JANUARY/FEBRUARY 2020

MILESTONES

YARMOUTH SENIOR SERVICES • 528 FOREST ROAD • W. YARMOUTH, MA 02673-2842

Linda Colby, MSW, LCSW - x1337
Hilda Davenport, Outreach Coordinator-x1335
Steve Estey, Maintenance
Van Drivers: Kathy Skipper, Kurt Von Hone, David Leahy, Joe Trulio, Alan Cavanaugh

Dianne Kane, Interim Director -x1332
Lisa M. Noferi, Program & Communications Administrator - x1333
Karen M. LeBlanc, Receptionist - x1338
Jane Spallina, Receptionist - x1330
Ken Watson, Transportation Coordinator - x1331

Hours:
Monday - Friday
8:30 AM - 4:30 PM
Telephone:
508-394-7606
FAX: 508-398-9866

The mission of the Town of Yarmouth's Division of Senior Services is to foster an Age-Friendly community that enhances the quality of life for the Town's older adults (60+) and their families by providing programs and services in a supportive and accessible environment that contributes to vital aging through mental, physical, and financial wellness.

Happy New Year,

Please bear with us as we are working on bringing you a new and improved MILESTONES newsletter. The next issue will have an easier to read content and format that we hope you will enjoy.
With the cold weather upon us, here are some cold weather and storm related tips to keep you safe:

* During storms, listen for emergency information and alerts
* If DY Schools are closed, YSC activities and transportation services are cancelled
    * YSC will be open as a warming station from 8:30 AM to 4:30 PM
* If you go outside, dress warm, wear layers, hats, gloves and high traction boots
* If you are going to drive, clean off car from snow and ice
* Outsource snow removal, call a neighbor or friend
* Know the signs of Hypothermia and Frostbite, as some medications can make you more susceptible (slower speech and breathing, pale skin, cold extremities and numbness)
* Prepare for power outages - If you have a serious medical condition contact Eversource at (800)592-2000 to enroll in their Critical Care Notification Program
* Use generators and grills outside only and away from windows

Stay Safe and Warm,
The Staff at the Yarmouth Senior Center

AARP TAX-AIDE INCOME TAX PREPARATION PROGRAM

The Yarmouth Senior Center is a site for the AARP Tax-Aide Income Tax Preparation Program. The following is a message from the volunteers who conduct this program to help prepare for your appointment. The Tax-Aide Program will begin at the Yarmouth Senior Center on Wednesday, February 5, 2020 with the last available appointments on Wednesday, April 15, 2020. Appointments will be available on Wednesday's and Thursday's between 8:30 AM and 3:00 PM.

MAKING APPOINTMENTS – Appointment scheduling will start mid-January. Visit or call the Senior Center at (508) 394-7606 to schedule your appointment. After making your appointment, please stop by the Senior Center to pick up the intake packet as soon as possible. Please make sure to fill out the "intake" questionnaire before your appointment and bring it to your appointment. **Please note:** Appointments are limited – please book yours for as soon as you think you will have all of your tax documents.

WHAT ARE YOU REQUIRED TO BRING TO YOUR APPOINTMENT?

Your Social Security Card and a photo ID
The completed Intake Questionnaire
A copy of last year's [2018] Federal and State tax returns with schedules and supporting documents – VERY IMPORTANT – We may not be able to properly prepare your return without them.
All of your 2019 tax related documents per the checklist included in the "intake" packet.
If you wish your refund to be directly deposited (recommended), please bring a blank check for the account.

As appointments are limited, it is important that you have all documentation with you at the time of your appointment. There will be limited opportunity to reschedule.

ABOUT YOUR APPOINTMENT – You will be contacted by phone before your appointment to confirm your attendance. If you don't confirm your attendance, we will not be able to guarantee your appointment. If you have any questions regarding this program, please bring them to your appointment as the Yarmouth Senior Center staff is not able to answer tax questions.

EVENTS

"Soups On" Farm to Table
Courtesy of Maplewood at Mayflower Place
Thursday, January 16th, February 20th and March 19th
Please pick up your ticket in advance at our reception desk, there will not be a waiting list.
Packed to-go container served at Yarmouth Senior Center.

"REAL ID" Presentation by
The Registry of Motor Vehicles
Friday, January 24th at 1:30 PM
Free workshop on license renewal and REAL ID for residents. Learn about the new federal and state requirements for renewing a Driver's License or ID Card. Bring your questions for Q&A.

Family Caregiver Program
Tuesday, February 11th at 1:30 PM
Taking care of yourself while caring for a loved one? You're invited to this educational workshop which will empower learning strategies to help reduce stress, communicate more effectively, and set healthy goals. Reservations are required. Call 508-394-7606 X1330

ENERGY FAIR
Cape Light Compact
Friday, February 21st at 1:30 PM
Cape Light Compact offers no-cost home energy assessment which can help homeowners and renters pinpoint areas of improvement for energy savings. Join us to learn about incentives, rebates to help make energy efficient upgrades including insulation, air-sealing, heating and cooling equipment as well as select appliances. Enhanced programs for income eligible customers, even zero-interest Mass Save Heat Loan to help you make upgrades.

