

# THE COMPASS

Magazine of the Barnstable Senior Center

August/September 2018



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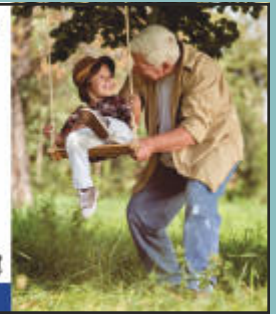
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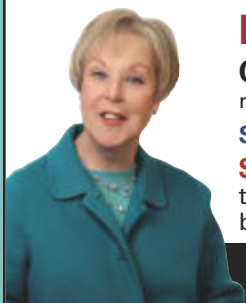


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**Barnstable Senior Center**  
825 Falmouth Road Hyannis, MA 02601

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## Staff Directory

- Madeline Noonan** - Director  
Madeline.Noonan@town.barnstable.ma.us
  
- Donna-Marie Burns** - Assistant Director  
Donna-Marie.Burns@town.barnstable.ma.us
  
- Claudia Borden** - Outreach & Development Coordinator  
Claudia.Borden@town.barnstable.ma.us
  
- Judy Redd** - Outreach & Transportation Coordinator  
Judy.Redd@town.barnstable.ma.us
  
- Susan Griffin** - Activity Coordinator  
Susan.Griffin@town.barnstable.ma.us
  
- Judith Reppucci** - Marketing and Events Coordinator  
Judith.Reppucci@town.barnstable.ma.us
  
- Jen Fratus** - Principal Division Assistant  
Jennifer.Fratus@town.barnstable.ma.us
  
- Deborah McKenna** - Division Assistant  
Debbie.McKenna@town.barnstable.ma.us
  
- Stacey Cullen** - Adult Supportive Day Program Coordinator  
Stacey.Cullen@town.barnstable.ma.us
  
- Mariann Mosher** - Adult Supportive Day Program Assistant
  
- Cindy McCann** - Adult Supportive Day Program Assistant
  
- Sarah Howes - Fenton** - Adult Supportive Day Program Assistant
  
- Marjorie Sullivan** - Van Driver
  
- Josh Dunn** - Custodian

*The Compass, a partnership of the Barnstable Senior Center and Liturgical Publications, is published bimonthly. This publication is made possible in part by a grant from the Massachusetts Executive Office of Elder Affairs. To maintain successful and supportive services, the Barnstable Senior Center is committed to educating itself in the diverse needs, concerns and lives of community seniors. The Senior Center programs and services are open to all community seniors regardless of race, ethnicity, religion, gender or sexual orientation.*

*COA Disclaimer: The Barnstable Senior Center offers many recreational, health, legal, financial and other services and programs by volunteer or nominal cost providers. We advise that seniors participating in these services and programs do so with the understanding that the Town of Barnstable or its employees do not assume any legal responsibility for any advice or services rendered by such volunteer or nominal cost providers and any advice or services offered by outside providers should not be presumed to be endorsed or sponsored by the Barnstable Senior Center.*

## Dear Friends,

I'm thrilled to have some wonderful news to share with you – at the recommendation of Town Manager Mark Ells, the Barnstable Town Council approved funding in this year's budget for the Senior Center to begin offering evening programs! Beginning in October, the Senior Center will open several evenings (details coming soon). We are currently developing our evening programming schedule so please let us know if there are any specific classes or activities you would like to see us offer. Please help us spread the word and let people know that evening programs will be open to all adults in our community, regardless of age! For those of you that have been advocating for this for many years, we are excited to make this a reality. Thank you for your support!

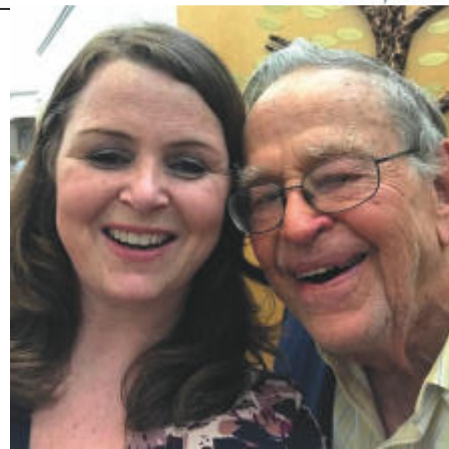
During September, we'll be celebrating National Senior Center Month with some special events. This year's theme of "Building Momentum - Growing, Learning, Giving, Connecting" is particularly fitting to us as our focus this year has been planning and visioning the future of the Barnstable Senior Center as we approach our 20<sup>th</sup> anniversary in June, 2019. To that end and following on from our survey earlier this year, we are sharing plans and soliciting input at two upcoming Community Conversations (details on the back page). We hope you can join us in this engaging and interactive process! Also keep an eye out for our Annual Living Well Expo on September 28<sup>th</sup> from 10:00 AM to 1:00 PM — and check page 30 for more information. This fun and informative event is your one-stop shop for active living and healthy aging!

Finally, I want to thank our outgoing Council on Aging Chair John Jope for his leadership, guidance and dedication during his tenure and welcome our newly elected Chair John Alden. John is a familiar face at the Senior Center as he participates in many activities. I can't think of a better person to be at the helm during this exciting and important year ahead!

Be well,

**Maddie**

Madeline Noonan, Director of Senior Services



*It doesn't get much better than enjoying wonderful days like the Intergenerational Event . I wanted to share these pics with you because they say it all.  
See more fun pictures on page 30!  
— Maddie*

### Friends of the Barnstable Council On Aging

**CASH RAFFLE TICKETS ARE ON SALE NOW!**

**Tickets are \$5 each or 3 for \$10 Drawing 9/28/18**

**CASH PRIZES: 1st \$250, 2nd \$100, 3rd \$50**

**Additional prizes: Gift Certificates**

**Spanky's Clam Shack Third Annual Lobster Roll Luncheon**



### DINE AROUND CAPE COD

Every two months we pick a different restaurant. We invite you to come meet the Friends and make new ones! You will be responsible for your check and transportation.

**September:**  
**Ten Pin Eatery-**  
**Cape Cod Mall**  
**September 19**  
**- Lunch at 12 Noon**



*For more info and to RSVP contact the Barnstable Senior Center at (508) 862-4750*

**Join the Friends for just \$10 a year!**

\*\*\*\*\*

#### 2018 MEMBERSHIP FORM:

Annual Dues Only \$10 per person (1/1-12/31)

Name(s): \_\_\_\_\_

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

Phone: \_\_\_\_\_

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per person

Additional Dona-

tion: \_\_\_\_\_



### Registration Information

#### Payment Methods

Check (payable to Town of Barnstable)

Cash (in person only)

Credit card (Visa and MasterCard)

#### How to Register

In person: At the Barnstable Senior Center from 8:00 a.m. to 4:30 p.m. Monday through Friday

By phone: Call (508) 862-4750 during normal business hours. Credit card payment is required

By mail: Barnstable Senior Center, 825 Falmouth Road, Hyannis, MA 02601

Online: At [www.townofbarnstable.us/seniorservices](http://www.townofbarnstable.us/seniorservices) Credit card payment is required.

#### Registration Policy:

Full payment is required at time of registration. Classes cannot be prorated. All classes/events are filled on a first-come-first-served basis. Fees may be subject to change.

**Inclement weather policy:** If the Barnstable Public Schools are closed due to inclement weather, classes and events at the Senior Center will be cancelled but the center will remain open unless the Barnstable Town Hall is closed.

**PLEASE NOTE:** Classes/events may be cancelled due to low enrollment until the day of the event. If you have registered for a class that is subsequently cancelled, you will be issued a refund. Please be advised that cash/check/credit card refunds may take up to a month to process. No refunds will be issued once a class has begun.

### Keep in touch!

**508-862-4750**

[www.townofbarnstable.us/seniorservices](http://www.townofbarnstable.us/seniorservices)



■ Sign up for our weekly E-newsletter!

Contact Judith Reppucci at

[Judith.Reppucci@town.barnstable.ma.us](mailto:Judith.Reppucci@town.barnstable.ma.us)

■ "Like" us on Facebook at

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to keep up with all the latest news and information.





