retail price.

For 2019, the majority of the Medicare drug plans have preferred pharmacies. By using a preferred pharmacy, you can save money! Some plans have changed their preferred pharmacies for 2019 so please check to make sure the pharmacy you currently use will still be the best come January 1st. There is a big difference between preferred pharmacy co-payments and non-preferred pharmacy co-payments.

Most plans have a mail-order program that allows you to get a 90-day supply of your covered prescription drugs sent directly to your home. Some mail order programs may have a cost savings, but there are times when using a preferred, local pharmacy could end up costing you less than mail order.

**MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7!**

**IF YOU WANT TO CHANGE YOUR MEDICARE PLAN, DON'T WAIT!**



**Rummikub**-Mondays at 1:00

**Mah Jongg**- Tuesdays at 1:00

**Scrabble**- Thursdays at 10:30

**Hand and Foot**- Fridays at 12:30

Come join these fun and friendly groups. They are always looking for new faces!!

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**Mondays 10-12**

**Cribbage**



**Think you're good at Cribbage?**

No experience needed. Patient instructors teach one on one.

Test yourself against some of our seasoned players.

Please call the COA to register and join this fun group!!

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**The Sandwich Stitchers**

Would you like to make quilts and other items for charity?

Come join this friendly group the 1st and 3rd Monday of every month from 9:00am to 12:00pm.





### Painting group

**Mondays at 1:00**

Come join this fun and friendly group of both beginner and experienced artists!



Massage with Dee  
1st and 3rd Wednesday of each  
Month. \$1.00 Per minute  
With a 15 minute minimum.  
Helps reduce stress and stiff  
muscles.  
Appointments are needed!!

### CROCHET classes Friday mornings in November at 10:00am.

Annmarie is back at the COA teaching croch-  
et lessons. All skill levels welcome, espe-  
cially beginners. If you are a beginner,  
please bring a crochet hook H, I,  
J and any ball of yarn. Class size  
limited: Please call to reserve your  
spot!!



### Connections– Technology Help

**Desk.** Have you recently purchased an  
iPad, iPhone, nook, or a digital camera and  
need some help? Learn how to upload pic-  
tures and download apps and books. Vol-  
unteers are available to help,  
please call for an appointment.



**NOTE: PLEASE CALL THE COA TO REGISTER FOR ALL  
CLASSES AND PROGRAMS. 508-888-4737 THANK YOU!!**

All exercise par-  
ticipants must  
have a medical  
release form  
signed by your  
Doctor. This  
form will remain  
active until there  
is a change in  
your medical  
condition.



Forms and Payments are  
due one week before the  
start of the session.  
Walk-ins at the start of  
the class are not permit-  
ted. You may only attend  
the class for which you  
registered. It is our poli-  
cy that you may try one  
class to see if it fits your  
needs before committing  
to the registration. Pric-  
es shown are for Sand-  
wich Residents. Add  
\$10.00 for Non-Residents

# FITNESS

## TAI CHI

An ancient form of exercise that has been proven to promote well-being and increase vitality. When it is performed slowly and gently, it becomes a moving meditation. The exercises promote increased mobility, balance and flexibility. They strengthen joints and muscles, lessen anxiety, depression, and stress while building confidence. Health conditions such as heart disease, diabetes and Parkinson's

disease have been shown to improve with regular practice. Classes are slow paced, relaxing and appropriate for all levels of physical ability as the movements can be adapted to be performed in a chair. New participants are welcome. Come see what it's all about; there is no charge to try the class for the first time.

*(Registration required)*

**Tuesdays at 3:15pm**

**December 4th-18th \$20**

*(no class 12/25)*

**January 8th - 29th \$20**

*(no class 01/01, 01/21)*



## ZUMBA GOLD

**Mondays and Fridays**

**7:50-8:50am**

**December 3rd-31st \$40**

**January 4th-28th \$35**

*(no class 12/24, 01/21)*

*(Registration required)*



## **REIKI**

Appointments are offered on various days and times. Due to lack of space at the COA Ms. Schermerhorn will continue offering our program at her office. Generous discount for Seniors. Time to Touch Route 6A 508-685-4594

