

SANDWICH COUNCIL ON AGING NEWSLETTER

270 Quaker Meetinghouse Road
East Sandwich, MA 02537

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February 2020

Happy New Year! This is the first newsletter issued in 2020, and our first opportunity to wish everyone a happy, healthy New Year! Not only is 2020 the start of a new decade, but also the start of an exciting year for here! Work is underway to first hire a project manager and then a final architect for the new Center for Active Living. The Town has identified Pomroy & Associates as the most responsive and responsible proposer and is proceeding to negotiate the terms of agreement to provide Owners Project Management services for the Center for Active Living and Library Renovation projects.

On behalf of the staff of the Council on Aging and all Sandwich seniors, we send thanks to everyone who donated so generously during the holiday season. We received donations to our fuel assistance, caregiver and transportation funds as well as gifts for the Santa for a Senior program and many gift cards that made a huge difference in helping those in need during the holiday season. We would not be able to provide the resources currently offered without such a kind and generous community. We also send grateful thanks to the Sandwich-Bourne Lions Club for continuing their Pancake Breakfast tradition on New Year's Day here at the Council on Aging. We truly appreciate the hard work and planning that goes into offering such an event!

Be on the lookout for a letter from the U.S. Census in March (not the same as the Sandwich town census). The U.S. census is taken every ten years and determines how the government distributes funds to state and local agencies. The 2020 Census directly impacts the amount of state grant funding the Sandwich Council on Aging receives for the next ten years. The number of Sandwich residents over the age of 60 has grown substantially in the last 10 years, so if you live here all or most of the year, please complete your census and be counted so our funding can be increased appropriately!

Don't forget to keep an eye on the weather during the winter months. If bad weather delays or cancels the public schools, COA programs are cancelled. Our business office will remain open, so please call to check with us or listen to local radio and TV stations for school closures.



Outreach Corner- Rita Wahlstedt, Outreach Coordinator

February is American Heart Month

Do you know the 5 major symptoms of Heart Attack?

- 1.Pain or discomfort in the jaw, neck or back
- 2.Chest discomfort or pain
- 3.Discomfort or pain in arms or shoulder
- 4.Shortness of breathe
- 5.Feeling light-headed, faint or weak

Now is the time to start off the New Year right with lifestyle changes!

*Eat a healthy diet high in fresh fruits & vegetables plus low in sodium & fat.

*Get physically active for a minimum of 30 minutes daily.

*Manage weight with caloric intake as well as activity.

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**Eversource's NuStart Forgiveness Program** is available for qualified customers who receive certain government benefits. It is designed to assist customers with past due electric bills. Eversource will forgive past due balances over a period of time **if** the customer pays the agreed monthly budgeted bill on time. This is how the NuStart Forgiveness program works:

\*Applicant must have an active utility account. \*Applicant must be the customer of record.

\*Applicant must be on Eversource Discount Rate \*Customer account must have an outstanding arrears with a minimum of \$100 and be sixty (60) days past due.\*The monthly payment amount will be based upon past usage and previous bills. \*In the event a customer qualifies and receives fuel assistance, Eversource will reduce the monthly budget based on benefits received. \*Every month Eversource receives a customer payment **by the due date**, Eversource will forgive a portion of their past due balance. This will continue until the original arrears are paid.

For example: Customer has an outstanding balance of \$1200- Average monthly bill is \$50- Customer pays monthly payment of \$50 on time-Arrears Forgiveness Program pays \$100

How to Enroll: Customer calls 866-315-2496 to be connected to a Call Center Representative. They will explain the program in detail making sure customers fully understand before enrolling.

**\*If you are currently eligible for fuel assistance, or are receiving one of the following benefits, you may also be eligible for Eversource's Discount Rate: Supplemental Social Security (SSI), Transitional Aid to Families with Dependent Children (TAFDC), Emergency Assistance to the Elderly, Disabled and Children (EAEDC), SNAP (Food Stamps), Mass Health Basic and Standard, Head Start, WIC, Free/Reduced School Lunch or Breakfast Program, Mass Veterans Benefits (GLC. 115), Refugee Resettlement Benefits, Dependency and Indemnity Compensation (DIC) for Surviving Spouse or Parents of Veterans, Improved Veterans Disability Pension (Non-service Connected Disability. Call Eversource Customer Service at 1-800-592-2000 to inquire.**

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### **FUEL ASSISTANCE**

Recertification and new application appointments are on Mondays and Fridays. Please call for the necessary document list and to schedule an appointment with Outreach.