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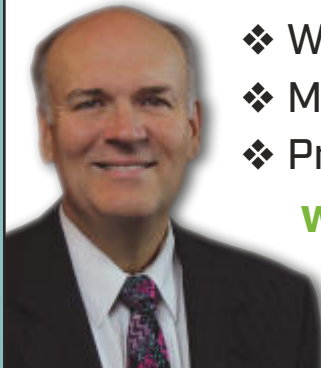
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# ENRICHMENT

EVENING PROGRAMMING  
STARTS IN OCTOBER!

Check our next issue for exciting new programs open to all adults in our community, regardless of age!



## Arts & Crafts

**Acrylic Art Workshop with Susan Carey**  
**Thu. Sep. 6, 10 a.m. -2 p.m. Fee-\$35 Limited to 10**  
Sue Carey will be conducting this one-day workshop on a topic to be determined. Bring lunch and materials. *Materials available to students at an additional cost or ask for a material list when you sign up.*

**Acrylic Workshop for the Beginner-Part I**  
**Tue. Sep. 11, 3-6 p.m. Fee-\$30**  
This three-hour workshop is for the true beginner. If you've ever said "I can't draw a straight line" this is the class for you. Ann DesRoches will guide you through this easy, spirited art class; sign up to pick up a brush, mix paint and learn a few basic techniques that will get you creating.  
*\$10 materials fee paid to the instructor.*

**Acrylic Workshop for the Beginner-Part II**  
**Tue. Sep. 18, 3-6 p.m. Fee-\$30**  
This three-hour workshop is for students who want to try acrylics or continue with further instruction. You'll learn new techniques and progress beyond the beginner with Ann Desroches. *\$10 materials fee*

**Acrylic Art for the Beginner**  
**with Sue Carey**  
**Thu. Sep.13-Oct. 18,**  
**10 a.m.-12 p.m. Fee-\$60**  
**Thu. Sep.13-Oct. 18,**  
**1:30 -3:30 p.m. Fee-\$60**  
This step-by-step class in acrylics is designed for the beginner and those who need a refresher. You'll create an original piece of artwork to bring home.



**Paper Jewelry with Irma**  
**Mon. Sep. 24, 1:30-2:30 p.m. Fee-\$15 includes materials**  
Create a gorgeous piece of jewelry with paper. Irma and Mary will supply materials. Space is limited to 10. *Bring a pair of scissors or knife, a ruler with a metal edge, a cutting board and a paper cutter if available.*

## Computers & Technology

**iPad, iPhone Tips**  
**Tue. Jul. 31-Aug. 28, 10-11 a.m. Fee-\$15-Limit 20**  
**Tue. Sep. 4-Oct.2, 10-11 a.m. Fee-\$15-Limit 20**  
Get started with your new iPad or iPhone. Discover its capabilities, and follow the simple guides to set up and start using now. Learn about browsing the web, sending emails, setting up security and making notes. Whether you want to take pictures and share them with loved ones, or chat to your friends around the world for free, this course explains everything in an easy to understand manner. Instructed by retired college professor, Carl Bertelsen.



## Music

**Welcome to Ukulele for the Beginner **\*\*NEW\*\*****  
**Mon. Aug. 6-Sep. 17, 10:30-11:30 a.m. Fee-\$36**  
Aloha! This is an absolute beginner ukulele class. Performer and instructor Cathy Hatch has been teaching this wonderful instrument on Cape Cod for many years and she'll instill a respect for the ukulele, teach you a few chords and make learning fun.  
*Bring a ukulele and a tuner.*

**Welcome to Ukulele Advanced Beginner/ Improver Ukulele Lessons **\*\*NEW\*\*****  
**Mon. Aug. 6-Sep. 17, 1:30-2:30 p.m. Fee-\$36**  
This class will take you to the next level and beyond. Learn to play an instrumental song, play a 3 chord song G-C-D C-F-G D-G-A and add new chords along with instructor Cathy Hatch. *Bring a tuner.*



## Workshops



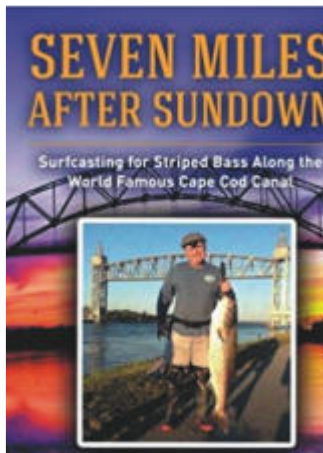
**Photography Lecture: Taking a Good Photo**  
**Wed. Aug. 1, 1-3:30 p.m. Non-member \$5, paid up dues members free. RSVP –REQUIRED**  
*please call Carol at 508-432-4035.*

This month meet Bob Singer, club member and fine arts photographer and instructor. His topic will be the elements of composition in making a “good photo.”

**Author Talk; Truth Be Damned by Janet Uhlar**  
**Thu. Aug. 2, 1:30-2:30 p.m. RSVP-Free**  
 Serving as a juror in the high-profile criminal trial of James “Whitey” Bulger changed Uhlar’s life. The *Truth Be Damned*, is a work of fiction based not only on Janet’s experience as juror #12, but also her extensive research following that trial. Meet Janet and hear her read from her book *Truth Be Damned*.

**Get Outdoors with LL Bean,**  
**Experience the World of Birds Mon.,**  
**Thu. Aug. 6, 9, 13 and 16, Fee-\$35 RSVP-**  
**REQUIRED by August 1**  
 The BSC has collaborated with the Mashpee store of LL Bean Outdoor Discovery Schools. Join us outside for a unique bird-watching tour around the BSC.  
*Limited to 10*

**Author Talk: Seven Miles After Sundown**  
**by East End Ed Doherty**  
**Wed. Aug. 8,**  
**1:30-2:30 p.m.**  
**RSVP-Free**  
 Relive a colorful account of a renowned photographer John Doble’s quest in the pursuit of striped bass while surfcasting along the rocky banks of the world famous Cape Cod Canal. See why people travel a great distance to fish the powerful currents of the storied Cape Cod Canal.



**Bette Davis, A**  
**Vulnerable Fortress,**  
**Hollywood at its Best**  
**Mon. Aug. 13, 11 a.m.-**  
**12 p.m. RSVP-Free**

Known for her forceful and intense style, Ruth Elizabeth Davis was born in Lowell and one of Hollywood’s most renowned actresses. Frank Mandosa will discuss her impact on Hollywood and show portions of her many films. All attendees get free handouts and a free raffle ticket for movie-themed door prizes.



**Best of Broadway**  
**Mon. Aug. 13, 10-11 a.m. RSVP-Free**  
 Enjoy a special DVD presentation of the 2018/2019 Broadway season in Providence and Boston. Learn about new Broadway shows in New York and Tony Award winners, and discuss the best seats in the house for the price. Sponsored by the Travel Club.

**Cape Wildlife Center, Saving Wildlife on Cape Cod**  
**Tue. Aug. 14, 10-11 a.m. RSVP-Free**  
 Executive Director the Cape Wildlife Center in Barnstable, Zak Mertz, will talk about the veterinary care and rehabilitation of the many animals they care for each year, from tiny hummingbirds to coyotes. *If you would like to bring a donation of towels or cleaning products for the Center, please contact Susan at 508-862-4761.*

**Disaster Preparedness**  
**Thu. Aug. 16, 10-11 a.m. RSVP-Free**  
 Minimize the impact of a disaster, and help your family and community recover quickly with proper preparation. Barnstable County Sheriff’s Office Emergency Management Director, Joseph Gordon will be share valuable tips and strategies to help you prepare.

**Solar Energy, What You Need To Know**  
**Mon. Aug. 20, 1:30-2:30pm**  
 Attorney Marie C. Clougher will give a short presentation about suppliers and solar energy, providing tips and information on how to protect yourself in transactions with solar energy companies. Marie will take questions and explain the Consumer Assistance Council’s role in helping consumers resolve disputes with businesses.



### Get Outdoors with LL Bean, Fly Fishing 101 with Patrick Grenier

Aug. 20, 23, 27 & 30, Fee-\$60

**RSVP-REQUIRED**

**by August 1**

The BSC has collaborated with LL Bean Outdoor Discovery Schools. Learn to Fly Fish on Cape Cod. Join



experienced fly fisherman Patrick Grenier who has fished everywhere from Yellowstone National Park, to Alaska, to Louisiana, and has endless stories about fly fishing. Space limited to six participants.

