

SANDWICH COUNCIL ON AGING



NEWS

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We're Here For You!

October 2015

DIRECTOR'S REPORT:

The Council on Aging has planned many programs this month and we hope you find a few that interest you. Let us know if there is a program or activity you would like your COA to offer. We will certainly make every effort to provide it. The Friends of Sandwich COA will be holding their annual meeting so please see page 4 in this newsletter! Also – please see Page six – we are offering Windows 10 classes!

A Possible Community Thanksgiving Meal

First Church is thinking of hosting a festive luncheon at noon on Thanksgiving Day, co-sponsored with the Council on Aging but for all ages. If you would like to attend – or can volunteer to help – please contact Cathy Ode at First Church of Christ – 508-888-0434 ext. 17 or c.ode@firstchurchsandwich.org. Many of us can't travel to be with family, nor can our families come to us. Often, people feel that cooking a Thanksgiving meal for a few is not enjoyable; eating out at restaurants can be expensive and impersonal. Let's bring back an old Sandwich tradition: A Community Thanksgiving Meal!

Trip Planned! Sandwich Council on Aging is sponsoring a pre-holiday trip with Yankee Line on Monday, Nov. 16. "2015 Christmas Memories" with the Latshaw Pop Orchestra at Lantana's. See entire flyer included in this newsletter. Call the COA office at 508-888-4737 and sign up as soon as possible since we will need 35 people to make this trip happen. If you need further information, please call Barbara Buchenan at 508-888-7052.

News from Sandwich Public Library: **HOMEBOUND DELIVERY** – If you, or someone you know, is homebound or having difficulty getting around and would like to have books or movies delivered please call the Library at 508-888-0625 x300.

FLU CLINICS: Public Health Nurse Dept. will be conducting clinics October 8 for residents age 18 and older. CALL Nursing Dept. at 508-833-8020 for an appointment or for information.

The clinic on October 8 is from 9:00 a.m. – noon & 1:00 – 4:00 p.m. at the Human Services Building, 270 Quaker Meetinghouse Rd., E. Sandwich. **CHARGE:** most insurance will pay. Please bring ALL insurance cards including Medicare and MassHealth. Cost for self pay is \$15.

Appointments are necessary. Please call 508-833-8020 to schedule your appointment. Those residents who will be having surgery, chemotherapy, or radiation prior to the clinics should call the office to discuss an earlier appointment.

NOTE: ALL COA PROGRAMS ON THE UPPER LEVEL ARE CANCELLED FOR FLU CLINIC DAY.

FITNESS & WELLNESS PROGRAMS:

NOTE: ALL PARTICIPANTS MUST HAVE A MEDICAL RELEASE FORM SIGNED BY YOUR DOCTOR. This form is good until there is a change in your medical condition.

A REGISTRATION FORM FOR EACH SESSION is required. Forms and payment due one week before start of session. Walk-ins on the day of the first class will not be permitted. Note: It is our policy you can try one class to see if it fits your needs before committing to registration.

Please note: The prices noted below are the discounted prices for Sandwich Residents – Non-residents add \$10.

Zumba Gold	Peg	
Monday/Friday mornings	7:50 – 8:40 a.m.	
Fall#2 Oct. 2 – 30 (no 12, 16 or 19)		\$30
Fall #3 Nov. 2 – 30 (no 27)		\$40
Registration forms with check due one week before first class. No walk in registrations permitted.		

Walking Group (led by Bob) – Mondays and Thursdays at 9:00 a.m. Meet at the Canal – Freezer Rd. Doctor’s release required – please call the Sandwich COA to sign up for this great program.

YOGA CLASS -- TUESDAYS	Sherill
9:00 a.m. – 10:00 a.m. GENTLE YOGA	
10:30 a.m. – 11:30 a.m. MORE CHALLENGING	
Fall #2 Oct. 20 – Nov. 17	\$30
Winter #1 Dec. 1 – 22	\$24
YOGA CLASS -- Thursdays at 9:00 a.m.	Sherill
CHAIR YOGA – Thursdays at 10:30 a.m.	Sherill
Fall#2 Oct. 22 – Nov. 19	\$30
Winter #1 Dec. 3 – Dec. 17	\$18

Tai Chi – Qi Gong Tuesdays 1:00 p.m.	Ya-Li Ho
Fall #2 October 6 – 27	\$20
Fall #3 November. 3- 24	\$20

Tai Chi – for balance: can enhance one’s overall wellness, peace of mind, and balance. Qi Gong – focuses on breathing and the movement of Qi (energy) within the body. Pre-registration and payment is required one week before first class of each session. No walk-in registrations allowed.

