

SANDWICH COUNCIL ON AGING NEWSLETTER

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East Sandwich, MA 02537

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Email: coa@sandwichmass.org

November 2019

Director's notes: Director Susan Marancik

November is often thought of as a month to give thanks. The Council on Aging has much to give thanks for, starting with our volunteers and our hard working staff. Of particular note this month is the work that our Board of Directors has done to support the building project for a new Center for Active Living. Led by Chairwoman Patricia Collins, our Board devoted countless hours to educating the community on the needs of our seniors, and working on the building plans. The Friends of the Sandwich Council on Aging provided generous financial support for the building feasibility study and educational materials. Thank you to the Sandwich Board of Selectmen for their work on the funding for the combined project.

Thank you to each and every one of you for all you do to keep things running smoothly here and to provide so many services and programs to our seniors. As I come in to the Council on Aging each day, I am reminded that this is a community of people that truly support each other. We welcome everyone to come experience that feeling.

This month there are many opportunities to learn, discuss, create, exercise, relax, dine, and to be entertained. Our SHINE counselors are providing appointments three days/week to help you navigate your way through the Medicare Open Enrollment period. Rita Wahlstedt, our Outreach Coordinator, is available to help with fuel assistance, and can connect you with a large variety of services and assistance when you or a family member or neighbor may need it. November is also the month that we honor our Veterans. We are deeply grateful for all those who have served and those on active duty. We will host a luncheon on Wednesday, November 13th to pay tribute to all Veterans. Please come and honor their service. If you know a Veteran who may need transportation, call us for assistance.

Last, but not least, thank you to all Sandwich seniors who join us here and to all those in the community that we haven't yet met. They say the first half of life is finding out how to do it and the second half is enjoying it. Thank you for showing us so many great ways to live the second half!



OUTREACH CORNER~ Rita Wahlstedt, Outreach Coordinator

Continued Reminder For Fuel Assistance

Make your appointments to apply for assistance with your heating for this winter season before the cold weather arrives. Please call for details on the Mass. Energy & Assistance program. The list of required documents needed to apply is available here at the COA office or on the town of Sandwich website at www.sandwichmass.org. Schedule your Monday or Friday appointment with Outreach 508-888-4737.

Home Modification Loan Program (HMLP) has made loans that have helped over 3,000 Massachusetts households finance projects like home security features, fencing, ramps, wheelchairs and stair lifts, widened doorways bathroom and kitchen modifications. HMLP offers loans up to \$50,000, depending on household income to homeowners seeking to make accessibility modifications to their homes. All loans accrue no interest and require no monthly payments. Repayment of the loan is required only when the property is sold or when the property's title or deed is changed. For more information contact Susan Gillam at sgillam@cedac.org or call toll free at 1-866-500-5599.

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**NAMI Family-to-Family education** is a free, 12-session program for family, partners, friends and significant others of adults living with mental illness. The course is designed to help participants understand and support their loved one living with mental illness, while maintaining their own well-being. Call Kim Lemmon at 508-778-4277 for more information.

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The Council on Aging is again asking Sandwich residents and businesses to consider helping us remember those in the community that are less fortunate. As always, any donation you can provide is much appreciated. Gift cards for CVS, Stop & Shop, Dunkin Donuts or a local restaurant would be a special treat for a family or senior in need. The "**Sandwich Elves**" are unfailingly generous, and we need YOUR help to give these Holidays special meaning for some of our neediest and vulnerable citizens. We couldn't do this without your generous support! We thank you in advance.

"If you feel like you're losing everything, remember that trees lose their leaves every year and they still stand tall and wait for better days to come."

VOLUNTEER CORNER - Pat Ryan, Volunteer Coordinator



Thank you also to all our volunteers celebrating a birthday this month!
Happy Birthday to all our volunteers celebrating November Birthdays! Best Wishes to Maureen Battaglia, Anne Burbine, Marian McLaughlin, Stacey Tyler.
Thank you for all you do!

We are looking for volunteers to help us with our Medical Transportation Program. Volunteers in this program use their own vehicles to bring Sandwich seniors to local medical appointments. As a driver, you pick up the senior at their home, bring them to the appointment and then return them home. For more information on this flexible volunteer opportunity. Please call the office and ask for Pat.

