

SANDWICH COUNCIL ON AGING NEWSLETTER

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March 2020

Director's Notes: March 2020 Newsletter

Susan Marancik

We made it through two of the longest winter months! March can be a long month, but we are looking forward to early Spring flowers and the return of the song birds. Progress on the new Center for Active Living continues. Our Project Manager is on board (Pomroy Associates) and we are interviewing an architect for the final building design as this goes to print.

It's a great time to explore programs here at our Senior Center. We are always trying to provide interesting and diverse programs for three different "generations" of seniors, those aged 60-75, 75-85 and 85 plus. Generally speaking, each of those age groups has different needs for programming and outreach. With that in mind, we offer 30+ regularly scheduled weekly programs as well as special programming and events each month (9 new ones this month) with the hope that there would be a little something for everyone. As we work toward moving into a new building, we want to hear your needs and wishes for additional new programming. Stay tuned for opportunities to discuss your ideas.

In this month's newsletter look for the return of our American History Lecture Series focusing on Civil War women; spies, nurses, abolitionists, and soldier impersonators. We'll be celebrating St. Patrick's Day with a traditional corned beef luncheon and great Irish music. Line dancing returns, and we have added a new class of ballroom and swing line dancing. Dr. Sean Corrigan from Cape Cod Neurology joins us to speak on Alzheimer's and other related dementias. If one of your 2020 goals is to eat healthier, we are offering a plant based cooking demonstration this month.

Please support the Friends of the Sandwich Council on Aging by joining their Amazon Smiles charitable giving program. Go to <https://smile.amazon.com/ch/04-3757139> to register and start shopping! Mark your calendars for the 3d annual Sandwich Bocce Bash on Saturday, June 13th. Funds benefit the Friends of the Sandwich Council on Aging and the Samaritans.





Outreach Corner- Rita Wahlstedt, Outreach Coordinator

What is Discharge Planning?

Making plans for your loved one before they return home from rehabilitation is important! Nursing facility regulations require that a facility have a “discharge plan” for each resident prior to discharge. The regulations include a provision requiring the facility to provide sufficient preparation and orientation to ensure a safe and orderly discharge. Please ask questions at the “discharge planning meeting” to assure all necessary “in-home” services are in place before the return home of your loved one. This will aid in a smooth transition back home. The facility should have a licensed social worker on staff to answer questions and to assist with this process. Need further clarification? Call Rita at Outreach 508.888.4737 Ext 413.

TIME IS RUNNING OUT FOR FUEL ASSISTANCE

for this winter heating season, which runs from November 1st through April 30th.

Please make an appointment with outreach now!

SIGHT LOSS Services, Inc., Cape Cod and Islands

A non-profit, human service organization offering peer support, information and referral, education and awareness, outreach, and home independence training to people who are learning to cope and function safely and independently with the loss of sight. The programs are geared toward helping to reduce the fears and isolation caused by the onset of vision loss and toward helping to simplify the mechanics of daily living. Based on a “peer support and self-help” philosophy, SIGHT LOSS Services aims to foster an individual's sense of self-worth and independence and to point the way for him/her to help others. The programs include: •Self Help Support Groups •Adaptive Aids •Information and Referral •Education and Awareness •Outreach and Independence Services. Sandwich seniors wanting to attend the monthly meeting at the Mashpee Council on Aging should contact the Sandwich Council on Aging to be added for transportation by our sight loss van. Meetings are on the 4th Monday of each month. This month it is February 24th.



Sandwich Public Health Nursing- Joanne Geake MPH, BSN, RN.

Novel Coronavirus (2019-nCoV)

This is a new virus that can cause respiratory illness in people and can spread from person to person, probably via droplets (coughs and sneezes), but it may also be airborne. It appeared in Wuhan, China in December 2019 and has spread to 25 countries. The main symptoms are fever, cough, and shortness of breath. There is a great deal we do not know about this virus such as: how many people are asymptomatic but still test positive for the virus; how did the virus start; can any of the current medications be used to treat patients?

There are 13 people in the United States who have tested positive for the virus and they are currently isolated in hospitals. Other US residents who have been to China in the past 14 days are being quarantined.

Until we have more information, there are some things you can do to protect yourself.

- 1.** WASH your hands frequently with warm soapy water for 20 seconds.
- 2.** AVOID touching your eyes, nose and mouth with unwashed hands.
- 3.** USE a tissue for coughs and sneezes or cough into your arm.
- 4.** STAY home if you are sick.



VOLUNTEER CORNER

Pat Ryan, Volunteer Coordinator

Happy Birthday to all our volunteers celebrating a birthday this month! Best Wishes to Roseanne Carr, Mike Lecomte, Ron Semprini, Pat Walsh, and Ed Winkler. Thanks for all you do!