Please be sure to let us know if you will be away for the winter. We will stop the newsletter and restart it when you get back!

Cardio/Strength Building Class	Dianne
Wednesday & Friday mornings 9 – 10:00a.m.	
Fall #2 Oct. 2 – 30	\$60
Fall #3 Nov. 4 – 25 (no 11/11 or 27)	\$60
Total body workout – a low impact dance aerobics and strength training program. It is an energetic, upbeat program. A great workout for ALL levels.	
Pre-registration and payment is required one week before session. No walk-in registrations	

MASSAGE:	Dee
First and Third Wednesday each month. \$1.00 a minute – minimum of 15 minutes.	
Great program to help reduce stress and stiffness, etc. Call Sandwich COA at 508-888-4737 to book your appointment.	

20-20-20 – Sat. A.M. 9:00 – 10:00 a.m.	Dianne
Fall #2 Oct. 3 – 31	\$30
Fall #3 Nov. 7 – 28	\$30
Total body workout. Incorporates 20 minutes cardio, 20 minutes of strength training, and 20 minutes of upper body toning. Some floor work.	
Pre-registration and payment due one week before first class of each session. No walk-in registrations.	

Reike - Various days and times Sandwich Seniors receive generous discount. Due to lack of space, Ms. Schermerhorn has agreed to continue our program. Appointments are now held at the office of Time to Touch, Route 6A, Sandwich. 508-888-8007

Evening Yoga – Mondays 5:30 – 6:30 p.m.	Susan Norton -- Beginner/Gentle Yoga
Fall #2 Oct. 5 -26 (no 10/12)	\$15
Fall #3 Nov. 2 – 30	\$25
Pre-registration and payment is required one week before session. No walk-in registrations.	

FOOT REFLEXOLOGY
First Thursday each month we will be offering Foot Reflexology. Appointments are 30 minute minimum at \$30 (\$1 a minute) beginning at Noon. – 3:00 p.m. Cynthia Flaherty is a Certified Practitioner in Reflexology.
Please call the Sandwich COA at 508-888-4737 to schedule your appointment.

Please note: *Sandwich COA does not endorse any seminars. Seminars are for informational purposes only.*

OCTOBER PROGRAMS:

Mondays --- 10AM – 12Noon CRIBBAGE GROUP – Come spend a few hours learning and playing cribbage. No experience necessary. An experienced cribbage player will be leading this group and is willing to teach anyone who would like to learn.

Please call Sandwich COA at 508-888-4737 to register for this program.

Thursday, October 1 - 1:00PM – 2:00PM (lower level of bldg.) GENEALOGY- Judy Hendy 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. This monthly genealogy group meets the first Thursday of the month from 1:00PM to 2:00PM here at the Sandwich COA.

NOTE: The instructor has offered to do your basic genealogy chart for a small fee of \$25. Call COA to register. Please call 888-4737 to register for this fun class.

Wednesday, October 7 at 1:00 p.m. SOCIAL SECURITY RETIREMENT AND MEDICARE BENEFITS presented by Social Security Administration.

You are cordially invited to a meeting to learn about Social Security Retirement benefits and Medicare. Come learn about taking your benefits at age 62 vs. your full retirement age as well as when and how to enroll in Medicare. You will also learn about all the services that can be completed at Social Security’s website, www.socialsecurity.gov.

From applying for retirement, disability or spouses benefits, to obtaining a proof of income letter, changing an address or phone number, getting a replacement Medicare card or a Social Security Benefit Statement, Social Security’s website can save you time and a trip to the office.

Prior to attending this session, I strongly encourage you to visit the website and create your own *my*

Social Security account at www.socialsecurity.gov/my account. Your account will provide you with your earnings statement under the Social Security program and benefit estimates. The How to Create an Online Account factsheet www.socialsecurity.gov/pubs/EN-05-10540.pdf can help you create an account.

Register with the Sandwich COA at 508-888-4737.

Bridge Lessons for Beginners and Improvers

Wednesdays, October 7th – December 2nd 10:00AM – 12:00 NOON Taught by Bronze Life Master, Kate Furler lessons will be held at the Sandwich Senior Center. (Lower Level)

Learn to understand the language of Bridge in an eight week class. Communicating with a partner is essential to playing well. Two hour classes include some lecture, exercises from textbook and playing with pre-dealt hands. “Bidding” class will cost \$100 for eight weeks, plus \$20 for text (if you don’t have one already). The text is Audrey Grant’s “Bidding for the 21st Century”. This text is recommended by the American Contract Bridge League. Kate Furler teaches Bridge all over Southeastern MA.