"Shifting Gears"
Presented by Mass DOT / Registry of Motor Vehicles
Friday, February 28th at 1:30 PM
A driver's license comes with a great deal of responsibility. The discussion will assist older adults to identify factors that may cause collision. Discussion will also include suggestions on ways to minimize the risk of collision, ways to prepare for driving retirement, and identify the alternatives to driving within a community. Portions of the program have been featured on WCVB TV's Chronicle as well as the Boston Globe, Patriot Ledger, and Springfield Union News.

Unless otherwise stated, please call 508-394-7606 X1330 to register for an event.

FITNESS CLASSES

Joe Guardino Fitness
Monday, Wednesday & Friday: 10:00AM
Tuesday, Thursday: 9:00 AM & 3:00PM
Joe Guardino: JGUARDINO@yahoo.com

Bit of Bliss Yoga
Wednesday & Friday: 3:00 PM

Raja Yoga
Wednesday1:30 PM - 2:30 PM
Janet Bettey: 978-500-2390

Dance Fit
Monday, Wednesday & Friday: 7:45 AM - 9:15 AM
Lucky: 508-430-2606 / luckydancer@gmail.com

Yoga Class with Paul Howard
Monday at 9:15 AM, Tuesday at 10:45 AM, Friday at 10:30 AM

ZUMBA GOLD
Tuesday & Thursday at 8:00 AM
Peg Taylor: peg4zumba@aol.com

ACTIVITIES

Bird Carving: Monday at 9:00 AM

BINGO: Monday, Wednesday, Friday at 9:30 AM

Co-ed Choral Group: Thursday at 10:30 AM

Contract Bridge: Tuesday and Friday at 12:30 PM

Crafters & Quilters: Tuesday 1:00 PM - 3:00 PM

Cribbage: Wednesday at 12:00 PM

DOMINOES Group: Monday at 12:00 PM

Duplicate Bridge: Monday & Thursday at 11:45 PM
http://dyscdbc.capefinesse.com/ 508-394-3377

Floating Bridge Group:
Monday, Wednesday & Thursday at 1:30 PM.

Hand & Foot Card Game:
Tuesday & Wednesday at 1:00 PM

Knitters Group: Thursday at 1:00 PM

Ladies Poker: Tuesday & Wednesday at 1:00 PM

Low-Relief Carving Class: Tuesday at 1:00 PM

Mahjongg: Wednesday & Friday at 1:00 PM

Men's Poker: Thursday at 12:30 PM

Painting Class: Monday at 9:30 AM

SCOPA: Tuesday & Thursday at 1:00 PM

Scrabble Group: Wednesday at 10:00 AM

Sports Roundtable: Tuesday at 11:00 AM

LOCAL CHANNEL 18 - Don't forget to check your local channel 18 for all the latest postings of current events within your community.

YARMOUTH VOYAGER VAN SERVICE

Hours of Operation:
Monday - Friday 7:00 AM - 7:00 PM
Saturday and Sunday 7:00 AM - 3:00 PM
Suggested Roundtrip Donation:
$3.00 Yarmouth, $5.00 Hyannis and Dennis
Call Ken Watson: 508-394-7606 X1331
Monday - Friday 8:00 AM - 11:30 AM
48 hours advanced notice required
Additional Transportation Options:
DART BUS & BOSTON HOSPITAL BUS
operated by the CCRTA: 1-800-352-7155

SERVICES

Alterations by "Hems n' Hassles" - 2nd and 4th Tuesdays of the month Josie will provide you with common alteration and sewing needs. Please call Senior Center at X1330 for appointment.

Blood Pressure Clinic - Wednesday from 12:00 PM to 1:00 PM. Schedule is on a first-come, first-served basis.

Legal Advice - Mondays with Attorney Michael Lavender and Attorney Adam Dupuy.
Call to schedule an appointment: 508-394-7606 X1330

Medical Equipment Loans - Pick-ups & Drop-offs from 10:00 AM-11:00 AM.
Please call ahead, so we can make sure we have equipment available. We maintain a rotating supply of medical equipment to borrow. Equipment must be clean and in excellent condition and under 5-years old. We only accept donations of adjustable canes, rolling walkers with seats (rollators), shower chairs, transfer benches and wheelchairs.

Routine Foot Care - is scheduled monthly at our Center. Diabetics must see an MD/Podiatrist. Service provided by licensed nurse, and each appointment is 30 minutes at $35.00. Arrangements may be scheduled for home visits by calling: 774-212-4365.

SHINE - State certified SHINE counselors are available to assist you in your coverage choices. Please call your senior center: 508-394-7606 X1330

Sight-Loss Services -1:00 PM-3:00 PM. For more information, call Sight Loss Services at 508-394-3904 or 800-427-6842 or Email: info@sightloss.org. Meetings at the Yarmouth Senior Center.