### Garden Talk: Sustainable Organic Gardening Thu. Aug. 23, 11 a.m.-12 p.m. RSVP-Free

Master Gardener Kevin Minnigerode will answer questions and discuss a sustainable garden and how you can take steps toward organic gardening practices. Learn gardening practices to turn your vegetable and perennial garden organic and sustainability by conserving resources. The Master Gardener Program is a cooperative effort between community volunteers and Cape Cod Cooperative Extension staff to provide unbiased horticultural information to Barnstable County residents.

### TED Talks and Discussion

Mon. Aug. 27, 2-3:30 p.m. RSVP-Free

Started in 1984, TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks which cover topics from science to business to global issues in communities around the world. Our first two TED Talks will be *Older People are Happier* and *How I Made Friends with Reality*. A discussion will follow facilitated by David Martin. Join us for lively informative discussions and be inspired!



Ideas worth spreading

### Photography Lecture: Cell Phone Photography Wed. Sep.5, 1-3:30 p.m. Non-member \$5, paid up dues members free. RSVP –REQUIRED please call Carol at 508-432-4035.

Photographer and digital artist Barbara Braman will speak on cell phone photography and creative ways to use it.

### Digital Banking 101 with Cooperative Bank of Cape Cod

Thu. Sep. 6, 1:30-2:30 p.m. RSVP-Req by Sep. 4

Today's senior citizens are more digitally connected than ever. However, only 14% of seniors choose to harness technology for their finances. The Cooperative Bank of Cape Cod's team will cover such topics as banking transactions from a phone or computer, mobile/online deposits, paying bills online, and more. Learn simple steps for keeping your information safe, ending with a Q&A. *Light refreshments served.*

### Packing for a Trip

Mon. Sep. 10, 10-11 a.m. RSVP-Free

Join the Travel Club for a discussion on what to bring and not bring on a trip; how to pack and not overpack and learn some tips to keep you organized. We'll also discuss what goes in your carryon and what to do if your luggage gets lost and more! Each attendee will receive a complimentary packing checklist.

### Author Talk: Old Women Talking by Wilderness Sarchild

Tue. Sep. 11, 11a.m.-12 p.m. RSVP-Free

Works by award-winning poet and playwright Wilderness Sarchild have appeared widely, and she is the author of a full length poetry collection, *Old Women Talking*, and the co-author of *Wrinkles, the Musical*, a feature length play about women and aging. Meet Wilderness and hear her read from her work.

### Heritage Museums & Gardens

Thu. Sep. 13, 1:30-2:30 p.m. RSVP-Free

Located on 100 acres of gardens, trails, and natural areas, Heritage Museums & Gardens is the largest public garden in Southern New England. Museum Director of Visitor Engagement, Heather Mead will speak on the museum's history as well as programs coming up this fall and winter.



Check the Inside Back Cover of Compass for more information on our annual health event.

## LIVING WELL! EXPO



FRIDAY, SEPTEMBER 28  
10:00 AM TO 1:00 PM

HEALTH SCREENINGS  
WELLNESS VENDORS  
NUTRITIONAL INFO  
EDUCATIONAL SPEAKERS

PLUS, FREE ADMISSION, GIVEAWAYS,  
RAFFLE PRIZES, AND LOTS MORE!

### Wills, Why You Need One

**Wed. Sep. 19, 1:30-2:30 p.m. RSVP-Free**  
Barnstable Family and Probate Court Registrar Anastasia Welsh Perrino will discuss what happens if you do not have a will and the importance of having one.

### The Benefits of Organizing Your Estate

**Mon. Sep. 24, 10-11 a.m. RSVP-Free**  
Ellen Abramson has all the information you need on getting your ducks in a row for your loved ones and how to combine estate organization with your legal estate plan. This presentation filled quickly the last time, so sign up early!

### Taking Control of Your Future:

#### A Legal Checkup

**Wed. Sep. 26, 11 a.m.-12 p.m. RSVP-Free**  
Do you have questions about Medicare/Medicaid, health care proxies or other probate issues? Attorney Robert Mascali will answer questions on elder law, Veterans Affairs Financial Benefits, Medicare, Medicaid (MassHealth), reverse mortgages, and more

### Coffee Talk with Cape Cod Coffee Roasters

**Thu. Sep. 27, 10-11 a.m. RSVP-Free**  
Pam Aggerback of Cape Cod Coffee Roasters will be here to talk about the story of Cape Cod Coffee Roasters. Learn about the process of expertly selecting and roasting coffee beans right here on Cape Cod.

## Events & Entertainment

### The Sound of the Hammered Dulcimer

**Thu. Aug. 2, 1:30-2:30 p.m. RSVP-Free**

The hammered dulcimer is a percussion-stringed instrument which consists of strings typically stretched over a resonant sound board. Come hear Kathy Spirtes play the beautiful sound of the hammered dulcimer and talk about its history and happenings in the hammered dulcimer world since it was brought to the United States during the colonial times.

### Sail Cape Cod

**Tue. Aug. 7, 1-3p.m. RSVP-\$25 pp Limit 8**

**Thu. Aug. 9, 1-3 p.m. RSVP-\$25 pp Limit 8**

Experience Cape Cod from the water. Last year's program was so successful, people asked for another opportunity to experience the water with Sail Cape Cod. They have generously given the BSC these time slots to allow even those with mobility issues to sail and enjoy the beautiful coast of Cape Cod. Take this chance to experience the Cape from the water. Sail Cape Cod is a non-profit Community Sailing Program whose mission is to improve the quality of life in the community through sailing for people of all ages, socio-economic backgrounds, and physical and developmental abilities. *An application and release form must be completed before you set sail.*

### The Funny Food Singalong with the Cape Cod

**Ukulele Club Wed. Aug. 8, 1:30-2:30 p.m. RSVP-REQUIRED by August 3**

Pizza hats and flying sandwiches, kazoos and other noisemakers will have you giggling and clapping your hands. Led by Cathy Hatch the Cape Cod Ukulele Club is about having fun and playing good music, and beginners are always welcome and encouraged.

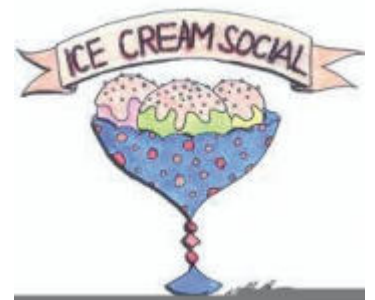
### Ice Cream Social with the Victrola Society

**Performing Sentimental Journey**

**Wed. Aug. 29, 2-3 p.m.**

**RSVP-Required by August 24**

Join us for a delightful serving of ice cream and music by the ever-popular Victrola Society. Ice cream sponsored by Cape Heritage Rehabilitation.



## Health & Wellness

### **Seasons of the Heart, Coping with Grief and Loss Wed. Aug. 1-Sep. 19, 2-3:30 p.m. RSVP-Required**

This workshop offers education and discussion on the nature of grief and bereavement as a response to loss. Discussion will include an understanding of different models of the grief process and strategies for coping. This program is facilitated by Richard Bickford of the VNA. This will continue as a support group the 1st & 3<sup>rd</sup> Wednesday of each month if three or more people participate.

### **Health Talk: Dehydration and Heat Exhaustion Wed. Aug. 8, 10-11 a.m. RSVP-Free**

'Tis the season for safety tips for the dog days of summer. Presented by the experts from Kindred Health.

### **Hear What you are Missing! Hearing Screening & Hearing Aid Clean & Check Thu. Aug. 7 & Sep. 13, 1:30 pm – 3:00**

#### **Appointment Required-Free**

Make a difference in the quality of your everyday life! In just 15 minutes, you can have a hearing screening done at no charge. Your results will be reviewed privately to help you understand your options. Participants who already have hearing aids can have them cleaned, and checked and professionals From Coastal Hearing Clinic Inc., of Sandwich will answer your questions and address your concerns.

### **Ancient Wisdom Circle**

**Wed. Aug. 22 & Sep. 19, 2-3 p.m.**

#### **RSVP-Free**

Learn to use ancient practices to ground and heal through natural elements. This course, which is facilitated by Town of Barnstable Nurse, Peg Stanton will include using directions, crystals, herbs and drumming. The above dates include full moon drumming and equinox drumming.