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



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.

Steven Xiarhos and the Cape Cod Military Support Foundation trucks will be here on the last Thursday of the month with new winter clothing for any Veterans or military families. Thank you to the Foundation, Ocean State Job Lot and the Nicholas G. Xiarhos Foundation for this generous donation.

Stop by the office to meet Steve and the team or come by the COA any day to pick up a jacket.



3rd Annual Sandwich Bocce Bash

Join the Friends of the Sandwich Council on Aging and the Samaritans on the grounds of Camp Lyndon
(117 Stowe Road, Sandwich, MA)

Saturday, June 13th, 2020. Cost is \$40 per person or a full team for \$150. Check in, practice and catered lunch is from 11:30am to 12:15 pm. Game time is 12:15pm to 4:00pm. Registration Deadline is June 6th. Register online at www.CapeSamaritans.org. For more information, call the Samaritans office at 508-548-7999 or email us at info@capeamaritans.com. A collaborative fundraising event to benefit.



March Travel Club News - Karen Wendell

KING TUT Exhibit Boston-includes audio guide-7/28 & 8/18-\$69; 9/12-\$79; **Foxwoods** "Luck of the Irish" 3/10, \$35; **Jesus Christ Superstar PPAC**- 4/03, \$110/\$75; **Riverdance 25th Anniversary** Boch/Wang-Orchestra 4/04, \$95; **Art In Bloom & Monet at MFA** 5/04, \$69; **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, \$118; **Boston Pops Gospel Night**-1st balcony, 6/13, \$99; **Newport Flower Show** 6/19, \$60; **Ain't Too Proud PPAC** 7/22, \$119/\$105.

2020 Destination Tours-Please call for an itinerary: **Taste of Iceland with CIE Tours** w/direct flights 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!**

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 starting back up in March and is available to meet with you by appointment.

For more information, contact Karyn Wendell at (508) 420-5288 - Karynmw1@comcast.net.

Mail payments for travel to Karyn Wendell, P. O. Box 161, Centerville, MA 02632.



Wednesdays through 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

Call now appointments are filling quickly!

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.**

<u>You are:</u>	<u>Your income is at or below*:</u>	<u>And your asserts are at or below:</u>
Single Individual	\$1,738/month	\$15,720
Married Couple	\$2,346/month	\$23,600

*** Note these amounts may increase as of 03/01/20**

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>



MARCH EVENTS



Tuesday, March 3rd - Presidential Primary and Special State Senate Primary Voting. The COA will provide transportation to all polling sites. Please call us to book a ride.

Tuesday, March 10th and Tuesday, March 24th - 10:00am-11:30am - Alzheimer's Support Group returns to the COA. This is 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. *In the future this group will meet at the COA on the 2nd and 4th Tuesday of each month from 10:00 - 11:30 am.

Wednesday, March 4th, 11th, and 18th - 1:00 Mindfulness Meditation - This Mindfulness Meditation class is for beginners as well as those with experience. This 60-minute class will include light stretching and 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. Payment must be in advance or class will not run.

Thursday, March 5th and March 12th - 1:00pm - 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. Wear casual clothing, bring a water bottle, and choose shoes that are flat with sufficient traction. Fee \$5.00 per class. Payment and registration is due in advance.

Thursday, March 5th and March 12th - 2:00pm - Ballroom and Swing Line Dancing - Whether you like a smooth waltz, an energetic salsa, or 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. Fee \$5.00 per class. *The music and steps are different in the two line dancing classes. Payment and registration is due in advance.

Friday, March 6th - Friday Afternoon Cinema - 1:00pm - Catch Me If You Can; Starring Leonardo diCaprio and Tom Hanks with supporting roles by Martin Sheen and Christopher Walken. Frank Abagnale, Jr. (Leonardo DiCaprio) worked as a doctor, a lawyer, and as a co-pilot for a major airline -- all before his 18th birthday. A master of deception, he was also a brilliant forger, whose skill gave him his first real claim to fame: At the age of 17, Frank Abagnale, Jr. became the most successful bank robber in the history of the U.S. FBI Agent Carl Hanratty (Tom Hanks) makes it his prime mission to capture Frank and bring him to justice, but Frank is always one step ahead of him.



MARCH EVENTS



Monday, March 9th - 10:30am - American History Lecture Series - 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 register.

Monday, March 9th 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 9th at 4:30PM. We will be cooking recipes from Diane Phillips' cookbook Perfect Party Food. For information on joining this group, please call the office and ask for Pat Ryan.