## VOLUNTEER CORNER - Pat Ryan, Volunteer Coordinator

### Happy Birthday to all our volunteers celebrating a birthday in February.

Best Wishes to Georgia D'Erricco, Addie Finn, Judy Hendy, Michael Teehan, Carol Thwaites, John McIsaac, and Frank Williams. Thanks for all you do!

**Save the Date! The Cookbook Supper Club's next meeting is March 6<sup>th</sup>** - Do you have a love of cookbooks old and new? Come join us! Our next meeting is scheduled for March 6<sup>th</sup> at 4:30PM and we'll be cooking out of Diane Phillips cookbook Perfect Party Food. We'll all be cooking pot luck style recipes created at home from this cookbook and then brought in to share. For information on joining this fun group, please call the office and ask for Pat Ryan.

**Thursday, February 20<sup>th</sup> at 1:30PM – Book Club –Garden Spells** by Sarah Addison Allen is the book chosen for our February discussion. Copies are available at the library behind the circulation desk. New members always welcome.

**Writing Workshop with Cori Modisette.** Join Cori for these relaxing, fun, and flexible writing workshops that help get your story from thoughts, observations, wisdom and stories onto paper. **These workshops are held Thursdays at 3:00PM, Sundays at 5:00PM, and Mondays at 10:00AM.**

**Session 1 Writing Workshop January 13th-February 13th. Fee\$25.00**

**Session 2 Writing Workshop February 16th– March 5th. Fee\$25.00**

Please call to register or for more information.



## Sandwich Veteran's Agent

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

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

***Appointments take place in the lower level of the COA building.***

The COA has received a donation of new winter jackets for Veterans and any military family members. Please stop by the office to pick one up or see the Veteran's Agent. Thank you to Stephen Xiarhos, the Nicholas G. Xiarhos Foundation, the Cape Cod Military Support Foundation and Ocean State Job Lot for this donation.



**Wednesdays, February 5th - April 8th**  
**Location: Sandwich Council on Aging (lower level)**

Tax Aides trained by the IRS are available to provide income tax counseling and preparation of returns for those with low and moderate incomes.  
The service is free and AARP membership is not required.

- What you will need:**
- \*Photo ID
  - \*Last years tax returns
  - \*Intake/Interview Sheet (available at the COA)
  - \*Check - for direct deposit purposes

**Appointments are required**

To book an appointment and for a complete list of what you need to bring to the appointment, contact the COA. 508-888-4737



**Medicare Savings Programs:**

Because of a new state law, Massachusetts is expanding several Medicare Savings Programs (also known as “MassHealth Buy-In” programs). These programs help older residents and people living with disabilities save money on their Medicare coverage.

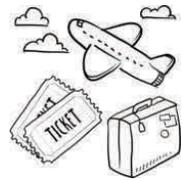
If you are a Massachusetts resident with limited income and assets, who is eligible for Medicare, you may qualify for a Medicare Savings Program that will pay your monthly Medicare Part B premium, which is now deducted from your Social Security benefit.

Starting **January 1, 2020** the income and asset limits for the Medicare Savings Programs are increasing. If you qualify for a Medicare Savings Program, you will also **automatically qualify for Extra Help, a program that will help pay for your prescription drugs under Medicare.**

|                        |                                                          |                                                   |
|------------------------|----------------------------------------------------------|---------------------------------------------------|
| <b><u>You are:</u></b> | <b><u>Your income is at or below*:</u></b>               | <b><u>And your asserts are at or below**:</u></b> |
| Single Individual      | \$1,738/month                                            | \$15,460                                          |
| Married Couple         | \$2,346/month                                            | \$23,200                                          |
|                        | <b>* Note these amounts may increase as of 03/01/20</b>  |                                                   |
|                        | <b>** Note these amounts may increase as of 01/01/20</b> |                                                   |

For more information, contact your local SHINE counselor at your COA or the regional SHINE office (508-375-6762). You can also contact MassHealth directly to request a MassHealth Buy-In application (1-800-841-2900) or download one from: <https://tinyurl.com/MassMSP>