### **Savvy Caregiver Program**

**Tue. Sep. 11-Oct. 9, 4:30-6 p.m.**

#### **RSVP-Required By September 6**

The Savvy Caregiver program is a free six-week training for family and friends who are active caregivers, caring for those living with Alzheimer's or related dementias. Don't miss out; this program offers expert advice for the caregiver.

### **Health Talk: Honoring Choices, Choosing an Agent**

**Wed. Sep. 12, 10-11 a.m.**

#### **RSVP-Free**

Joanne Burbank, R.N. from Kindred Health will discuss the program from Cape Cod Healthcare called Honoring Choices Cape Cod, which supports the right of every adult to direct their health care choices for quality care today and everyday all through their lives. You'll be provided with up-to-date health care planning information, free Massachusetts care planning documents, and guides to start a planning discussion with your care providers to match quality care to your goals, values and healthcare proxy choices.



*Your Health Care. Your Choice!*

### **Alternative Health: The Harvest Moon and Other Autumn Blessings Thu. Sep. 13, 1:30-2:30 p.m. RSVP-Free**

Holistic nurse, Anne Jordon, BA, will discuss tips on entering the twilight months. Her presentation will include drying herbs, gourds galore, the grape harvest, fall foods, and more.

### **Healing Sounds- Kalein Intentional Crystal Bowls Wed. Sep. 19, 2-3 p.m. Fee-\$5**

Kathleen Warren once again brings her amazing crystal bowls to the BSC. Everything we experience in life is stored in our vibrational being. When we become out of balance from stressors we create blockages that cause us to vibrate out of tune causing "dis-ease." Crystal Bowls are a vibrational light therapy. The bowls are perfectly tuned to each of your chakras. Experiencing the bowls feels very healing to the mind, body, and soul leaving you with a feeling of wellness.

### **Hearing Screening and Cleaning**

**Tue. Sep. 20, 1:30-3:30 Appointment Required**

Licensed hearing instrument specialist, Shawn Woodbrey, from At Home Hearing Healthcare, will check your hearing, clean hearing aids and discuss medical concerns. Nine appointments are available.

# WELLNESS

## Exercise Classes

*\*To reduce the risk or chance of physical injury you should consult with your medical provider before undertaking any new exercise program.*



### Cardio Fitness

**Thu. Aug. 2-Sep. 27, 10a.m.-11a.m. Fee-\$48**

Come join the low impact cardio and strength training class for all levels — just bring your sneakers and a smile. Build strength and energy; become more social; move with friends; increase your flexibility and balance. This is an active class choreographed to your favorite music for those that want to push themselves to get into better shape and feel their best. Instructor: Dianne Francis.

### Chair Supported Yoga, Be Surprised About the Benefits! Wed. Aug. 1-Sep. 19, 12-1 p.m. Fee-\$48

Can't turn yourself into a pretzel? That's ok because you can do Chair Supported Yoga and still get all the benefits. Take this class and then practice from the comfort of your own home. This class will surprise you with its ability to improve overall health, prevent and help with mobility. Instructors: Michele Brandt and Rebecca Coverdale.

### Challenge Accepted! Small Group Training Class

**Tue. Aug. 7-Sep. 25, 9-10 a.m. Fee-\$42 (Level 2)**

**Tue. Aug. 7-Sep. 25, 10-11a.m. Fee-\$42 (Level 1)**

**Thu. Sep. 6-27, 9-10 a.m. Fee-\$24 (Level 2)**

**Thu. Sep. 6-27, 10-11 a.m. Fee-\$24 (Level 1)**

With instructor and certified personal trainer Liz Saunders. **Level 2** is an advanced class for those comfortable with training basics and focused on strength and cardiovascular training. Modifications can be made so you can progress with confidence. **Level 1** class is for active people with a focus on technique and form with strength and cardiovascular training. Class may consist of moving to the beat, lifting weights, timed intervals, teams or stations and using workout props. NO mat work. Learn how to modify! *Bring water, your own weights if you have them, and wear proper footwear.*

### Country Line Dancing

**Mon. Aug. 6-Sep. 24, 11:15 a.m.-12:15 p.m. Fee-\$36**

Get out your cowgirl/boy boots, ten-gallon hat and dance your way to fitness. This is a choreographed dance with a repeated sequence of steps in which a group of people dance in lines or rows, and execute the steps at the same time. Instructor: Kim Benton.

### Dance for Joy

**Fri. Sep. 7-28, 11 a.m.-12 p.m. Fee-\$24**

You Can Dance for Joy if you have coordination challenges or balance issues. Release tension, increase flexibility, maintain healthy balance and increase awareness and gain confidence. Join this fun, creative class and feel the power of movement and dance. Instructor: Elaine Spiezio.

### Drums Alive with Maria

**Tue. Aug. 7-Sep. 25, 11:30-12:30 p.m. Fee-\$42**

This experience stimulates people whether they are young or old, healthy or ill. When we drum and dance we are having fun! The rhythmical patterns of the drum increases synchronization of brain wave activity which, in turn, provides feelings of euphoria and improved mental awareness and self-acceptance. Drums Alive is specially designed for the senior population. Instructor is Maria Zombas.

### Gentle Stretch *\*New\**

**Wed. Aug. 1-Sep. 19, 9-10 a.m. Fee-\$36 *Pay for 6 take 8***

This class will gently target all muscle groups of the body, from neck to toes, to allow for a more released, less tense body. The class will include floor exercises on mats, standing or sitting. *Bring your mat.* Instructor: Holly Silva

### Glowing to the Oldies

**Wed. Aug. 1-Sep. 19, 9-10 a.m. Fee-\$48**

Dance and "Glow" to the music from the 40s to the 80s. You are sure to have fun moving and grooving to your favorite songs. This class offers a more aerobic type exercise. Instructor: Marcia Raftery.

### Meditation, Exploring Various Aspects *\*New\**

**Tue. Aug. 7-Sep. 11, 4:30-5:30 p.m. Fee-\$24**

*Take 6 pay for 4* Join our newest instructor, Lynnette Walker as she guides the class through various aspects of meditation including: guided visualizations, walking, sitting, silence, music, breathe-work and scents (essentials oils). Be prepared to relax. *Wear comfortable clothes and bring water.*

### Mellow Moves

**Mon. Jul. 30-Sep. 24, 10-11 a.m. Fee-\$48**

**Thu. Aug. 2-Sep. 27, 10-11 a.m. Fee-\$54**

Terry Stocker teaches this kinder, gentler fitness class which includes light aerobics, strengthening exercises, balance work and stretching, all done to fun, upbeat music. *Wear sneakers and comfortable clothing; bring hand weights and water.*

### Mudra, Hand Yoga for Health

**Wed. Aug. 1-Sep. 26, 11 a.m.-12 p.m. Free-Walk-in**

Mudra is Sanskrit for seal, mark, or gesture. Mudras hand gestures are used during meditation to direct energy flow in the body. This class begins with gentle stretches and acupressure for relaxation followed by Mudras, meditation and music. Facilitated by Barnstable Public Health Nurse, Peg Stanton.

### Restorative Pilates-Based Matwork *\*New\**

**Wed. Aug. 1-Sep. 19, 10 -11 a.m. Fee-\$36**

*Take 8 pay for 6* This introductory class is a restorative approach for muscular balance and joint alignment through basic exercises from Pilates training (exercises that address the deep core strength of our torso). Bring a mat. Instructor Holly Silva.

### Tai Chi with Holly

**Tue. Aug. 7-Sep. 25, 5-6 p.m. Fee-\$42**

Tai Chi helps to restore health, prolong life, increase personal safety, heighten creativity and maintain a happy attitude through mindful principle-based practice in a supportive learning community. There are eight moves, and we learn one each week. This is one of the most medically recommended exercises for fitness, strength and balance.