Register with Sandwich Council on Aging at 508-888-4737.

Friday, October 9 and 23 at 10:30 a.m. CURRENT EVENTS DISCUSSION GROUP Discussion program will have organized areas of discussion on such topics as politics, arts, science, world events, etc. Come and join this very welcoming group.

Call the Sandwich Council on Aging at 508-888-4737 to let us know you will be attending.

Tuesday October 13 at 1:00 p.m. SOLO DINING The restaurant for *October* is *Mezza Luna, Main St., Bourne*. A nice way to meet people. You order off the menu and we try to pick restaurants that agree to give individual checks.

No Walk-Ins Please as we do call and make a reservation.

Call Sandwich COA at 508-888-4737 to sign up by the *deadline date of noon, Friday, October 9.*

Wednesday, Oct. 14 at 1:00 p.m. HOW TO SAVE MONEY ON HEATING AND ENERGY Housing Assistance Corp.

Learn about saving money on heating and energy expenses. It might be through a weatherization program. For some people this assistance could be free or at very low cost. It could also result in replacement of **some** or all of the inefficient items: Refrigerators, heating systems, air conditioning window units, new or additional insulation, air sealing and/or weather stripping.

Please call Sandwich COA at 508-888-4737 to register for this important program.

Wednesday, Oct. 14 at 11:00 A.M. South Sandwich Sports Complex Project Update

Blair Haney, Director, Planning & Development will be presenting an overview and update of the South Sandwich Sports Complex project. This is your opportunity to learn about this project and ask questions.

Please call Sandwich COA at 508-888-4737 to register for this program.

Thursday, Oct. 15 at 1:00 p.m. Fire Prevention and Safety Program Presentation

Don Campbell from the Sandwich Fire Department, partnering with Rita Wahlstedt from the Sandwich Council on Aging will offer a “Remembering When” presentation on Fire Prevention and Safety.

The “Remembering When” Program for Older Adults was developed by the National Fire Prevention Association and the Centers for Disease Control, and were developed to help older adults live safely at home for as long as possible. It consists of 8 key safety messages to prevent fires. It is an educational and entertaining presentation!

Refreshments Served!

Registration is required – call Sandwich COA at 508-888-4737.

Thursday, Oct. 15 at 3:00 p.m. “FRIENDS OF” ANNUAL MEETING

The public is invited to join the Friends of The Sandwich Council on Aging for their Annual Meeting. A short business meeting to elect new officers and hear brief reports will begin at 3:00 p.m., followed by some good old fashioned **Ice Cream Sundaes!** Bananas, hot fudge, whipped cream, cherries and nuts!! Have dessert before dinner and enjoy the company of some old friends and maybe some new friends! The Friends are sponsoring this event and admission is Free. Please call the COA to reserve a seat so they can plan accordingly. 508-888-4737

Friday, Oct. 16 at 11:00 a.m. MEDICARE OVERVIEW AND OPEN ENROLLMENT PRESENTATION presented by Sheila Curtis, SHINE Regional Manager

Don’t wait until it is too late! Medicare’s Open Enrollment period is October 15 to December 7. Medicare Advantage (Part C) and Prescription (Part D) plans change every year! Learn what changes have been made and if your plan is still the best one for you.

Also, our SHINE volunteers are volunteering extra hours to meet one on one with you to go over your coverages. Please book your appointment – they fill quickly.

Call Sandwich COA at 508-888-4737 to sign up for this important presentation.

Saturday, Oct. 17 -- 11:30 a.m. – 1:30 p.m. WHAT IF...? A Practical Workshop About Planning Ahead (Held at First Church)

Back by popular demand!! This program was so successful when held in June it is being repeated. This interactive and practical workshop, participants will learn how to safely gather financial and other information for the loved ones we leave behind, giving the gift of preparedness.

Preregistration is required – \$25 (cost of workbook)* if paid before Oct. 10 OR \$30 at the door.

To register, email Cathy at c.ode@firstchurchsandwich.org or call 508-888-0434 or Sandwich COA at 508-888-4737.

*includes *What if...* Workbook and light lunch.