Volunteer van drivers needed! You may have seen our 8 and 12 passenger vans around town. They are wheelchair lift equipped and give everyone needing this type of assistance the ability to remain independent in the community. It is a great service and demand for rides has increased. We are in need of drivers for these vans that are generously leased to us by the Cape Cod Regional Transit Authority (CCRTA). Volunteers must complete a CCRTA training course. If you are interested or have questions about the program, please call the COA office.

Handyman Program and Lamp Repair - The primary goal of our Minor Home Repair Program is to insure that homes of seniors in our community are safe and secure. Work that is purely cosmetic will not be considered. These tasks might include minor electrical repairs (doorbells, blown fuses); minor plumbing (leaking faucets, toilets, clogged drains, replace washers); and minor chores (take down screens, replace smoke detector batteries, remove air conditioners). These repairs must be related to the health, safety, or security of the homeowner. Although the work is done at no charge, the cost of materials is your responsibility. For more information, please call Pat Ryan, Volunteer Coordinator.

Volunteer Opportunities: If you enjoy baking and helping with social events we would love to add you to our list of volunteers! If you would like to bake or assist us with some of the social activities we offer, please call and speak to Pat Ryan, Volunteer Coordinator. 508-888-4737



Sandwich Veteran's Agent

Continuing in November Scott Dutra, Sandwich Veteran's Agent, will be available for expanded hours 9:00am-3:30pm on the last Thursday of each month.

***Due to the Thanksgiving holiday Scott will be here November 21st, 9:00-3:30**

He will continue his usual weekly office hours every Thursday from 1:30-3:30. Appointments are first come, first served, no scheduled appointments taken.



NOVEMBER TRAVEL NEWS

Museum of Fine Arts Boston 11/02, \$55; **Foxwoods** 11/05, \$35; **Flying Ivories**
Dueling Piano's & Lunch Venezia 11/07, \$99; **Newport Christmas-Visit 3**
Mansions 12/05, \$65; **NYC Holiday Shopping** 12/08, \$85; **Annual Holiday**
Luncheon-DiParma Italian-Reservation Required, 12/09, \$20; **Holiday Pops Boston-**
Matinee-First Balcony 12/11, \$105; **Festival Ballet Nutcracker PPAC-Matinee** \$89/\$59; **At-**
lantic City New Year Celebration 3 days, 2 shows, 4 meals 1/06, \$240; **Encore Casino**
1/20, \$35; **Peabody Essex Museum-NEW Wing Open!** 2/22, \$65.

2020 Broadway Season-\$25 holds your seat: **Mean Girls-Boston** 2/09/20, \$145; **Fiddler**
on the Roof-PPAC 2/14/20, \$110/\$75; **Blue Man Group-PPAC** 3/20/20 \$105/\$75; **Jesus**
Christ Superstar-PPAC 4/04/20 \$110/\$99; **Riverdance 25th Anniversary Tour-Wang**
4/05/20, \$95; **Donna Summer Musical-Boston** 8/16/20, \$149.

For a complete listing of all trips stop by the senior center or visit
www.adventureswithkarynwendell.com. Karyn will be offering a monthly "Travel Talk" here
at the senior center and is available to meet with you by appointment. For more information,
contact Karyn Wendell at (508) 420-5288 or Karynmw1@comcast.net. Mail payments for trav-
el to Karyn Wendell, P. O. Box 161, Centerville, MA 02632.

See "Adventures with Karyn" ad every Sunday in the Cape Cod Times



SHINE NEWS - IMPORTANT REMINDER

The Medicare Open Enrollment ends on December 7th!

Don't Wait Until It's Too Late!

Make a SHINE Appointment Now!

Every year, Medicare Part D (prescription) and Part C -Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. It's important to review your options **EVERY** year to make sure you have the plan that works best for you for 2020.

Assistance is available from the SHINE program. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare so please call the Senior Center now and ask for a SHINE appointment. If we have no appointments left for the open enrollment period please call the Regional SHINE Office at 508-375-6762 and they will try to fit you in before the deadline. You can also call 1-800-MEDICARE (1-800-633-4227). They are available 24/7 and can assist with enrolling you into a new Part C or Part D plan for 2020.