Tuesday, March 10th - 1:00pm - Solo Dining - Bobby Byrnes. Please call the office to register. Separate checks are requested ahead of time and transportation is available. Please call to register.

Thursday, March 12th - 1:00pm - Crafts with Meagan. Meagan Romeo from Cape Heritage Rehab and Healthcare joins us for a different project each month. All materials are provided. Class size is limited; please call to register.

Friday, March 13th and March 27th -10:30 am - Current Events Discussion Group. This is an ongoing discussion of current world events covering topics in many areas of interest. New members are always welcome to this lively and interesting program. Please call to register.

Monday, March 16th - 12:30pm -St. Patrick's Day Luncheon Celebration - Traditional corned beef and cabbage luncheon with Irish musical entertainment. Come for the food, the music and a little dancing in the "isles"! Cost - \$7.00 Please call to reserve your spot.

Wednesday, March 18th - 10:30am -Art For Your Mind - 10:30am - The Art of America's Unique Regions: Local Art Historian Jill Sanford explores a collection of images describing America's diverse landforms, life styles, cultural influences, and historic events. From New England to the Midwest to the West Coast, see how artists' creative decisions portray the regions they come from.

Thursday, March 19th - 1:30pm - The Page Turners Book Club -"Educated" by Tara Westover is the book chosen for our March discussion. Copies are available at the library behind the circulation desk. New members always welcome.



MARCH EVENTS



Thursday, March 19th and 26th at 12:30pm-4:30pm- Mental Health First Aid

This 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 of \$20.00 includes the text book. Please call the COA for more information.

Friday, March 20th - 10:30am - Travel Talk with Karyn Wendell - “King Tut, the Treasures of the Golden Pharaoh” will celebrate the centenary of the discovery of the royal tomb by presenting of exceptional masterpieces! Please call to register.

Friday, March 20th -Friday Afternoon Cinema -1:00pm – The 100 Foot Journey - Starring Helen Mirren, this uplifting story bursts with flavor, passion and heart. When the chilly chef proprietress of a Michelin-starred French restaurant in southern France gets wind of a culinary immigrant opening an Indian restaurant just 100 feet from her own, her icy protests escalate to all-out war between the two establishments. It's a celebration of triumph over exile as these two worlds collide and one young man tries to find the comfort of home in every pot -- wherever he may be.

Wednesday, March 25th at 11:00am Plant Based Cooking Demonstration with Alan Holmgren. We've all heard about the health benefits of a plant based diet. Sandwich resident Alan Holmgren, who has lived a vegetarian lifestyle for 50 years, will be here to prepare a meal using plant based ingredients. We will follow this cooking demonstration by enjoying his dish together. Space is limited. Please call to register.

Monday, March 30th at 10:30am -Dr. Sean Horrigan - Cape Cod Neurology– Dr. Horrigan will speak on Alzheimer's and other related dementias. He will share important information on diagnosis and management of the disease, as well as resources available at the memory care center. Please call to register.

SAVE THE DATE

Coming in April - Backyard Birding - Become familiar with the birds who live on Cape Cod through the beautiful photos and stories of Joanna Ghadban. Joanna has been birding on the Cape for fifteen years and will be here to share her knowledge and love of our local birds. Learn how to attract them to your feeders and identify different species.