Thursday Oct. 22 at 1:00 p.m. WHEN IS IT TIME FOR ASSISTED LIVING presented by Greg Anderson

Join Greg Anderson, a local assisted living expert for an informative discussion on when it's time to consider assisted living. Learn the most common misconceptions about assisted living and how to find the right place for you – for now, or down the road. In addition, participants will learn: What 'independent seniors' gain from living in this service-rich setting; the difference between home care and assisted living care; ways to softly encourage a friend to consider a safer living environment.

Please register by calling Sandwich COA at 508-888-4737. Refreshments served.

Friday, Oct. 23 at 1:00 p.m. BLUE CROSS/BLUE SHIELD - Are you ready for Medicare Annual Election Period?

Do you know what health insurance is best for you? A representative from BC/BS will be presenting a brief overview of how Medigap plans and Medicare Advantage plans work with Medicare. There will be time for your questions. Plan information will be available for individual plans (non-group) Medex, Blue Medicare Rx, Medicare HMO Blue, Medicare PPO Plan.

Register with Sandwich COA at 508-888-4737.

Wednesday October 28 at 12:30 p.m. HALLOWEEN LUNCHEON - ENTERTAINMENT

Join us for this fun luncheon of salad, spaghetti and meatballs, dessert and beverages. In the spirit of the event, we ask that you come in costume. Dan McCarthy will be our entertainment.

Cost is \$5.00 per person. Please call Sandwich COA to sign up for this fun party.

Wednesday, October 28 – 1:00 – 4:00 p.m. COME TAKE A PAINTING CLASS! Tap into your inner hidden talent!

In this three hour afternoon class paints you will complete your own masterpiece using acrylic paints on a 4" x 12" self-framed panel. You will learn how to relax with

the paints—enjoy the application of paint and the process as well as how to mix paint and use color to enhance a picture. Instructor Ann DesRoches, "The Cape Cod Colorful Artist" has been painting for many years and enjoys sharing her love of all things art!

Be sure to check out the example on display in the office. Cost is \$20.00 payable to Sandwich COA which covers the cost of the class and supplies. Deadline to register is Friday, October 23 as class size is limited.

Please call Sandwich COA at 508-888-4737 to register for this fun class.

Thursday, Oct. 29 AARP SAFE DRIVING PROGRAM 9:45 a.m. – 3:30 p.m. (lower level)

Cars have changed. So have traffic rules, driving conditions and the roads you drive on every day. Some drivers age 50 plus have never looked back since they received their first driver's license, but even the most experienced drivers benefit from brushing up on their skills. Take this class if you would like to stay accident free. Be updated on current rules on the road, defensive driving techniques, how to operate your vehicle safely in today's increasingly challenging driving environment. Fee should be paid to instructor on day of class - \$15 for AARP members \$20 for non-members.

Register at Sandwich COA – 508-888-4737. Bring your lunch!

Thursday, Oct. 29 at 1:00 p.m. The Elephant Sanctuary, October 29th

Located in Howenwald Tennessee, the Elephant Sanctuary is the nation's largest natural habitat-refuge developed specifically to meet the needs of endangered elephants. Join us as Liise Budge-Johnson discusses through words and slides, the important work of this non-profit organization, licensed by the U.S. Department of Agriculture and the Tennessee Wildlife Resource Agency. It is designed specifically for old, sick, or needy elephants that have been retired from zoos and circuses. Utilizing more than 2700 acres, it provides a protected natural habitat for these animals to live as they were intended.

Please sign up with Sandwich Council on Aging at 508-888-4737. Refreshments served.

Outreach Corner: Rita Wahlstedt

When is someone an Unsafe Driver? Are you or someone you know a dangerous driver, refusing to give up the keys? Consider the fact that you could be reported to the DMV. The [Department of Motor Vehicles](#) may request in-office testing if it receives complaints. You can make this complaint yourself, if you think some one's driving skills are deteriorating; many states allow individuals to remain anonymous. The person is then called in for an on-road evaluation.

If you question your *own* driving abilities:

Ask your doctor to recommend a referral to the DMV or an occupational therapist who does driving evaluations. Spaulding Rehabilitation in East Sandwich offers this service, clinically assessing your driving abilities completely. For more information, call 1.888.776.4330.

One thing you can be sure of is that driving *will* continue to worsen. As we age, our perception and vision are not as sharp. Driving is a complicated skill involving memory and many different kinds of higher-order thinking and physical responsiveness. Winter weather is another factor to consider, as streets covered with ice, snow and heavily weighted trees are an added obstacle.