Instructor: Holly Heaslip. *First class is free.*

### Tai Chi for Arthritis *\*NEW\**

**Tue. Aug. 7-Sep. 25, 3:30-4:30 p.m. Fee-\$36**

*Take 8 pay for 6*

Developed by Dr. Paul Lam, this program is safe for people with arthritis and easy to learn. Supported by the Center for Disease Control and the Arthritis, the program is designed to improve muscle strength, flexibility and stamina while supporting the joints and reducing pain and stiffness and increasing mobility. Instructor Holly Heaslip is certified in this program. *Wear comfortable shoes and bring water.*



### T'ai Chi Chi

**Mon. Aug. 6-Sep. 24, 3-4 p.m. Full Practice-RSVP**

All Tai Chi Chih practitioners who have experience and taken one or more sessions of Tai Chi may attend a free open weekly guided practice of TCC. This is an opportunity to gain deeper wellness benefits of your practice. *The Full Open Practice is for those that have experience and know all or most of the 19 moves. Wear comfortable clothes, shoes and bring water.* Instructor: Bruce A. Childs.

### Therapeutic Qi Gong

**Tue. Sep. 11-Oct. 16, 3:30-4:45 p.m. Fee-\$36**

Improve your quality of life in this class of gentle movements with powerful results. An ancient physical exercise developed in China, Qi Gong will allow you more flexibility, heighten energy, improve immune function and relax the mind and body. *Wear comfortable, lightweight clothing and flexible shoes.* Instructor: Annemarie Lang.

### Yoga with Bonnie

**Wed. Aug. 8-Sep. 19, 1-2 p.m. Fee-\$42**

Gentle and relaxing Hatha Yoga will give you energy, focusing on moving with the breath into the postures. Instructor Bonnie Silva has practiced yoga and creative dance movement for decades. Bonnie brings beauty and grace to the practice. *Bring a mat.*



### Yoga with Linda

**Tue. Aug. 7-Sep. 25, 4:45-5:45 p.m. Fee-\$42**

Linda Lee Catalina is a certified yoga instructor and registered with the National Yoga Alliance and a member of the Cape Cod Yoga Association. Her goal is to help increase your range of motion and flexibility through gentle yoga movements. Don't say I can't do yoga -- try it! *Bring a yoga mat.*

### Zumba Gold with Christina

**Tue. Sep. 4-25. 31, 9-10 a.m. Fee-\$24**

This exercise program combines Latin and International music, rhythms and dance steps with moves and principles from the fitness world. A milder, gentler version of the original Zumba Fitness, Zumba Gold is a low-impact cardio workout that is geared toward the beginner, the older active adult and individuals who require movement modification to achieve success. It's easy, effective and fun!

Instructor: Christina Arabadzhieva.

## Clubs & Groups

**Artists Club:** Friday from 9:00 a.m. – Noon.

**Bridge Club:** Tuesdays from 12:00 to 3:30 p.m.

**Camera Club:** This group of aspiring photographers, meet the first Wednesday each month at 1 p.m. Call Carol at 508-432-4035

**Chess Club:** Fridays at 1:00 p.m.

**Council on Aging Board Meetings:** Open to the public, third Wednesday of the Month, 9:00 a.m.

**Cribbage Club:** Wednesdays at 1:00 p.m.

**Friday Flix:** Fridays 1:00 p.m. Bring a friend, sit back and enjoy the show!

**Fun Friday:** - Fridays from 12:00 to 3:30 p.m. Drop-in card games. Bridge, Cribbage, Mahjong, Scrabble, Trivial Pursuit, Canasta, Pinochle and more!

**Haiku Club:** First Wednesdays of the month 10:30-11:30 a.m. Come in to learn about this Japanese form of poetry, write a poem or listen to this art form.

**Mah Jong Club:** Monday 9:30 a.m.-12:00 p.m.

**Open Crafts with the Crafty Ladies:** Work on your own projects or simply socialize. Every Wednesday 2:00 p.m.

**Sunshine Crafters:** Volunteer crafters gather Fridays at 1:00 p.m. Our main focus is to knit or crochet items for our craft sales that benefit needy seniors in the community. Come join us for an afternoon of crafts, fun and giving.

**Talkin' Sports:** Resumes August 14, Tuesday at 10:00 a.m. If you are a passionate sports fan join the group gabfest and debate, listen, analyze and give your opinion on all the weeks sporting news.

**Travel Club:** Second Monday of the month at 10:00 a.m.

**Villagers Social Club:** Open to all! Club meets the second Monday of the month at 1:30 p.m.

**Wood Carving:** Enjoy this wonderful craft with others. Free instruction, Wednesdays from 9 a.m.-12:00

## Lose Weight with TOPS! (Taking Off Pounds Sensibly)

Are you looking for a sensible weight loss program, one that will not break the bank and will get you results?

The Barnstable Senior Center hosts a TOPS Chapter on **Thursdays at 11:45 a.m. for weigh-in.**

**Meeting starts @ 12:15p.m.**



**Real People.  
Real Weight Loss.®**

TOPS is a non-profit, non-commercial, affordable weight loss support organization with over 10,000 chapters in the USA and Canada. This program will offer support, friendship and fun in a weekly non-competitive setting.



### Ask the Nurse

**Wednesdays: 9:30-11 a.m.**

Town of Barnstable Public Health Nurse, Peg Stanton, will be available in the Health Room at the Barnstable Senior Center to conduct blood pressure screenings and answer health questions and concerns.

### Foot Care Clinic: By appointment

Call **508-862-4750** to reserve an appointment. Cost is \$29.

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If you are unemployed and actively looking for work, underemployed and looking for a new career direction, or recently retired, not ready to stop working and looking for your "Encore Career", this networking/career coaching program is for YOU!

Now in our third successful year, the program resumes in October.

**1st and 3rd Mondays: 9:00 a.m. to 11:00 a.m.**  
**New Session Starts October 1st**  
**Barnstable Senior Center**  
**825 Falmouth Rd. Hyannis**  
**For information, call Donna Burns**  
**at 508-862-4753**  
[donna-marie.burns@town.barnstable.ma.us](mailto:donna-marie.burns@town.barnstable.ma.us)

*All meetings are open to anyone who resides in MA and is 50+ years old.* Participants are provided with a regularly scheduled, professional forum for networking with peers in a safe and comfortable environment conducive to developing new relationships and developing skills to help them in their career transition.

*Each biweekly meeting is facilitated by Ellen Brady, an experienced Career Coach and HR professional.* Meetings include a presentation on topics relevant to career transition/job search, guest speakers, networking opportunities and one-on-one coaching guidance. Come and learn the tools and strategies needed for a successful job search - at any age!

*There is NO CHARGE for this service, thanks to funding from the Massachusetts Councils on Aging (MCOA): [mcoaonline.com/50plus](http://mcoaonline.com/50plus)*

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or a small "just because" gift?**



Check out the gorgeous array in the glass cases in our lobby, where you can find an assortment of lovely knitted or crocheted garments as well as a charming selection of sundry gifts.

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Susanne Carpenter to place an ad today!  
[scarpenter@lpiseniors.com](mailto:scarpenter@lpiseniors.com) or (800) 477-4574 x6348

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- 8/07-9/04 Foxwoods Resort Casino Monthly Trip w/ bonus package, \$35
- 9/08 Waterfire-Fall Lighting Providence \$35
- 9/14 Eastern States Exposition "Big E" - Military Appreciation Day!, \$60
- 9/22 "Last Empress" of the Forbidden City Exhibition w/ docent tour & China House PEM, \$79
- 10/11 Overnights Legend of Sleepy Hollow - exploring New York's "haunted history trail" 2 meals, \$349

**Book Now: \$25 deposit holds your seat until 90 days prior to show- Charlie and the Chocolate Factory, School of Rock, A Bronx Tale, Jersey Boys, Waitress, Dear Evan Hansen, Hello Dolly**  
**Karyn is here Mondays 9-11 AM ~ Mail payments for travel c/o P.O. Box 161, Centerville, MA 02632 ~ Contact Karyn Wendell at (508) 420-5288 ~ Karynmw1@Comcast.net ~ Visit adventureswithkarynwendell.com**

- 1/09 Anastasia PPAC, 7:30 Orchestra: \$90 outer side \$113 premium
- 1/14 "Sweet Caroline" Neil Diamond Tribute Show Twin Rivers-Lunch buffet, slot bonus, \$79
- 12/07 Mannheim Steamroller Christmas-PPAC, 7:30 Orchestra: \$105
- 10A. Holiday Pops Boston, Mattinee, First Balcony
- 1/02 Atlantic City Resorts New Year 3 Days, 4 meals, 2 shows, bonus \$294
- 1/26 Cats PPAC-mattinee, Orchestra: \$100 outer side/\$120 premium
- 6/26 The Bands Visit PPAC, 7pm Orchestra: \$75 outer side \$110 premium