NOVEMBER EVENTS



The COA will be closed on Monday, November 11th and Thursday, November 28th

Tuesday, November 12th, 19th and 26th – 10:30 a.m. History Lecture Series – “First Ladies: Eleanor Roosevelt, Mamie Eisenhower and Jackie Kennedy”. This lecture series is back by popular demand. If you missed the first session, this one focuses on three of the most interesting First Ladies. Required reading for class: **Upstairs in the Whitehouse by J.B. White.** You will need to read just the chapters on these three ladies. Please call to register.

Thursday, November 7th at 1:30p.m. – Cape Cod Canal Presentation -Millions of people cross the bridges over the Cape Cod Canal each year, but how many know what this engineering marvel is all about? US Army Corps of Engineers Park Ranger Elisa Carey will present a heavily visual program that offers excellent insight into the rich history, fascinating features, and vigilant operation of the Cape Cod Canal. The presentation will be followed by a Q&A session. Please call to register.

Thursday, November 7th at 1:00p.m. – Genealogy – 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. Please call to register.

Friday, November 8th – 10:30 a.m. –“Barnstable County Sheriff’s Office Technology Capabilities” Join Joe Gordon from the Sheriff’s Office to learn about the latest advances in technology used to investigate, track down, and apprehend criminal offenders. The Sheriff’s Office also uses technology to assist in keeping prohibited items (contraband) from illegally entering the county jail in order to maintain safe and secure operations. This is a great opportunity to learn about the hard work behind the scenes keeping our communities secure. Please call to register.

Friday, November 8th at 1:00p.m. – Friday Afternoon Cinema - Saving Private Ryan. This film is based on a World War II drama. US soldiers try to save their comrade, paratrooper Private Ryan, who's stationed behind enemy lines.

Tuesday, November 12th at 1:00p.m. – Solo Dining- Mezza Luna in Buzzards Bay – Please call to register by Friday, November 8th. Transportation is provided for those who are in need of a ride. (Separate checks are requested ahead of time.) Please call and register by Friday, November 8th.

Wednesday, November 13th – 12:30 p.m. – Veteran’s Day and Giving Thanks Luncheon – The Sandwich Council on Aging is pleased to offer a Veteran’s Day luncheon to all the men and women who are currently serving in our military and all military veterans who have served to preserve the freedoms we enjoy. This Veteran’s Day we salute you and thank you for your service to our country! We will also remember and celebrate all the things we are thankful for during this month of gratitude. Please call to register. Scott Dutra, Sandwich Veteran’s Agent, will be our guest speaker and will be available to answer any questions. Join us for sliced turkey, gravy, mashed potatoes, green beans and more! Free to Veterans and their spouses. Cost is \$5.00 for non-veterans.



NOVEMBER EVENTS

Thursday, November 14th at 1:00p.m. – Crafts with Meaghan – Join us for this free one hour crafting class with Meaghan! All materials provided. Please call to register, space is limited. 508 888-4737.

Thursday, November 14th, 21st at 1:00p.m. – Line Dancing - If you love pop, rock, and Latin music and love to dance, this class is for you. This is a beginner class and no experience is required. A medical release is required for this class. Wear casual clothes, bring a water bottle, and choose shoes that are flat with sufficient traction. Please call to register. Fee is \$5.00 per class; payment is required in advance.

Thursday, November 21st at 1:30p.m. – Book Club – The Gardner Heist by Ulrich Boser. All are welcome! Refreshments served! Copies of the books are available to borrow at the circulation desk at the Sandwich Public Library. Please call to register.

Friday, November 22nd at 1:00p.m. –Friday Afternoon Cinema – The Lightkeepers. A solitary lighthouse keeper and a mysterious young stranger vow to swear off women for good - until a pair of beautiful, spirited women send all four of them sailing into uncharted romantic waters! Please call to register

Tuesdays, Wednesdays, and Fridays until December 6th - Medicare Open Enrollment – Our SHINE counselors are offering appointments and will be available Tuesday afternoons, and Wednesday and Friday mornings. Please to call to schedule an appointment.