Do your part to help get unsafe drivers off the road, even if it means giving up your own car keys. There are many forms of transportation out there, including "Seniors On The Go" through your town of Sandwich Council on Aging. Give us a call if you need a ride. Be smart and safe!

FUEL ASSISTANCE

Recertification appointments have been coming in for a few weeks now. If you have received that lavender pre-printed sheet, please don't wait too long to schedule your Monday or Friday appointment! All new applicants for the program are able to schedule appointments as of October 1st. If you have questions, please don't hesitate to call 508.888.4737.

OCTOBER IS NATIONAL FIRE PREVENTION MONTH! BE READY, BE FIREWISE!

Fire Prevention Month has roots that date back to The Great Chicago Fire of 1871 that killed more than 250 people and left more than 100,000 homeless. Plan escape routes and make sure all those residing within the home know the plan of action.

Volunteer Corner: Pat Ryan**Wish List**

Adult Disposable Briefs, men's and women's sizes small thru large.

News from the Volunteer Desk

With winter knocking on the door, please remember that our **volunteer drivers** need to have safe access to your door. If you use our transportation services, please take some time now making arrangements to have your driveway and walkway shoveled or plowed after each storm. Please have an ice melt product by your door. If you use a cane, there are prong tips available for purchase to help keep you steady. Many local stores also carry shoe grips that can be placed over boots and shoes.

Volunteer Opportunities**Newsletter Collators**

Each month the Council on Aging mails 2,500 newsletters to Sandwich Seniors. Typically we collate these newsletters on the last Monday of the month at 9:00AM. We are looking for a few more volunteers to assist us with this monthly project. This is a monthly 2 hour commitment. For more information please call the office at 888-4737.

Computer Assistants

Once a week we offer one hour, one-on-one instruction on electronic devices to Seniors who are just starting out with smart phones, nooks, ipads and cameras. If you have time to spare and knowledge to share, we would love to have your assistance. Please call Pat for more information 888-4737.

Birthday Wishes!

Best Wishes to all our volunteers celebrating a birthday this month! Happy Birthday to Louise Condon, Jeff Hyman, Frank Miller, Carolyn Motta, Dan Schonman, Bill Schonman, and Wanda Walker! Thank you for all you do!

SHINE NEWS....**Open Enrollment is just around the corner so don't delay!**

Medicare's Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment (**October 15 – December 7**) will be here before you know it and it is very important to review your Medicare options during this period. You will receive a notice from your Prescription Drug or Medicare Advantage (HMO, PPO) Plan in September. **Make sure you read this notice-** it will explain the changes (premiums, copays, tiers) to your plan for 2016.

During the Annual Open Enrollment (**October 15 - December 7**), you will have a chance to **CHANGE** your plan. This change takes effect January 1, 2016. SHINE Counselors can help you understand your plan's changes, screen you for assistance programs and discuss other options you may have. If you do not change your plan during this period you may have to stay with your existing plan for another whole year. (Note: the open enrollment may not affect those with retiree coverage).

DO NOT WAIT UNTIL IT'S TOO LATE-Appointments fill up fast! Call the senior center (Sandwich – 508-888-4737) and make an appointment with a SHINE counselor for this year's open enrollment.

A REMINDER...

The Sandwich Council on Aging does have a scholarship program available to low-income seniors for activities and programs. There is an application process with documentation required. This is a confidential process. Please contact Jan Timmons or Rita Wahlstedt to discuss this process.

HELP US SAVE DOLLARS!

Please remember to notify us to stop your newsletter if you should go away for a few months. The cost of returned mail is increasing! Please help us save funds.

Also, another way you might want to help us save is by receiving the newsletter via e-mail. Contact Mary Ellen if you want us to e-mail the newsletter to you.

ACTIVITIES UPDATE:

Scrabble – This group meets Thursdays from 10:30 a.m. – noon. Always open to new scrabble players. This group plays in the lower meeting room.

Mah Jong - now meeting in lower meeting room 1:00 p.m. Tuesdays.

Monday Painting Group—would like to invite anyone who is interested in painting to join them from 1:00 – 4:00 p.m. on Monday afternoons. They are a friendly group with beginning and more experienced artists. Stop in on a Monday afternoon to meet the group.

Tuesday Afternoon Quilting Group—meets 1:00 – 3:00 p.m. (**Now meeting upstairs – back meeting room**). If you are interested, stop by to meet the group. Bring your project. New quilters always welcome!