- December 29 Nashville New Year Grand Ole Opry, General Jackson Showboat Gala, Belle Meade Plantation, Music City Tour- accommodations Opryland Hotel-7 meals, taxes, air, 5 days, \$1929
- June 6-11, 2019 OREGON TRAILS featuring the Portland Rose Festival—features single hotel stay in Portland- the "City of Roses" 6 days, 8 meals, air, Cape transfers, \$2,475
- September 14-23, 2019 DALMATIAN SUNSHINE featuring Croatia and Slovenia—visit Old-world cities of Dubrovnik, Split and more along the Adriatic coast. 9 days, 13 meals, air, Cape transfers, \$2,637

# August 2018

\*\* please check the class description for start and end

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>10:00</b> Mellow Moves 11:15 Country Line Dancing 3:00 T'ai Chi Chih	9:00 Challenge 2 10:00 Challenge 1 11:00 Mudra 11:30 Drums Alive 3:30 Tai Chi Arthritis 4:30 Meditation 4:45 Yoga with Linda 5:00 Tai Chi	9:00 Gentle Stretch 9:00 Glowing to Oldies 10:00 Pilates 12:00 Chair Yoga 1:00 Yoga w/Bonnie	10:00 Mellow Moves 10:00 Cardio Fitness	11:00 Dance for Joy
		1	2	3
	1:30 Taking a Good Photo 2:30 Seasons of the Heart	1:30 Author Talk 1:30 Hammered Dulcimer Performance		
6	7	8	9	10
10:30 Ukelele Beginner 1:30 Ukele Adv. Beginner	10:00 iTips 1:00 Sail Cape Cod 1:30 Hearing Screening	10:00 Health Talk, Dehydration 1:30 Author Talk 1:30 The Funny Food Sing-along with CC Ukelele Club	1:00 Sail Cape Cod	

**Fitness**



13 10:30 Ukelele Beginner 10:00 Best of Broadway 11:00 Bette Davis 1:30 Ukele Adv. Beginner	14 10:00 Cape Wildlife Center 10:00 iTips	15 9:00 COA Board meeting 10:00 Health Talk 10:30 FBCOA Meeting	16 10:00 Disaster Preparedness	17
20 10:00 Fly Fishing 10:30 Ukelele Beginner 1:30 Ukele Adv. Beginner 1:30 Solar Energy	21 10:00 iTips	22 2:00 Wisdom Circle	23 10:00 Fly Fishing 11:00 Organic Gardening	24
27 10:00 Fly Fishing 10:30 Ukelele Beginner 1:30 Ukele Adv. Beginner 2:30 TED Talk	28 10:00 iTips	29 2:00 Ice Cream Social	30 10:00 Fly Fishing	31



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**1/9** Holiday Pops Boston, Matinee, First Balcony  
**1/02** Atlantic City Resorts New Year 3 Days, 4 meals, 2 shows, bonus \$234  
**1/26** Cats PPAC-matinee, Orchestra: \$10 outer side/\$20 premium  
**6/26** The Bands Visit PPAC, 7 pm Orchestra: \$75 outer side /\$10 premium

**Book Now: \$25 deposit holds your seat until 90 days prior to show- Charlie and the Chocolate Factory, School of Rock, A Bronx Tale, Jersey Boys, Waitress, Dear Evan Hansen, Hello Dolly**  
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# September

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 Mellow Moves 11:15 Country Line Dancing 3:00 T'ai Chi Chih	9:00 Challenge 2 10:00 Challenge 1 11:00 Mudra 11:30 Drums Alive 3:30 Qi Gong 3:30 Tai Chi Arthritis 4:30 Meditation 4:45 Yoga with Linda 5:00 Tai Chi	9:00 Gentle Stretch 9:00 Glowing to Oldies 10:00 Pilates 12:00 Chair Yoga 1:00 Yoga w/Bonnie	9:00 Challenge 2 10:00 Challenge 1 10:00 Cardio Fitness 10:00 Mellow Moves	11:00 Dance for Joy
<b>3</b> <b>Labor Day —</b> <b>The Senior Center</b> <b>is closed today!</b>	<b>4</b> <b>10:00 iPad/iPhone</b>	<b>5</b> <b>1:00 Photograph Lecture</b>	<b>6</b> <b>10:00 Acrylic Art Workshop</b> <b>1:30 Digital Banking</b> <b>1:30 Outdoors with LLBean</b>	<b>7</b>
<b>10</b> <b>9:00 Mahjong for Beginner/</b> <b>Intermediate</b> <b>10:00 Travel Club Packing</b> <b>10:30 Ukelele Beginner</b> <b>1:30 Ukele Adv. Beginner</b> <b>1:30 Healing Through</b> <b>Reading</b>	<b>11</b> <b>10:00 iTips</b> <b>11:00 Author Talk</b> <b>3:00 Acrylic Workshop I</b> <b>4:30 Savvy Caregiver</b>	<b>12</b> <b>10:00 Honoring Choices</b>	<b>13</b> <b>10:00 Acrylic Ark Beginner</b> <b>1:30 Heritage Museums</b> <b>1:30 Acrylic Art Beginner</b> <b>1:30 Hearing Screening</b> <b>1:30 Harvest Moon</b> <b>1:30 Outdoors with LLBean</b> <b>6:00 Community Conversations</b>	<b>14</b>

**FITNESS**

17 10:00 Travel Club 9:00 Mahjong for Beginner/ Intermediate 10:30 Ukelele Beginner 1:30 Ukele Adv. Beginner 1:30 Healing Through Readin	18 10:00 iTips 3:00 Acrylic Workshop II 4:30 Savvy Caregiver	19 1:30 Wills 2:00 Wisdom Circle 2:00 Crystal Bowls	20 10:00 Acrylic Ark Beginner 1:30 Outdoors with LLBean 1:30 Acrylic Art Beginner 1:30 Hearing Screening	21
24 9:00 Mahjong for Beginner/ Intermediate 10:00 Organizing Estates 10:30 Ukelele Beginner 1:30 Ukele Adv. Beginner 1:30 Healing Through Reading 1:30 Paper Jewelry	25 10:00 iTips 4:30 Savvy Caregiver	26 11:00 Legal Checkup	27 10:00 Coffee Talk 10:00 Acrylic Ark Beginner 1:30 Outdoors with LLBean 1:30 Acrylic Art Beginner	28 <b>Living Well! Health &amp; Fitness Expo 10-1:00</b>
30 9:00 Mahjong for Beginner/ Intermediate 10:30 Ukelele Beginner 1:30 Ukele Adv. Beginner				



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# SUPPORT

## Fuel Assistance

Now is the time for fuel assistance for the winter of 2017/2018. If you had fuel assistance last winter you should have received a **renewal application in August or September**. We will have the new applications for folks that haven't applied later on in late September. The program doesn't start until November but they like to start processing the paper work early. Last year if your income is less than **\$34,380** for one or for a house of two and your combined income is less than **\$48,720** you are eligible for fuel assistance. The income will be a little bit more for this winter so if you are close to these numbers, apply. Fuel Assistance helps with heating your home no matter what you use for heat. Also if your heat is included in your rent Fuel Assistance will reimburse you some portion of your rent so you should apply also. For help with your renewal application call the outreach department at 508-862-4754 and call us at the end of September if you haven't had it before, and we will help you apply.

Check the paperwork needed list to make sure you have everything ready.

### 2018-2019 Paperwork list you need to file for and/or renew Fuel Assistance:

#### \_\_\_ Proof of Income for everyone in the house.

- \_\_\_ Social Security benefit letters
- \_\_\_ Any Pension statements
- \_\_\_ Interest and/or dividends statements
- \_\_\_ Annuity income
- \_\_\_ Wages
- \_\_\_ Any other income

#### \_\_\_ Housing costs

- \_\_\_ if rent- copy of lease showing amount
- \_\_\_ if own- copy of Real Estate taxes
- \_\_\_ Copy of homeowners or rental insurance (for whole year)

#### \_\_\_ Utility costs

- \_\_\_ Heating bill, (gas, electric, oil receipt, propane, wood)
- \_\_\_ Electric bill

#### \_\_\_ Other items needed

- \_\_\_ Bring Id
- \_\_\_ Bring all the social security numbers for everyone living in the home
- \_\_\_ Know birthdays for everyone in home.