SAVE THE DATE

The Cookbook Supper and Book Club Do you have a love of cookbooks old and new? Come join us! This Book Club held their first potluck last month sharing their favorite homemade seafood recipes. A new cook book has been chosen for our November meeting. We'll all be bringing pot luck style recipes to share. For information about the next cook book selection and book club meal date, please call the office and ask for Pat Ryan.

The Sauce Off is coming! Due to an overwhelmingly good time last year we are hosting another spaghetti Sauce Off this winter! Call the office for details or watch for more news in the December newsletter. If you would like to submit your sauce as a contender or volunteer a friend whose gravy you can't ever get enough of, please call the COA and let us know! Sauce tasting and voting will be followed by a full pasta luncheon menu! Who will win the coveted Chef's hat this year?!

Lion's Club New Year's Day Breakfast - Wednesday, January 1st, 9:00am.11:30am., at the Council on Aging, 270 Quaker Meetinghouse Rd.

The Lion's Club will once again offer a wonderful breakfast menu of pancakes, sausage, homemade pastries, fruit cocktail, coffee and fruit juice.

Lion's Club Coat Drive - The Council on Aging will be a collection site for the Lions annual child and adult winter coat drive. Please check your closet now for any donations.

November 2019

***COA Board of Directors meeting Tuesday, November 19th at 8:45am**

***FOSCOA Meeting Saturday, November 9th at 10am**

| Mon | Tue | Wed | Thu | Fri |
|--|---|---|---|---|
| | | | | 1 7:50 Zumba Gold 9:00 Cardio 12:00 Men's Poker 12:30 Hand and Foot |
| 4 7:50 Zumba Gold 8:00 Osteo Fitness 9:00 Stitches 10:00 Cribbage 1:00 Rummikub 1:00 Painting 3:15 Challenge Accepted | 5 9:00 Yoga 10:30 Yoga II 12:00 SHINE 1:00 Mah Jongg 1:00 Sand Hill Yoga 3:15 Tai Chi | 6 8:00 Osteo Fitness 9:00 Cardio 10:00 Knit/Crochet 1:00 Massage 1:15 Meditation 4:30 Gentle Yoga | 7 8:30 Shopping Bus 8:30 Men's Barber 9:00 Yoga 10:30 Chair Yoga 10:30 Scrabble 1:30-3:30 VA Agent | 8 7:50 Zumba Gold 9:00 Cardio 12:00 Men's Poker 12:30 Hand and Foot |
| 11 COA CLOSED  | 12 9:00 Yoga 10:30 Yoga II 12:00 SHINE 1:00 Mah Jongg 1:00 Sand Hill Yoga 3:15 Tai Chi | 13 8:00 Osteo Fitness 9:00 Cardio 10:00 Knit/Crochet 1:00 Bereavement 4:30 Gentle Yoga | 14 8:30 Shopping Bus 8:30 Men's Barber 9:00 Yoga 10:30 Chair Yoga 10:30 Scrabble 1:00 Line Dancing 1:30-3:30 VA Agent | 15 7:50 Zumba Gold 9:00 Cardio 12:00 Men's Poker 12:30 Hand and Foot |
| 18 7:50 Zumba Gold 8:00 Osteo Fitness 9:00 Stitches 10:00 Cribbage 1:00 Rummikub 1:00 Painting 3:15 Challenge Accepted | 19 9:00 Yoga 10:30 Yoga II 12:00 SHINE 1:00 Mah Jongg 1:00 Sand Hill Yoga 3:15 Tai Chi | 20 8:00 Osteo Fitness 9:00 Cardio 10:00 Knit/Crochet 1:00 Massage 1:15 Meditation 4:30 Gentle Yoga | 21 8:30 Shopping Bus 8:30 Men's Barber 9:00 Yoga 10:30 Chair Yoga 10:30 Scrabble 1:00 Line Dancing 1:30-3:30 VA Agent | 22 9:00 Cardio 12:00 Men's Poker 12:30 Hand and Foot |
| 25 8:00 Osteo Fitness 10:00 Cribbage 1:00 Rummikub 1:00 Painting | 26 12:00 SHINE 1:00 Mah Jongg 3:15 Tai Chi | 27 8:00 Osteo Fitness 9:00 Cardio 10:00 Knit/Crochet 1:00 Bereavement | 28 COA CLOSED  | 29 NO COA PROGRAMS |