Friday Afternoon Hand and Foot Card Group – meets 12:30 – 4:00 p.m. lower level.

Men's Poker – Friday Afternoons - 12:30 p.m. Various games *No gambling....*

Windows 10 Classes

If you are considering the purchase of a new computer this year, it is certainly going to come equipped with Windows 10. The Sandwich Council on Aging is offering a small class size series of lessons on navigating Windows 10.

Learn what is new; what has changed & what works differently. Learn what you need to successfully use your windows 10. Included topics cover what windows does, terminology, software installation, basic maintenance routines and an overview of the internet and its related functions.

Classes are being held on the following dates: Thursday, October 15th and Friday, October 23rd from 1:00 – 3:00PM as well as Mondays, October 19th and 26th from 9:00 – 11:15AM.

Pre-registration is required – call Sandwich COA at 508-888-4737.

TRANSPORTATION OPTIONS:

**Provided by Sandwich Council on Aging:
COUNCIL ON AGING VAN/BUS
TRANSPORTATION
9:00 A.M. – 2:00 P.M.**

Call for availability to schedule a ride to COA programs, hairdressers, local errands, doctors and more! Please book appointments no earlier than 9:30 a.m. (local) and no later than 2:00 p.m.

Call the Sandwich Council on Aging at 508-888-4737 early to book your reservation. Seating is limited. *If using a wheelchair you must have a companion with you—the driver cannot accompany you into the building for your appointment.*

Also, Sandwich Council on Aging volunteers provide **transportation to medical appointments.** This service is for routine visits only. We ask for at least three days notice prior to your appointment in order to succeed in finding a volunteer driver. We also ask that you book your appointments no earlier than 9:00 a.m. (local) and no later than 2:00 p.m.

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

**Provided by Cape Cod Regional Transportation:
BOSTON LOCAL HOSPITAL
TRANSPORTATION**

Travel from Cape Cod direct to Boston hospitals on a wheelchair accessible bus, Monday – Fridays (no holiday service).

Pickup Locations Mid & Upper Cape
8:00 a.m. Barnstable (Rt. 6 & 132 Burger King)
8:15 a.m. Sagamore (Rotary Commuter Lot)

Reserve by 11:00 a.m. the day before. Cost is \$30 round trip; \$15 one way. Reservations - 1-800-352-7155. Schedule medical appointments between 10:00 a.m. and 2:00 p.m. Bus leaves Boston no later than 3:00 p.m.

CAPE COD REGIONAL TRANSIT AUTHORITY... FIXED BUS ROUTES!

Cape Cod Regional Transit Authority (CCRTA) has begun a fixed 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 if you are 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. And the COA is a stop on this route!!

For additional information call CCRTA at 1-800-352-7155.

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

ELDER SERVICES OF CAPE COD & ISLANDS INFORMATION:

Elder Luncheon Program:

Healthy, delicious hot meals are served at the Sandwich Housing Authority, 20 Tom’s Way, four 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 \$2.00 per meal is recommended and lunches are served on Mondays, Tuesdays, Thursdays, and Fridays. Reservations need to be made by calling 508-888-2965.

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, or to be connected to a counselor, please contact the Information and Referral Department at: 1-800-394-4630.

DON'T FORGET:

THE SANDWICH COUNCIL ON AGING 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 COUNCIL ON AGING, 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 ON AGING SHOULD NOT BE PRESUMED TO BE ENDORSED AND SPONSORED BY THE COUNCIL ON AGING.

OUTREACH ASSISTANCE: Available by appointment. Meet confidentially with our Outreach Coordinator to have your questions answered about resources and programs you may be entitled to. We can assist with Benefit Screening, assessing needs and accessing appropriate programs, respite for caregivers, etc. **Call us at 888-4737** to schedule your confidential appointment.

LEGAL ASSISTANCE – APPOINTMENT ONLY

----- **Atty. Mello's office, 3rd Monday**
Financial security, health care choices, trusts, wills & estate management.
----- **Atty. Tom Kosman, 2nd, Tuesday**
Housing problems, government benefits, health law, guardianship, reverse mortgage, & consumer issues.
---- **Atty. Michael Lavender or Atty. Kennan, 2nd Wednesday**
Elder Law, Trusts, Estates, and Wills.
*Home visits can be arranged if you're homebound. Appts. are in the mornings.
----- **Atty. John Kennan, 4th, Wednesday**
Wills, trusts, estates, asset protection
Please call the COA at 508-888-4737 to make an appointment.