## CARDIO/ STRENGTH CLASS- Total body workout

**Wednesdays 9:00-10:00**

**December 5th-26th \$30.00**

**January 2nd -30th \$ \$37.50**

**Fridays 9:00-10:00**

**December 7th-28th \$30.00**

**January 4th - 25th \$30.00**

**Saturdays 9:00-10:00**

**December 1st-28th \$37.50**

**January 5th - 26th \$30.00**

*(Registration required)*

# YOGA



## GENTLE YOGA

**Tuesdays 9:00-10:00**

\*Jan 8th-Feb 13th \$36

## YOGA II

**More Challenging**

**Tuesdays 10:30-11:30**

\*Jan 8th - Feb 13th \$36

## GENTLE YOGA

**Thursdays 9:00-10:00**

\*Jan 10th - Feb 14th \$36

## CHAIR YOGA

**Thursdays 10:30-11:30**

\*Jan 10th -Feb 14th \$36

## Restorative Yoga

**Wednesdays 4:30-5:30**

\*Jan 9th-Feb 14th \$42

*(Minimum number of participants required)*

***Registration required***

***(No Classes on 12/25, 01/01)***

## CHALLENGE ACCEPTED

This unique class is for active people with focus on Strength, cardiovascular training, technique and form. Liz will share today's gym-style fitness training. Class may consist of moving to the beat, lifting weights, timed intervals, teams or

stations work, mat work or using portable workout equipment. Learn how to modify so you can progress with confidence!! Bring your own weights & mat. Please wear proper workout attire (especially footwear) and Water, Water, Water!

Please call if you would like to join!!

**Monday's 3:14 - 4:15**

**Winter Session 5 Classes**

**12/3, 12/10, 01/07,**

**01/14, 01/28 \$30.00**


## MEN'S EXERCISE

**Monday and Thursday at 9:00am**



**Get fit and Be Social!!**

**No Instructor, Light weights, and stretching.**

## December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b>
<b>2</b>	<b>3</b> 7:50 Zumba Gold 8:00 Osteo Fitness 9:00 Stitches 9:00 Men's Exercise 10:00 Cribbage 1:00 Rummikub 1:00 Painting 3:15 Challenge Accp	<b>4</b> 9:00 Yoga 10:30 Yoga II 11:30 Quilters 12:00 Shine 1:00 Mah Jongg 3:15 Tai Chi	<b>5</b> 8:00 Osteo Fitness 9:00 Cardio 10:00Knit/Crochet 1:00 Massage 4:30 Restorative Yoga	<b>6</b> 8:30 Shopping Van 9:00 Yoga 8:30 Men's Barber 9:00 Men's Exercise 10:30 Scrabble 10:30 Chair Yoga 1:30-3:30 VA Agent	<b>7</b> 7:50 Zumba Gold 9:00 Cardio 12:30 Men's poker 12:30 Hand and Foot	<b>8</b>
<b>9</b>	<b>10</b> 7:50 Zumba Gold 8:00 Osteo Fitness 9:00 Men's Exercise 10:00 Cribbage 1:00 Rummikub 1:00 Painting 3:15 Challenge Accp	<b>11</b> 9:00 Yoga 10:00 Alz support 10:30 Yoga II 11:30 Quilters 12:00 Shine 1:00 Mah Jongg 3:15 Tai Chi	<b>12</b> 8:00 Osteo Fitness 9:00 Cardio 10:00 Knit/Crochet 1:00 Bereavement 4:30 Restorative Yoga	<b>13</b> 8:30 Shopping Van 9:00 Yoga 8:30 Men's Barber 9:00 Men's Exercise 10:30 Scrabble 10:30 Chair Yoga 1:30-3:30 VA Agent	<b>14</b> 7:50 Zumba Gold 9:00 Cardio 12:30 Men's poker 12:30 Hand and Foot	<b>15</b>
<b>16</b>	<b>17</b> 7:50 Zumba Gold 8:00 Osteo Fitness 9:00 Stitches 9:00 Men's Exercise 10:00 Cribbage 1:00 Rummikub 1:00 Painting	<b>18</b> 9:00 Yoga 10:30 Yoga II 11:30 Quilters 12:00 Shine 1:00 Mah Jongg 3:15 Tai Chi	<b>19</b> 8:00 Osteo Fitness 9:00 Cardio 10:00Knit/Crochet 1:00 Massage 4:30 Restorative Yoga	<b>20</b> 8:30 Shopping Van 9:00 Yoga 8:30 Men's Barber 9:00 Men's Exercise 10:30 Scrabble 10:30 Chair Yoga 1:30-3:30 VA Agent	<b>21</b> Winter Solstice 7:50 Zumba Gold 9:00 Cardio 12:30 Men's Pok-er 12:30 Hand and Foot	<b>22</b>
<b>23</b>	<b>24</b> 7:50 Zumba Gold 8:00 Osteo Fitness 9:00 Men's Exercise 10:00 Cribbage No afternoon classes	<b>25 COA CLOSED</b> 	<b>26</b> 8:00 Osteo Fitness 9:00 Cardio 10:00 Knit/Crochet 1:00 Bereavement 4:30 Restorative Yoga	<b>27</b> 8:30 Shopping Van 9:00 Yoga 8:30 Men's Barber 9:00 Men's Exercise 10:30 Scrabble 10:30 Chair Yoga 1:30-3:30 VA Agent	<b>28</b> 7:50 Zumba Gold 9:00 Cardio 12:30 Men's Pok-er 12:30 Hand and Foot	<b>29</b>
<b>30</b>	<b>31</b> 7:50 Zumba Gold 8:00 Osteo Fitness 9:00 Men's Exercise 10:00 Cribbage No afternoon classes	<b>PLEASE BE AWARE THAT PROGRAM DATES AND TIMES ARE SUBJECT TO CHANGE.</b>				