YOGA

Instructor Sherill Dykeman



GENTLE YOGA

Tuesday 9:00-10:00am

Fall 3 Dec 3-Dec 17 \$18

Winter 1 Jan 7 - Feb 11 \$36

Wednesdays 4:30-5:30pm

Fall 3 Dec 4 - Dec 18 \$18

Winter 1 Jan 8 - Feb 12 \$36

Thursdays 9:00-10:00am

Fall 3 Dec 5- Dec 19 \$18

Winter 1 Jan 9 -Feb 13 \$ 36

YOGA II More Challenging

Tuesdays 10:30-11:30am

Fall 3 Dec 3-Dec 17 \$18

Winter 1 Jan 7 - Feb 11 \$36

SAND HILL CHAIR YOGA

Tuesdays 1:00-2:00pm

Fall 3 Dec 3- Dec 17 \$18

Winter 1 Jan 7 - Feb 11 \$36

CHAIR YOGA

Thursdays 10:30-11:30am

Fall 3 Dec 5- Dec 19 \$18

Winter 1 Jan 9 -Feb 13 \$ 36

***New class at the Sand Hill Building on 16 Dewey Ave In Sandwich**

Payment is due one week before the start of the session.



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!

Liz Saunders is a certified personal trainer.

Monday's 3:15 - 4:15pm

November 4th and 18th

Fee: \$12.00

Line Dancing with Karen Shackelford

Thursdays - November 14th and 21st at 1:00pm

If you love pop, rock, and Latin music and love to dance, this class is for you. This is a beginner class and no dance experience is required. Wear casual clothing, bring a water bottle, and choose shoes that are flat with sufficient traction.

Fee \$5.00 per class. Please call to reserve a spot

Mindfulness Meditation with Peter Cormier

Wednesdays - November 6th and 20th at 1:15pm (new time)

Mindfulness Meditation class is a one hour class for beginners as well as those with experience. Fee \$5.00 per class

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 and payment due 1 week before the session starts.

Instructor Lauren Powers

Tuesdays at 3:15pm

Nov 5-26

Fee: 20.00

4 classes



ZUMBA GOLD

Mondays and Fridays
7:50-8:50am
Fee: \$25.00
November dates 1, 4, 8, 15, 18th
 Instructor Peg Taylor
Registration required and payment due one week before the session starts.



REIKI

Appointments are offered on various days and times. Ms. Schermerhorn will continue offering this program at her office. Generous discount for seniors. Time to Touch Route 6A 508-685-4594

CARDIO/ STRENGTH CLASS- Total body workout

Instructor Diane Francis

Wednesdays 9:00-10:00am
November 6th-27th
 Fee: \$30.00

Fridays 9:00-10:00am
November 1st-29nd
 Fee: \$37.50

Saturdays 9:00-10:00am
November 9th- 30th
 (no class 11/02)
 Fee: \$30.00

Registration required and payment due 1 week before the session starts.

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 players!

Cribbage

Mondays 10:00-12:00



No experience needed.

Patient instructors teach one on one.

Test yourself against some of our seasoned players.

Please call to register.

The Sandwich Stitchers

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

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



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 necessary



Fred The Barber

Thursdays 8:30-11:30

Men's haircuts!

Donations accepted



Walking Group

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

Walkers will meet at the canal on nice days, and the Wing School if raining. A signed Medical Waiver must be completed by your physician. Please call the COA to register.

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, and 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.



Painting Group
Mondays at 1:00

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



Hand and Foot
Friday
afternoons at 12:30!

Please call the COA if you are interested in playing Bridge or Dominoes

Knitting
Wednesdays
10:00am Knit/Crochet



Connections– Technology
Help Desk

Do you need help with your mobile phone, tablet, laptop or digital camera. Learn how to upload pictures and download apps and books. Having trouble with your answering machine and deleting all those old messages? Volunteers are available to help, please call the COA for an appointment.