HEARING SCREENINGS:

(2nd Wed. each month). Free screenings at Spaulding Rehab. Please **call 508-833-4141** to schedule your free appointment.

SHINE COUNSELOR:

Will assist you with your Health Insurance questions and needs. Please call the **COA 508-888-4737** office to make an appointment.

GROCERY SHOPPING: Every **Thursday** morning to Stop & Shop, a bank, and a pharmacy. This is Door-to-Door service! You must call the COA office by Wednesday at NOON to make your reservations. There is no fee but a **\$4.00 donation is requested.**

Medical Appointment Transportation: volunteers provide this service. We ask at least three days notice if possible when requesting a driver. **Please make your doctors appointments between 10am and 2pm whenever possible.** DONATION TO DRIVER. Call COA at 508-888-4737.

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

**Please call with your destination suggestions!
508-888-4737**

Call for availability of transportation to your local COA programs, hairdressers, doctors and more!
Call for more info: 508-888-4737

Please let us know if you would like to receive the newsletter by e-mail!
mesteeves@townofsandwich.net
or to cancel delivery for the winter!

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

Please help us save \$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$

Please consider receiving your newsletter by e-mail.

Please contact Mary-Ellen at the COA 508-888-4737 or by e-mail at:

mesteeves@townofsandwich.net

**Sandwich COA Presents
Latshaw Pops Orchestra
"2015 CHRISTMAS MEMORIES"
Monday, November 16, 2015
Lantana's – Randolph**

The sights and
Christmas are alive
Style...as the
performers and of
20-piece Swing
take to the stage in



sounds of
and well...Big Band
talented cast of
course **Latshaw's
City Orchestra**
one of the most

exciting Christmas shows of the season. You will hear all of your favorite Christmas songs and carols arranged in a Big Band style reminiscent of a nostalgic bygone era. Come celebrate the Christmas season with this heartwarming show!

Day Includes:

- Complete luncheon at Lantana's - Randolph
- Latshaw Productions "Christmas Memories"
- Deluxe Yankee Line motorcoach transportation
-



Price: **\$89.00 Per Person**

Due With Reservation - Checks Payable To: Yankee Line

Drop off checks to the Sandwich COA Office or Mail to:

**Sandwich COA, 270 Quaker Meeting House Rd, E. Sandwich, MA 02537
FOR INFORMATION CALL BARBARA BUCHENAN - (508) 888-7052**

**Departs: 9:45am- COA, 270 Quaker Meeting House Rd.
(Returns approx. 4:00pm)**

Name: _____ Phone: _____

Latshaw's Christmas Memories - Nov. 16. 2015 - Tour Operated By: Yankee Line

October 2015

COUNCIL ON AGING ACTIVITIES

Monday	October	NEW Cribbage Group	10:00 a.m.
Thursdays	October	Barber for Men	9:00-11:30
Thursday	Oct. 1	Genealogy: Tracing Your Roots w/Judy Hendy	1:00 p.m.
Wednesday	Oct. 7&21	Massage Therapy**	1:00 p.m.
Wednesday	Oct. 7	Social Security Retirement & Medicare	1:00 p.m.
Thursday	Oct. 8	Attorney Michael Lavender**	1:00 p.m.
Friday	Oct. 9	Current Events	10:30 a.m.
Tuesday	Oct. 13	Attorney Tom Kosman**	10:00 a.m.
Tuesday	Oct. 13	Solo Dining- Mezza Luna	1:00 p.m.
Wednesday	Oct. 14	South Sandwich Sports Complex Update	11:00 a.m.
Wednesday	Oct. 14	How to save Money on Heating & Energy	1:00 p.m.
Thursday	Oct. 15	Fire prevention and Safety Program	1:00 p.m.
Thursday	Oct. 15	"Friends Of" Annual Meeting with Ice Cream Sundaes	3:00 p.m.
Friday	Oct. 16	Medicare Overview presented by Shine	11:00 a.m.
Saturday	Oct. 17	What If...? (Held at 1 st Church)	11:30 a.m.
Monday	Oct. 19	Attorney Mello's Office**	9:00 a.m.
Thursday	Oct. 22	When Is It Time for Assisted Living?	1:00 p.m.
Friday	Oct. 23	Current Events	10:30 a.m.
Friday	Oct. 23	Blue Cross/Blue Shield-Medicare Options	1:00 p.m.
Monday	Oct. 26	COA Board Meeting - Lower Level-New Time	3:00 p.m.
Wednesday	Oct. 28	Attorney John Kennan**	9:00 a.m.
Wednesday	Oct. 28	Halloween Party w/Dan McCarthy	12:30 p.m.
Wednesday	Oct. 28	Painting Class	1:00 p.m.
Thursday	Oct. 29	AARP Safe Driving Program	9:45 a.m.
Thursday	Oct. 29	The Elephant Sanctuary	1:00 p.m.