## Real Estate tax assistance

Starting in August and continuing through March of 2019, you can apply or re-apply for assistance with your real estate taxes, clause 41C, deferrals or veterans' assistance. This needs to be done every year to get the reduction on your house taxes. You can also apply for the veterans or blind assistance programs, if you qualify, now.

These are the financial requirements for 2017/2018 for the 41-C Elder assistance

<u>Income</u>		<u>Assets</u>
Single	\$32,917	\$56,852
Married	\$48,053	\$78,154

Income and assets will be a little higher for 2018-2019 so if your income and assets are close you should look into applying.

You must be 65 years or older before July 1, 2018, have owned and occupied the property on July 1, 2017 and be a legal resident of Mass for at least 10 years and owned property in Mass for at least 5 years. If you need assistance or a list of paper work needed to apply please call the outreach department at 508-862-4754 for Claudia, 508-862-4752 for Judy, or Assessors Office, Town Hall.

### Fiscal Year 2018-2019 Paper work list you need to file for Real Estate Senior 41-C forms list.:

#### \_\_\_ Birth Certificate (only if first timers)

#### \_\_\_ Proof of Income for all of 2017 including

- \_\_\_ Social Security Benefit Statement for 2017 (how much you got for all year, called a 1099 form)
- \_\_\_ Federal Income Taxes 1040 for 2017 -if you filed
- \_\_\_ Pension statements, year end 2017 (1099 form)
- \_\_\_ All interest and/or dividend statements (1099-int and /or 1099-div ) This includes checking and saving accounts interest for the year.
- \_\_\_ Any wages, salaries or income earned in 2017

#### \_\_\_ Proof of all Assets as of July 1, 2018 including

- \_\_\_ Bank books (pass book saving, updated to include July 1, 2018)
- \_\_\_ Bank statements, checking and savings from all accounts. Must include the date of July 1, 2018 may be a June/July statement for 2018.
- \_\_\_ All Stocks and Bonds statements -must include the July 1, 2018 date, may be a June/July statement or July 1 thru 31, 2018 statement.
- \_\_\_ CD's and/or Certificates etc -must include July 1, 2018 date
- \_\_\_ Any Real Estate owned other than your primary residence.

## Watch for Medicare card scammers

Medicare has started to send out new Medicare cards to every senior in the country. These new cards will have an assigned number that is unique to you. To help prevent identity theft, your Medicare number will no longer be your social security number.

Those on the Cape are scheduled to receive these new cards starting in May and continuing through the summer. New cards will continue to be mailed until April, 2019.

This mailing is through the Social Security Office so if you received your benefit statement or any communication from Social Security by mail, you will get your new Medicare card in the mail.

The most important thing to know is that **neither Medicare nor Social Security will call you on the phone for any reason!** If you receive a call from anyone that claims to be with either agency, just hang up on them. They are trying to scam you.

## Open Enrollment for Health Insurance

October 15-December 7 is open enrollment for any changes to Medicare insurance coverage. This is the time when you need to look at your insurance and decide if it covered all your needs. This is also when you can change your Medicare part D (medicine) plan for 2019.

All the D plans change something; either their premiums or the medicine they cover or their co-pays. The Medicare D plan that you are in should send you notice of the changes they expect to have in 2019. You need to review them and decide if you want to continue with the plan you have or change it to a different plan.

If you are satisfied with your plan, you do not need to do anything, you will just continue with that plan for 2019. If you want assistance with reviewing your insurance plan and looking at other D plans, we will have SHINE volunteers and the Outreach staff to assist you with these decisions. For an appointment for assistance please call the Outreach Department at 508-862-4754.

## Caregivers

### Seasons of the Heart - Coping with Grief and Loss Wednesdays, 2:00-3:30 PM

Education and discussion on the nature of grief and bereavement as a response to loss. Facilitated by Richard Bickford of the VNA, discussion includes an understanding of different models of the grief process and strategies for coping.

**General Caregiver Support Group**  
2nd & 4th Wednesday of the month 9:30-11:00 AM  
The Family Caregiver Support Program of Elder Services of Cape Cod & the Islands facilities this group, which is open to everyone.  
To enroll, please contact Beth Gilmore at 508-394-4630 ext. 450.

**Alienated Grandparents Anonymous Support Group**  
2nd Wednesday of every month at 2:00 PM  
An anonymous support group for grandparents experiencing the sadness and emotional pain associated with grandparent/parental alienation.  
To sign up or inquire,  
please email:  
[AGA.CapeCod@gmail.com](mailto:AGA.CapeCod@gmail.com)  
or call Kathy at  
508-563-3567.  
More info at our website:  
[www.AGA-FL-org](http://www.AGA-FL-org)



**For more information on any of our Support and Advocacy Programs, please call the Barnstable Senior Center at 508-862-4754.**

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## The Savvy Caregiver Program

*The Savvy Caregiver Program is a **FREE** six-session training for family and friends who are active caregivers, caring for those living with Alzheimer's or related dementias!*

**Sponsored By Elder Services of the Merrimack Valley**

Tuesdays, September 11<sup>th</sup> – October 9<sup>th</sup>  
4:30 p.m. – 6 p.m.  
Barnstable Senior Center  
825 Falmouth Rd. Hyannis

**For More Info or To Register**

Call Donna@ 508-862-4753 or

[donna-marie.burns@town.barnstable.ma.us](mailto:donna-marie.burns@town.barnstable.ma.us)

**\*\*Respite care may be available, but pre-registration is required.**

Taking care of a person living with Alzheimer's or related dementia is specialized work. To do this work successfully, caregivers need special skills, knowledge, and a positive attitude that helps them to care for themselves.

Become an expert in Caregiving for someone with Alzheimer's or related dementias!

**Savvy Caregiver will help you:**

- Understand the impact of dementia on both you and the person you are caring for.
- Learn the skills you need to manage daily life.
- Take control and set goals.
- Communicate more effectively.
- Strengthen family resources.
- Feel better about your caregiving.
- Take care of you!



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*Funding from this program was provided by a grant from the Administration For Community Living in collaboration with the MA Executive Office of Elder Affairs and Elder Services of the Merrimack Valley.*

## Barnstable Adult Day Program at the Senior Center



### *Now Accepting Clients - Openings Available - Free Trial Day*

The Barnstable Adult Day Program provides a friendly, supportive group environment for adults who need supervised activities in a safe place during the day. An Adult Day Program offers these seniors a chance to get out of the house, socialize and participate in fun and beneficial activities.

#### **Who attends the Barnstable Adult Day Program?**

Men and women age 60 and older from our Barnstable community attend the Adult Day Program at the Barnstable Senior Center. The Adult Day staff provides a coordinated program of professional services and activities in a community based setting, designed to best meet the needs of seniors with cognitive impairments and physical limitations.

#### **What types of services are provided at the Barnstable Adult Day Program?**

**Social Activities:** Structured daily routines and a variety of activities that are interesting, meaningful, do-able, help to enhance their mental and physical well-being.

**Meals and Snacks:** Morning coffee and snack as well as a full lunch is provided each day.

**Physical Activity:** Structured daily exercise program and therapeutic and stimulating games each day promote physical well-being.

**Transportation:** To and from the Program may be available.

**FREE Trial Day:** *Try us out for a day, and see if this program will meet your needs.*

The Barnstable Adult Day Program is a benefit to Family Caregivers. Are you a family caregiver who needs to go back to work, take care of your family's needs or needs some time to take care of your own needs? Being a caregiver is stressful, and caring to your own needs is important for everyone. The Barnstable Adult Day Program provides a safe and nurturing environment for participants to engage with others in a variety of fun and beneficial activities designed to enhance their mental and physical well-being.