March 2020

Mon	Tue	Wed	Thu	Fri
2 7:50 Zumba Gold 8:00 Osteo Fitness 9:00 Stitches 10:00 Cribbage 1:00 Rummikub 1:00 Painting	3 9:00 Yoga 10:30 Yoga II 12:00 Shine 1:00 Mah Jongg 1:00 Sand Hill Yoga 3:15 Tai Chi	4 8:00 Osteo Fitness 9:00 Cardio 10:00 Knit/Crochet 1:00 Massage 1:00 Meditation 4:30 Gentle Yoga	5 8:30 Shopping Bus 8:30 Men's Barber 9:00 Yoga 10:30 Chair Yoga 10:30 Scrabble 1:00 Line Dancing 2:00 Ballroom/Swing 1:30-3:30 VA Agent	6 7:50 Zumba Gold 9:00 Cardio 12:00 Men's Poker 1:00 Friday Cinema
9 7:50 Zumba Gold 8:00 Osteo Fitness 9:00 Stitches 10:00 Cribbage 1:00 Rummikub 1:00 Painting	10 9:00 Yoga 10:30 Yoga II 12:00 Shine 1:00 Mah Jongg 1:00 Sand Hill Yoga 1:00 Solo Dining 3:15 Tai Chi	11 8:00 Osteo Fitness 9:00 Cardio 10:00 Knit/Crochet 1:00 Bereavement 1:00 Meditation 4:30 Gentle Yoga	12 8:30 Shopping Bus 8:30 Men's Barber 9:00 Yoga 10:30 Chair Yoga 10:30 Scrabble 1:00 Line Dancing 2:00 Ballroom/Swing 1:30-3:30 VA Agent	13 7:50 Zumba Gold 9:00 Cardio 10:30 Current Events 12:00 Men's Poker
16 7:50 Zumba Gold 8:00 Osteo Fitness 10:00 Cribbage 12:30 Luncheon 1:00 Rummikub 1:00 Painting	17 9:00 Yoga 10:30 Yoga II 12:00 Shine 1:00 Mah Jongg 1:00 Sand Hill Yoga 3:15 Tai Chi 	18 8:00 Osteo Fitness 9:00 Cardio 10:00 Knit/Crochet 10:30 Art For Your Mind 1:00 Massage 1:00 Meditation 4:30 Gentle Yoga	19 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	20 7:50 Zumba Gold 9:00 Cardio 12:00 Men's Poker 1:00 Friday Cinema
23 7:50 Zumba Gold 8:00 Osteo Fitness 10:00 Cribbage 1:00 Rummikub 1:00 Painting	24 9:00 Yoga 10:30 Yoga II 12:00 Shine 1:00 Mah Jongg 1:00 Sand Hill Yoga 3:15 Tai Chi	25 8:00 Osteo Fitness 9:00 Cardio 10:00 Knit/Crochet 1:00 Bereavement 4:30 Gentle Yoga	26 8:30 Shopping Bus 8:30 Men's Barber 9:00 Yoga 10:30 Chair Yoga 10:30 Scrabble 9:00-3:30 VA Agent	27 7:50 Zumba Gold 9:00 Cardio 10:30 Current Events 12:00 Men's Poker
30 7:50 Zumba Gold 8:00 Osteo Fitness 10:00 Cribbage 1:00 Rummikub 1:00 Painting	31 9:00 Yoga 10:30 Yoga II 12:00 Shine 1:00 Mah Jongg 1:00 Sand Hill Yoga 3:15 Tai Chi	 COA Board Meeting: COA-Lower level - Tuesday, March 24th, 8:45am FOSCOA Board Meeting: COA- Lower level - Saturday, March 14th, 10:00am		

YOGA

Instructor Sherill Dykeman



GENTLE YOGA

Tuesday 9:00-10:00am
March 24th-April 14th \$24

YOGA II

More Challenging
Tuesdays 10:30-11:30am
March 24th-April 14th \$24

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

Wednesdays 4:30-5:30pm
March 25th-April 15th \$24

SAND HILL CHAIR YOGA

Tuesdays 1:00-2:00pm
March 24th-April 14th \$24

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

Thursdays 9:00-10:00am
March 26th-April 16th \$24

CHAIR YOGA

Thursdays 10:30-11:30am
March 26th-April 16th \$24



Line Dancing with Karen Shackelford

March 5th&12th 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. Payment and registration is due in advance.

Ballroom, Latin and Swing Line Dancing with Karen Shackelford

March 5th&12th at 2:00pm

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! Fee \$5.00 per class. Payment and registration is due in advance.

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

March
3rd - 31st

Fee \$25.00



ZUMBA GOLD

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

March 2nd-March 30th
Fee \$45.00

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

March 4th-25th

Fee \$30.00

Fridays 9:00-10:00am

March 6th-27th

Fee \$30.00

Saturdays 9:00-10:00am

March 7th-28th

Fee \$30.00

Rummikub-Mondays at 1:00
Mah Jongg- Tuesdays at 1:00
Scrabble- Thursdays at 10:30

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

Indoor walking is 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!

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

CCRTA DART Bus provides door to door service.

They require 24 hours 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 back at the COA*

Meets the second and fourth Tuesday 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:

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.



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

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

2020 Friends of the Sandwich COA Memberships and Donations

Ken & Gerri Matty

Kathleen Murphy

John Stinson

Mary Cserny

David Hadley

Maureen & Rick Jorgensen

Anne Lovelace

James & Marian McLouglin

Geralyn Moquin

Sheila O'Shaughnessy

Leslie & Ted Zicko

Geraldine Doran

Chuck & Renate Sands

Richard & Gwen Brown

Karen Cotter

Carlo & Joan Dipersio

Joseph Jochnowitz

Todd & Robin Lafleur

Carol O'Brien

Muriel Ostrander

Edward and Helena Sarro

Paul & Clare Schrader

June & Eric Small

Ann & Robert Swaine

Audrey Travers & Sallyann Murphy

*Thank
You!*

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. Thank you!!