# January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> COA CLOSED  	<b>2</b> 8:00 Osteo Fitness 9:00 Cardio 10:00 Knit/Crochet 1:00 Massage 4:30 Restorative Yoga	<b>3</b> 8:30 Shopping Van 8:30 Men's Barber 9:00 Yoga 9:00 Men's Exercise 10:30 Chair Yoga 10:30 Scrabble 1:30-3:30 VA Agent	<b>4</b> 7:50 Zumba Gold 9:00 Cardio 12:30 Men's Poker 12:30 Hand and Foot	<b>5</b>
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The Friends of the Sandwich COA wish to thank you for your dues, donations, and donations to the Building Needs Fund and your support.

**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.

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**A Living Memorial / Honor**

I am enclosing \$ \_\_\_\_\_ (please make checks payable to Friends of Sandwich COA)

Mail to P.O. Box 107, Sandwich MA 02563

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

Name: \_\_\_\_\_

Send card to: \_\_\_\_\_

Donor's name (your name) \_\_\_\_\_

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**2019 MEMBERSHIP**

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

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Tel # \_\_\_\_\_

Email: \_\_\_\_\_

Would you like to become a Volunteer for the Friends of the COA? **Yes/No** (please *circle*)

Individual/ Family Membership \$10.00      Business \$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.

2019 Memberships run from November, 2018 to October, 2019

## **Transportation Options:**

Provided by the Sandwich Council of Aging:

### **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.**

**We ask that at least 3 DAYS advance notice is given for all rides so that we may arrange our volunteer drivers.**

*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.

**The Shopping Bus** to Stop and Shop, as well as CVS, and various banks on Thursday mornings.

Call the Sandwich Council of Aging at 508-888-4737 as soon as possible to book your reservation. Seating is limited.

**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.

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### **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 handi-capped 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.

## **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, 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

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### **HEARING SCREENINGS:**

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

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### **FOOT CARE FOR SENIORS:**

2<sup>nd</sup> Friday of each month by appointment. A foot care program provided by specially trained registered nurses. The following services for those that do not have diabetes 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. Fee is \$29.00 and Home visits are available \$50.00. This program is provided by Pedi-Care Inc. Please call the COA to schedule an appointment.

*Reminder we do not take credit cards.*

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

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### **ALZHEIMER'S SUPPORT GROUP:**

Meets the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday at 10:00 each month. A Free monthly support group for people living with Alzheimer's or dementia related diseases. Separate groups run simultaneously so caregivers are free to bring loved ones with them.

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### **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

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### **BEREAVEMENT, CHANGES and LOSS SUPPORT GROUP AT THE COA:**

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 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month at 1:00 PM

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**SIGHT LOSS SUPPORT GROUP for VISUALLY IMPAIRED:** Located at the Mashpee COA, and meets the 4<sup>th</sup> Friday of each month at 10:00 am to 12:00pm. Transportation is available, please call Sight Loss Support at 508-394-3904. Sight loss may be moving to Monday's after the New Year.

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### **APHASIA COMMUNITY GROUP/CAREGIVERS:**

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

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### **PARKINSON'S DISEASE SUPPORT GROUP:**

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

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### **LEGAL ASSISTANCE:**

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

**Atty. Katherine Wibby 2nd Tuesday of every other month:** Housing problems, government benefits, health law, guardianship, reverse mortgage, and consumer.

**Atty. Michael Lavender or Atty. Kennan, 2nd Wednesday of the month:** Elder law, trusts, estates, and will.

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

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**COUNCIL ON 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.

***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 by in part by the Massachusetts Executive Office of Elder Affairs.***