## FEBRUARY TRAVEL CLUB NEWS



**Foxwoods "Be My Valentine" 2/11, \$35; Fiddler on the Roof-PPAC 2/14, \$110/\$75; Peabody Essex Museum-NEW Wing Open! 2/22, \$65; Blue Man Group PPAC-Matinee 3/21, \$105/\$75; Riverdance Boston Wang-Orchestra 4/04, \$95; Jesus Christ Superstar PPAC-Matinee 4/05, \$110/\$75; Art In Bloom-MFA 5/04, \$69; EXCLUSIVE MAY-FLOWER EVENTS: **Mayflower Historic Sail** w/USS Constitution Escort and 21 Gun Salute-lunch Odyssey Boston 5/14, \$139 and **Mayflower Historic Return** Boston Naval Yard Festival-Board Mayflower, lunch Venezia 5/19, \$99; **Dear Evan Hansen** PPAC-Matinee 5/31, \$139; **Cirque du Soleil CRYSTAL-PVD** 6/06 children \$99/Adults \$118; **Newport Flower Show** 6/19, \$60; **Red Sox vs Seattle Mariners** 6/29, \$139; **The KING TUT: Treasures of the Golden Pharaoh Exhibition** - June TBA.**

**2020 Destination Tours-Please call for an itinerary:** **Great Trains and Grand Canyons** - single hotel stay Sedona 5/17 \$2,695\*; **Taste of Iceland with CIE Tours** 9/26 \$3020\*; **Christmas In London featuring Highclere Castle** 12/05, \$2099 (land); **Italian Sojourn Viking Ocean Cruise-September 2021-Deposit now while space available!**  
**\*Non-stop, Direct Flights**

For a complete listing of all trips stop by the COA or visit [www.adventureswithkarynwendell.com](http://www.adventureswithkarynwendell.com). Karyn will be offering a monthly "Travel Talk" at the COA starting in March and is available to meet with you by appointment. For more information, contact Karyn Wendell at (508) 420-5288 - [Karynmw1@comcast.net](mailto:Karynmw1@comcast.net). Mail payments for travel to Karyn Wendell, P. O. Box 161, Centerville, MA 02632.  
See "Adventures with Karyn" ad every Sunday in the Cape Cod Times.



## Vaccines to Consider During Flu Season

It's not too late to receive a flu shot!  
Pediatric, Standard, and High Dose are all still available.  
This is also a good time for adults over 65 to review their  
Pneumovax 23 and Prevnar 13 shots.

Please contact the Public Health Nurse at **508-833-8020** for more information.

Joanne Geake MPH BSN RN

# FEBRUARY EVENTS



**Wednesdays, February 5th, 12th, 19th, and 26th at 1:00pm Mindfulness Meditation-**

This Mindfulness Meditation class is for beginners as well as those with experience. which may lead to a more balanced and healthy outlook. This 60-minute class will include light stretching, silent meditation as well as dialogue between attendees to share and reflect on the experience. **Class must have a minimum of 4 people registered and paid to run.** Fee \$5.00 per class.

**Thursday, February 6th, 20th and 27th at 1:00 pm – 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 dance experience is required. A medical release is required for this class. Wear casual clothing, bring a water bottle, and choose shoes that are flat with sufficient traction. Fee \$5.00 per class. Please call to register.

**Thursday, February 6th, 20th, and 27th at 2:00pm -Ballroom, Latin and Swing Line Dancing:** Whether you like the smooth waltz, the energetic salsa, or the upbeat swing you'll find just what you're looking for and more in this fun weekly line dance class. Learn and dance all the moves to classic and contemporary tunes. No partner needed. This is a solo dance class! Please call to register.

**Writing Workshop with Cori Modisette.** Join Cori for these relaxing, fun, and flexible writing workshops that help get your story from thoughts, observations, wisdom and stories onto paper. **These workshops are held Thursdays at 3:00pm, Sundays at 5:00pm, and Mondays at 10:00am**

**Session 1 Writing Workshop January 13th-February 13th. Fee\$25.00**

**Session 2 Writing Workshop February 16th– March 5th. Fee\$25.00**

Please call to register or for more information.

**Friday, February 7th and Friday, February 21st at 10:30am – Current Events** discussion group. This is an ongoing group. Please call to register.

**Friday, February 7th at 1:00pm – Friday Afternoon Cinema – The Guernsey Literary and Potato Peel Society -** The film is a historical drama-romance. Set in 1946, the plot follows a London-based writer who begins exchanging letters with a resident on the island of Guernsey, which was under German occupation during World War II. Call to sign up; drop in's welcome.