MONDAY

Seniors on the Go/ by appointment
 7:50 Zumba Gold
 9:00 Walking Group
 9:00 Men's Exercise Class
 9:00 Sandwich Stitches
 (1st & 3rd)
 11:30 COA Board Meeting (4th)
 1:00 Painting Group
 5:30 Yoga

TUESDAY

Seniors on the Go/ by appointment
 9:00 Yoga
 10:30 Yoga II
 1:00 Mah Jongg
 1:00 PM Quilters
 1:00 Tai Chi

WEDNESDAY

Seniors on the Go/ by appointment
 9:00 Cardio Fitness
 10:00 Knitting/Crocheting
 1:00 Massage (1st & 3rd)
 1:00 Bereavement Group
 (2nd & 4th)
 1:00 Bridge (Lower Level)
 1:30-3:30 Veterans' Agent

THURSDAY

Seniors on the Go/ by appointment
 Thursday Shopping Van
 9:00 a.m. Walking Group
 9:00 a.m. Yoga II
 9:00 a.m. Barber for Men
 9:00 a.m. Men's Exercise
 10:30 a.m. Scrabble
 10:30 a.m. Chair Yoga
 1:00 p.m. Genealogy (1st)

FRIDAY

Seniors on the Go/ by appointment
 7:50 Zumba Gold
 9:00 Cardio Fitness
 9:00 **Footcare (2nd)
 10:30 Current Events Discussion
 (2nd & 4th)
 12:30 Hand and Foot
 12:30 Men's Poker Club

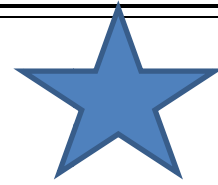
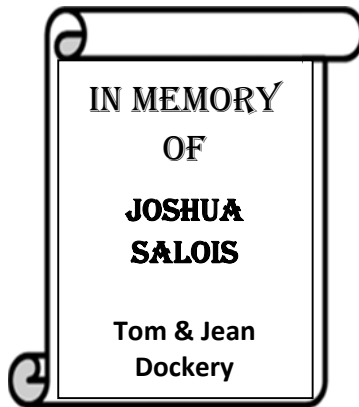
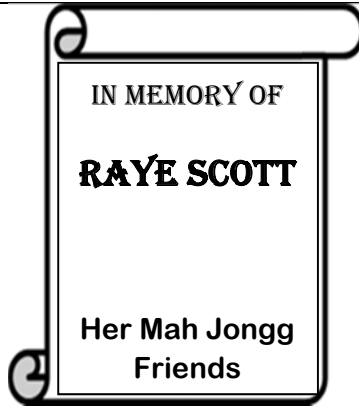
SATURDAY

9:00 20-20-20 Fitness

****APPOINTMENTS NEEDED—
 PLEASE CALL 508-888-4737 (COA
 OFFICE HOURS 8:30 A.M. TO 4:30
 P.M.) Exercise and Wellness
 Programs- Registration and
 Payments are due 1 week
 before the session starts. No
 Walk-Ins
 Not Responsible for
 Typographical Errors**

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 2015.

**Elsie Blackie
William/Barbara Breisky
Col.D.A. Bartlett
Claire Lamontagne
Henry Lynch
Mary Reardon
John Williams**



*The Friends of the COA
would like to
acknowledge and thank
the following for their
generous donations. Such
donations are used to
enhance services for the
Sandwich citizens of today
and tomorrow!*

Diane Martin

9/15/15

2016 MEMBERSHIP DUES ARE DUE!!!

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

Name _____
Mailing Address _____
Tel #: _____ E-mail: _____

Individual/Family Membership \$10 Business Membership \$25

In addition to your becoming a member of the Friends, financial gifts to the Building Fund, bequests and participation in activities will also be appreciated

**Enclosed is \$_____ (please make check payable to Friends of Sandwich COA)
Mail to Treasurer, PO Box 107, Sandwich, MA 02563 or drop off at the COA Office
2016 Memberships run from October, 2015 to September, 2016**

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)