Notary Services Available by Appointment
Call 508-394-7606 X1330

"Wisdom lies in taking everything with good humor and a grain of salt." - George Santayana

OUTREACH

Call our Outreach Staff for help with financial assistance and concerns: 508-394-7606
Hilda Davenport, Outreach Coordinator: X1335 consumers under the age of 80 years old
Linda Colby, MSW, LCSW: X1337 consumers 80 years old and above

SUPPORT GROUPS

Caregiver's Support Group:
Friday, 1/10/20 & 2/14/20 at 10:30 AM

Bereavement Support Group: 1st & 3rd Thursday each month at 11:00 AM. Call 508-957-7715

Brown Bag Food Program:
Friday, 1/3/20 & 2/7/20 at 2:00 PM

Parkinson's Support Group:
Thursday, 1/30/20 & 2/27/20 at 2:00 PM

Yarmouth Alzheimer's/ Dementia Support Groups:
1st & 3rd Wednesday monthly at 1:00 PM
508-896-5170
2nd & 4th Thursday monthly at 1:00 PM
508-775-5656

Mobile Dental Hygiene Services: 508-827-6725
smiles@mobiledentalhygiene.com. Friday, 1/24/20

Hearing Clinic: Monday, 1/13/20 & 2/10/20 at 1:00 PM

Elder Services Lunch Program

A voluntary donation $3.00 per person is recommended. Lunch served Monday - Wednesday and on Friday. Make reservations by calling 508-398-5060, 24 hours in advance, prior to 11:00 AM.

Meals on Wheels

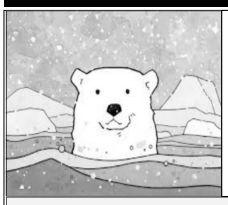
Meals are delivered between 10:00 AM and Noon, Monday - Friday, except holidays. Call information and referral at 508-394-4630 or 1-800-244-4630

COMMUNITY NOTES

American Legion Post #197 - Meetings are scheduled for the second Monday of each month from 2:00 PM - 4:30 PM at our Center. All Vets are welcome. Please call Forrest Thorpe at 508-383-3963 for information. Meeting on January 13th & February 10th.

Barnstable Veteran's Services: Major Greg Quilty USMC (ret.) at main office in Hyannis, MA. Call 508-778-8740 Hours: M-F 8:30 AM - 4:30 PM. Call for an appointment, or home visit if you are a Veteran or Widow.

State Representative Will Crocker will hold office hours for all residents of the town from 9:30 AM - 11:00 AM at the Yarmouth Senior Center. Contact:
William.crocker@mahouse.gov



A Special THANK YOU to all the SPONSORS and Participants who made the **10th Annual Polar Plunge** a **"Splashtacular Success!"**

See you in 2021 !

FRIENDS OF YARMOUTH COUNCIL ON AGING
FOYCOA

TRAVEL NEWS

DAY TRIPS depart from Patriot Square: Encore Casino 1/20/20, $35; Mean Girls-Boston Opera 2/09, $145; Foxwoods "Be My Valentine" 2/11, $35; Fiddler on the Roof-PPAC 2/14, $110/$75; Peabody Essex Museum 2/22, $65; Blue Man Group PPAC-Matinee 3/21, $105/$75; Riverdance Boston Wang-Orchestra 4/04, $95; Jesus Christ Superstar PPAC-Matinee 4/05, $110/$75; Art In Bloom-MFA 5/04, $69; Dear Evan Hansen PPAC-Matinee Main Orch. 5/31, $139; Newport Flower Show 6/19, $60; Red Sox 2020 tickets on sale 12/15/19 Mayflower at Boston Naval Dockyards May details January 1!
Stop by for a detailed itinerary: **Great Trains and Grand Canyons** May 2020**; Taste of Iceland** with CIE Tours September 2020; **Christmas in London** featuring Highclere Castle December 2020; **Viking Ocean Italian Sojourn** September 2021!

For a complete listing of all trips visit www.adventureswithkarynwendell.com or stop by the Yarmouth Senior Center. Karyn is here Wednesdays from 9 AM to 11 AM or by appointment. For more information, contact Karyn Wendell at 508-420-5288 Karynmw1@comcast.net. Mail payments for travel: P. O. Box 161, Centerville, MA 02632.

DISCLAIMER: The Yarmouth Senior Center offers many legal, financial, recreational, medical-screening, or other services and/or activities by volunteer or nominal-cost practitioners. Seniors participating in these services do so with the understanding that the Yarmouth Council on Aging, The Yarmouth Senior Center, the Town of Yarmouth, Friends of Yarmouth Council on Aging, aka FOYCOA, or its employees or agents do not assume any legal responsibility for any advice or services rendered by such volunteer or nominal-cost practitioner. Any act, advice, or service by outside providers at the Council on Aging should not be presumed to be endorsed or sponsored by the Council on Aging.

THE DISTRIBUTION OF THIS NEWSLETTER IS MADE POSSIBLE THROUGH FUNDING ASSISTANCE PROVIDED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS AND OUR FRIENDS OF YARMOUTH COUNCIL ON AGING.

Friends of Yarmouth Council on Aging
Yarmouth Senior Services
528 Forest Road
West Yarmouth, MA 02673