**Monday, February 10th and Monday, February 24th at 10:30am – Jewelry Class –** Rolled paper bracelets. This is a free two part class. Please call to register for both times.

**Tuesday, February 11th at 1:00pm - Solo Dining** at Bobby Byrne's. Please call the office to register. Separate checks are requested ahead of time and transportation is available.

**Thursday, February 12th at 1:00pm– Crafts with Megan** continues with Megan Romeo from Cape Heritage Rehab and Healthcare. Class size is limited: please call to register.



# FEBRUARY EVENTS

**Friday, February 14<sup>th</sup> at 12:30pm - Valentine's Day Luncheon.** Join us in celebrating friendship and love! Thanks to the generous sponsorship of the Friends of the COA, Harpist Katie Lynch Koglin will perform during the luncheon. Cost \$5.

**Wednesday, February 19<sup>th</sup> at 10:30am – Art for the Mind – The Dutch Golden Age-**This engaging, educational, art observation experience is designed to broaden the minds of its' participants. Programs are for people of all backgrounds – artists and non-artists alike. The featured topic, *The Dutch Golden Age*, offers a close look at images by famous painters such as Rembrandt and Vermeer, as well as other 17th Century Dutch Masters who reached levels of excellence that still inspire viewers today. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways! Please call to register.

**Thursday, February 20<sup>th</sup> at 1:30pm – The Page Turners Book Club – Garden Spells** by Sarah Addison Allen is the book chosen for our February discussion. Copies are available at the library behind the circulation desk. New members always welcome.

**Friday, February 21<sup>st</sup> at 1:00pm– Friday Afternoon Cinema- The Aeronauts –** In 1862, daredevil balloon pilot Amelia Wren teams up with pioneering meteorologist James Glaisher to advance human knowledge of the weather and fly higher than anyone in history. Call to sign up; drop ins welcome.

## SAVE THE DATE

**Monday, March 9<sup>th</sup> at 10:30am - The American History Lecture Series** will resume in March. A 12 week course on "Women in the Civil War" will be presented. This course features mostly unknown heroines who served their specific side as Nurses, Spies, Soldier Impersonators, Diarists and Abolitionists. The class will be held at the Sand Hill School at 16 Dewey Avenue in Sandwich. Please call to pre-register now

**Thursday, March 19<sup>th</sup> and 26<sup>th</sup> at 12:30pm- 4:30pm- Mental Health First Aid -** The course will teach the general public techniques to recognize symptoms of mental health problems, how to offer initial help, and how to guide a person to appropriate treatments and other supportive help. The class is not intended to replace a licensed therapist. The certification is offered in two four hour sessions and is limited to 20 participants. A certificate of completion will be given to those who complete both classes and pass the final exam. **Fee\$20.00** Please call the COA for more information.

**Monday, March 9<sup>th</sup> at 4:30pm -The Cookbook Supper Club -** Do you have a love of cookbooks old and new? Come join us! Our next meeting is scheduled for March 9<sup>th</sup> at 4:30PM. We will be cooking out of Diane Phillips' cookbook Perfect Party Food. For information on joining this group, please call the office and ask for Pat Ryan.