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

All exercise participants 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 permitted. You may only attend the class for which you registered. It is our policy that you may try one class to see if it fits your needs before committing to the registration. Sandwich residents have priority in all classes and programs. Fees may apply for out of town participants.

Transportation Options



Transportation provided by the Sandwich Council of Aging.

Monday to Friday between 9:00am – 2:00pm. All transportation is based on driver availability.

*Transportation will not be provided for any person who has been under local or any other form of anesthesia, or any person who may need medical assistance during transport. Therefore, we may provide a trip to the medical appointment, but not a return ride.

*We ask that at least **3 DAYS** advance notice is given for all rides so that we may schedule a driver.

*The COA provides rides to COA programs, medical appointments, and local errands. Please book local appointments between 9:00am and no later than 2:30pm.

For out of town appointments please book between 9:30am and 1:30pm.

*The **Shopping Bus** goes to Stop and Shop, CVS, Aubuchon, and various banks on **Thursdays**. Please call by Tuesday afternoon to book your reservation. Seating is limited.

***Please note that from July 1st – September 30th** transportation to Plymouth, Bourne and towns beyond Barnstable will only be offered on Tuesdays, Wednesdays, and Thursdays due to summer traffic.

If using a **wheelchair** you must have a companion with you-the driver cannot accompany you into your home or an appointment.

Call the COA for all transportation reservations 508-888-4737

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



CCRTA DART Bus provides door to door service.

They require 24 hour notice.

1-800-352-7155

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!

SERVICES AVAILABLE TO SENIORS

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 Monday, Tuesday, Thursday, 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 appointment.

FOOT CARE FOR SENIORS:

2nd 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 \$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.

SHINE COUNSELOR: Will assist you with health insurance questions and needs. Appointments available on Tuesday afternoons at the COA. Please call 508-888-4737 to schedule appointments.

ALZHEIMER'S SUPPORT GROUP: *Location is at The Sandwich Public Library*

Meets the second and fourth Wednesday from 10:00 - 11:30 . 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.

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

BEREAVEMENT, CHANGES and LOSS SUPPORT GROUP AT THE COA:

Richard Bickford, LICSW, facilitates this program for people coping with the loss of a spouse or significant other or any difficult life changes. This program is generously co-sponsored by the VNA. Meets the 2nd and 4th Wednesday of each month at 1:00pm.

SIGHT LOSS SUPPORT GROUP for VISUALLY IMPAIRED: *Meeting on Mondays now*

Located at the **Mashpee COA** on the 4th Monday of the month. Transportation is available, please 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



LEGAL ASSISTANCE:

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

South Coastal Legal Services 2nd Tuesday of every other month: Housing problems, government benefits, health law, guardianship, and consumer.

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

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

Please call the COA to schedule an appointment.

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

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

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 2019.

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)

2020 Membership

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

Name _____

Mailing Address _____

Town _____ Zip Code _____

Phone # _____ 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

2020 Memberships run from November 2019 to October 2020

The Friends of the Sandwich COA meeting
Saturday, November 9th at 10am
Location: Sandwich Human Services Building. (lower level)
270 Quaker Meetinghouse Road, East Sandwich 02537

2019 Memberships

George & Diane Cavanaugh
Ralph & Nancy Spunzo
Jacqueline & Richard England
Howard & Barbara Hanley
Norma Coleman
John & Marie McCormak
James & Carole Colleran
Gloria & Graham Williams
Geraldine Menard
Robert Miller & Clare Cox
Susan Hands
Robert & Celine Hardy
Sharon Grant
Judith Koenig
Louis & Joan Costello
Jeanette Nowick
William & Jean Peters
Edward Lenihan

2019 Membership and Donations

Mary Ann Valentini
Cerulli Barber Shop

*In
Loving
Memory*

Cerulli Barbara Shop in memory of **Noreen Cerulli**
Kerry Bosio in memory of **Denis Harvey Hassan Jr.**
Edward Lenihan in memory of **Ruthann Lenihan**