**May we help you and your family? Please call Stacey at (508) 862-4765 for more information.**



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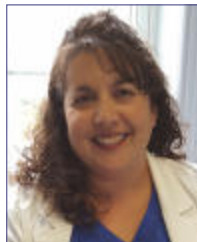
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[info@boothlawpc.com](mailto:info@boothlawpc.com)



At Surprenant & Beneski, P.C we warmly welcome you to share your goals for yourself, your loved ones and your legacy. With those goals in mind, using appropriate strategies for you, our lawyers will create a comprehensive estate plan that protects you and your assets. Our partners are certified as elder law attorneys by the National Elder Law Foundation. This makes them uniquely qualified to define plans that prepare you for life's unknowns and provides you with peace of mind. We proudly serve southeastern MA, Cape Cod and the Islands and are here to help you protect what means the most to you.

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- Hearing aid accessories
- Hearing aid cleaning tools
- TV amplifiers
- Bluetooth compatible technology





## Respite



There are 44 million Americans who provide unpaid assistance and care to an ailing family member. Most of these family caregivers are unprepared for the role, with little to no training or supports given for the tasks they perform on a daily basis. Many are also facing their own health challenges. A substantial body of research shows that family members who provide care to individuals with chronic or disabling conditions are themselves at risk. Emotional, mental, and physical health problems arise from complex caregiving situations and the strains of caring for frail or disabled relatives.

In spite of this, most caregivers find it impossible to consider what is best for their OWN health. They are overwhelmed with meeting the needs of, and taking care of the complex issues and concerns of the person for whom they are providing care. Are you so overwhelmed by taking care of someone else that you've neglected your own physical, mental and emotional well-being? It can be overwhelming to take care of a loved one with Alzheimer's or other dementia, but too much stress can be harmful to both of you. There are community based supports for caregivers.

If YOU are a caregiver who is feeling stressed and overwhelmed, we can help. Give us a call, and we will assist you in exploring the options available for you and your family. Remember, the care that you give to others is only as good as the care that you give yourself.

**We are here to help - call Stacey at (508) 862-4765, or Donna at (508)862-4753.**



*Day Program participants sorting buttons for our local 4H program. The 4H club is creating reversible dresses for women/girls in Puerto Rico affected by the hurricane.*



## LGBT CORNER

### Be Part of a National Event:

Learn more about how YOU can be part of a SAGE Table on Cape Cod



SAGE Table is a special one-day event that asks you to share a meal with LGBT people and allies of different generations. Simply sitting down to a table together gives us all a chance to have conversations that many of us have never had before. As we build connections among LGBT people of all ages, we strengthen our community ties, learn more about how we can care for each other, and forge new traditions.

SAGE Table was created with strong support from AARP. We believe that thriving together means learning how to tap into all of the diverse ways that our communities care for each other. This year, a SAGE Table will be held at the BSC on

**Thursday, November 8<sup>th</sup>**

To learn how you can be involved, please call Donna Burns at 508-862-4753 or email her at:

[donna-marie.burns@town.barnstable.ma.us](mailto:donna-marie.burns@town.barnstable.ma.us)

### Mid Cape LGBT Older Adults Pizza Party Get Together

Since there are so many wonderful distractions during the summer (sunshine, sandy beaches, parties and fireworks), we have not scheduled any social events in a while. Our beautiful Cape Cod summer will (sadly) be coming to an end before we know it, and fall will be at our door step. September seems like a good time to reconnect with old friends, and meet some new friends.

Please join us for pizza, salads and dessert, and help us plan the activities for 2017 – 2018. Please come with your best ideas, and help us plan some social events that will put an end to the complaint: “There is NOTHING to do on the Cape when the summer ends!”

**Friday, September 14th  
6:00 – 8:30 PM  
Barnstable Senior Center  
825 Falmouth Road, Hyannis**

There is no charge to attend, but donations to offset the cost of food are greatly appreciated.

For more information, or to RSVP by September 12<sup>th</sup>, call Donna at (508) 862-4753

Email:

[donna-marie.burns@town.barnstable.ma.us](mailto:donna-marie.burns@town.barnstable.ma.us)

Thank you to the GALE Fund for their support.





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### Summer Tours

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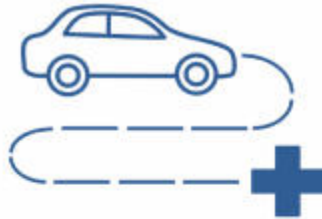
USS Constitution Turnaround, Wed., July 4.. TBA  
"Aladdin" in Boston. Thu., July 5.....\$157  
Around the Sound, Sat., July 14.....\$95  
Cirque du Soleil "Luzia", Sun., July 15.....\$130  
Newport Playhouse LOBSTERFEST &  
"NO TELL MOTEL", Tue., July 17.....\$115  
Essex Rail & Sail, Thu., July 19.....\$120  
Kentucky Bluegrass with optional show "Jesus"  
Sat. July 21, - Fri. July 27.....\$1,149  
Peaks Island Retreat, Tue., July 24.....\$89  
"Moulin Rouge" The Musical Wed., July 25..\$155  
Saratoga Springs Racing  
Sun., July 29 - Tue., July 31.....\$599

#### AUGUST

Pretty Woman: the Musical on Broadway  
Fri., Aug 3 - Sat., Aug. 4.....\$499  
Cape Cod Canal Live Music Cruise, Sun., Aug. 5....\$100  
Block Island Lobster Bake, Tue., Aug. 7.....\$150  
Simon & Garfunkel & James Taylor Tribute Show  
Twin Lobster, Tue., Aug. 7.....\$115  
Waterfire, Date TBA.....\$55  
Seaside Village of Kennebunkport, Wed., Aug. 5...\$120  
"Book of Mormon" in Boston  
Sat. Aug. 18 - WAIT LIST ONLY.....\$169  
Taste of Rhode Island, Tue., Aug. 21.....\$105  
Lancaster Amish Country & "Jesus" at Sight & Sound  
Wed., Aug. 22 - Fri., Aug. 24.....\$495  
Downtown Abbey: The Exhibition in NYC  
Tue., Aug. 28.....\$125

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Our deepest pleasure here at the BSC – the celebration of our joy in being together with all of Barnstable’s generations!



## Boston Hospital Transportation

The Cape Cod Regional Transit Authority (CCRTA) provides comfortable and safe wheelchair accessible transportation directly from Cape Cod to Boston Area Hospitals Monday through Friday by reservation. The bus departs from the Route 132 Commuter Lot by Exit 6. Schedule your medical appointments between 10:00 a.m. and 2:00 p.m. The bus will leave Boston by 3:00 p.m.

Reservations must be made between 8:00 p.m. and 5:00 p.m. no later than the weekday before you wish to travel. Fare \$30.00 round trip/ \$15.00 one way.

**For reservations, call 1-800-352-7155**



## Barnstable Resident Transportation

### Barnstable Senior Center's "Silver Express" Transportation Program

**Monday—Friday 9:30 a.m. - 2:00 p.m.**

**To schedule a ride (508) 862-4752**  
**Suggested voluntary contribution of \$5.00 roundtrip**



**Banking      Grocery Shopping      Medical Appointments      Barnstable Senior Center**

*Transportation is partially funded by a Title IIIB grant from MA Executive Office of Elder Affairs and Federal Administration for Community Living, administered by Elder Services of Cape Cod and the Islands.*

*Thank you to Cape Cod Regional Transit Authority and the Friends of the Barnstable Council on Aging for their support.*

## Volunteer!

Please join us for a cup of coffee, and to learn about the volunteer opportunities at the Senior Center.

Anyone interested in becoming a volunteer **must** attend a training session.

**RSVP 508- 862-4750**

Training will be held at **10 am** on August 2 and September 5

*We hope to see you there!*



**CELEBRATE NATIONAL SENIOR CENTER MONTH WITH US!**



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## **BIG THINGS ARE HAPPENING!**

**As we approach our 20th anniversary and prepare to launch our evening programming, we invite you to help us create our vision and engage in a community conversation regarding our future.**

**If you care about the Barnstable Senior Center, we want to hear from you. We need your feedback, ideas and suggestions, so join us and let your voice be heard. Help us spread the word!**

**To make it more convenient for you to attend, we will be holding two sessions as follows:  
Thursday, September 13, at 6:00 PM  
Friday, September 14, at 10:00 AM**

**Refreshments will be provided. Please RSVP to 508-862-4750.**