**Monday, March 16<sup>th</sup> at 12:30pm -St. Patrick's Day luncheon and entertainment**

**Wednesday, March 25<sup>th</sup> at 11:00am Plant Based Cooking Class** with Alan Holmgren.

## FEBRUARY 2020

| Mon                                                                                                                     | Tue                                                                                                             | Wed                                                                                                          | Thu                                                                                                                                               | Fri                                                                                                                                                  |
|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>3</b><br>7:50 Zumba Gold<br>8:00 Osteo Fitness<br>9:00 Stitches<br>10:00 Cribbage<br>1:00 Rummikub<br>1:00 Painting  | <b>4</b><br>9:00 Yoga<br>10:30 Yoga II<br>12:00 Shine<br>1:00 Mah Jongg<br>1:00 Sand Hill Yoga<br>3:15 Tai Chi  | <b>5</b><br>8:00 Osteo Fitness<br>9:00 Cardio<br>10:00 Knit/Crochet<br>1:00 Massage<br>4:30 Gentle Yoga      | <b>6</b><br>8:30 Shopping Bus<br>8:30 Men's Barber<br>9:00 Yoga<br>10:30 Chair Yoga<br>10:30 Scrabble<br>1:00 Line Dancing<br>1:30-3:30 VA Agent  | <b>7</b><br>7:50 Zumba Gold<br>9:00 Cardio<br>12:00 Men's Poker<br>1:00 - Movie                                                                      |
| <b>10</b><br>7:50 Zumba Gold<br>8:00 Osteo Fitness<br>9:00 Stitches<br>10:00 Cribbage<br>1:00 Rummikub<br>1:00 Painting | <b>11</b><br>9:00 Yoga<br>10:30 Yoga II<br>12:00 Shine<br>1:00 Mah Jongg<br>1:00 Sand Hill Yoga<br>3:15 Tai Chi | <b>12</b><br>8:00 Osteo Fitness<br>9:00 Cardio<br>10:00 Knit/Crochet<br>1:00 Bereavement<br>4:30 Gentle Yoga | <b>13</b><br>8:30 Shopping Bus<br>8:30 Men's Barber<br>9:00 Yoga<br>10:30 Chair Yoga<br>10:30 Scrabble<br>1:30-3:30 VA Agent                      | <b>14</b> <br>7:50 Zumba Gold<br>9:00 Cardio<br>12:00 Men's Poker |
| <b>17</b><br>COA Closed<br>          | <b>18</b><br>12:00 Shine<br>1:00 Mah Jongg<br>3:15 Tai Chi                                                      | <b>19</b><br>8:00 Osteo Fitness<br>9:00 Cardio<br>10:00 Knit/Crochet<br>1:00 Massage                         | <b>20</b><br>8:30 Shopping Bus<br>8:30 Men's Barber<br>10:30 Scrabble<br>1:00 Line Dancing<br>1:30-3:30 VA Agent                                  | <b>21</b><br>7:50 Zumba Gold<br>9:00 Cardio<br>12:00 Men's Poker<br>1:00 - Movie                                                                     |
| <b>24</b><br>7:50 Zumba Gold<br>8:00 Osteo Fitness<br>9:00 Stitches<br>10:00 Cribbage<br>1:00 Rummikub<br>1:00 Painting | <b>25</b><br>9:00 Yoga<br>10:30 Yoga II<br>12:00 Shine<br>1:00 Mah Jongg<br>1:00 Sand Hill Yoga<br>3:15 Tai Chi | <b>26</b><br>8:00 Osteo Fitness<br>9:00 Cardio<br>10:00 Knit/Crochet<br>1:00 Bereavement<br>4:30 Gentle Yoga | <b>27</b><br>8:30 Shopping Bus<br>8:30 Men's Barber<br>9:00 Yoga<br>10:30 Chair Yoga<br>10:30 Scrabble<br>1:00 Line Dancing<br>9:00-3:30 VA Agent | <b>28</b><br>7:50 Zumba Gold<br>9:00 Cardio<br>12:00 Men's Poker                                                                                     |



**COA Board Meeting:** COA-Lower level - Tuesday, February 25th, 8:45 a.m.

**FOSCOA Board Meeting:** COA- Lower level - Saturday, March 14th 10:00 a.m.

# YOGA

Instructor Sherill Dykeman



## **GENTLE YOGA**

**Tuesday 9:00-10:00am**

Feb 25th– March 17th \$24

March 24th-April 14th \$24

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

Feb 26th-March 18th \$24

March 25th-April 15th \$24

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

Feb 27th-March 19th \$24

March 26th-April 16th \$24

## **YOGA II**

**More Challenging**

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

Feb 25th-March 17th \$24

March 24th-April 14th \$24

**SAND HILL CHAIR YOGA**

**Tuesdays 1:00-2:00pm**

Feb 25th-March 17th \$24

March 24th-April 14th \$24

**CHAIR YOGA**

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

Feb 27th-March 19th \$24

March 26th-April 16th \$24

The Sand Hill  
Building is located at  
16 Dewey Ave  
in Sandwich

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

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## **Line Dancing with Karen Shackelford Thursdays at 1:00pm February 6<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup>**

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

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## **Mindfulness Meditation-Wednesdays, February 5,12,19, & 26th at 1:00**

This Mindfulness Meditation class is for beginners as well as those with experience. Mindfulness meditation can help one recognize and manage stressful thoughts and situations, which may lead to a more balanced and healthy outlook. Mindfulness has been proven to be effective in helping to treat pain, anxiety, depression, sleeplessness and many other conditions. This 60-minute class will include light stretching, silent meditation as well as dialogue between attendees to share and reflect on the experience. **Class must have a minimum of 4 people registered and paid to run.** 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 3:15pm**

February

4th-25th

Fee \$20.00



## ZUMBA GOLD

**Mondays and Fridays  
7:50-8:50am**

**February 3rd- 28th**

**Fee \$40.00**

*No class Feb 20th, Make up class TBA*

**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 Dianne Francis

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

February 5th-26th

**Fee \$30.00**

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

February 7th-28th

**Fee \$30.00**

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

February 1st-29th

**Fee \$37.50**

**Rummikub**-Mondays at 1:00  
**Mah Jongg**- Tuesdays at 1:00  
**Scrabble**- Thursdays at 10:30  
Come join these fun and friendly groups.

**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.

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## 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.

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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, 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!

*Individual projects are worked on*

## 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 if you are interested in playing Bridge or Canasta**

**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 on 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

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**CCRTA DART Bus** provides door to door service.

They require 24 hour notice.

1-800-352-7155



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**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 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

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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 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 \$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. Appointments available on Tuesday afternoons at the COA. Please call 508-888-4737 to schedule appointments.

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#### **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.

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#### **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

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#### **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 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month at 1:00pm.

## **SIGHT LOSS SUPPORT GROUP for VISUALLY IMPAIRED:**

Located at the **Mashpee COA** on the 4th Monday of the month. Transportation is available, please call Sight Loss Support at 508-394-3904.

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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.

**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.

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## **Preventative Dental Services**

Preventative dental services are being offered to residents of the town of Sandwich through the Sandwich Rec Department at Oakcrest Cove bi-monthly. Mobile Dental Hygiene Services is excited to offer dental cleanings, exams, desensitizing treatments, denture care, temporary fillings/ crown recements and education free to anyone with MassHealth Standard/ Medicaid. They offer affordable rates for individuals without dental insurance. Home visits are also available to individuals who are considered homebound.

Please call 508-827-6725 with any questions or to make an appointment.

[smiles@mobiledentalhygiene.com](mailto:smiles@mobiledentalhygiene.com)

***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)

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**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

Location: Sandwich Human Services Building. (lower level)  
270 Quaker Meetinghouse Road, East Sandwich 02537

### 2020 Friends of the Sandwich COA Memberships and Donations

|                          |                           |                           |
|--------------------------|---------------------------|---------------------------|
| Maureen Devereaux        | Evelyn Mulcahy            | Paul Currier              |
| Julia Hendy              | Barbara O'Neil            | Harvey & Carolsue Donabar |
| Joyce Crowley            | Ellen Swain               | Ann Eriksen               |
| Duncan & Linda Brown     | Albert & Violet Olsen     | P J Hamel                 |
| Jonathan&Eugenie Shaw    | Christopher Noel Hall     | Karen Miller              |
| Joseph & Linda Reilly    | Toni Gelotte              | J Brian & Lois Wallace    |
| Earl McKeen              | Sara Mantineo             |                           |
| Carol Tellegen           | John & Marcia Glode       |                           |
| Charleen Johnson         | Eddie & Susan Oates       |                           |
| Peter & Pearl Moretti    | Janine Destremps          |                           |
| Chuck & Renate Sands     | Irene Gibson              |                           |
| George & Jennie Zantuhos | Constance Morey           |                           |
| Frank & Judi Ciccone     | Rachel Setola             |                           |
| Rita Doherty             | John & Charlotte Sullivan |                           |
| Peter & Francis Lynch    | Bud & Betty Thiesing      |                           |
| Ed & Stella Maybury      | Elanor Winslow            |                           |

*Thank  
You!*

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## Memorials donations to the Friends of the Sandwich COA

In memory of **Barbara Gill** given by Carol Tellegen

In memory of **Lionel Edwards Hungerford** given by Charleen Johnson

In memory of **George Houle** given by Peter & Pearl Moretti

In memory of **Mom & Auntie** given by Rita Doherty

In memory of **Arthur S Brown** given by Ellen Swain

In memory of **David Gibson** given by Irene Gibson

In memory of **Rod Eriksen** given by Ann Eriksen



**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 by 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!!*