

YARMOUTH SENIOR SERVICES

MILESTONES

MAY
JUNE
2020



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WELCOME NOTE FROM OUR INTERIM DIRECTOR

Happy Spring,

We are hoping that everyone is well in these unprecedented times that we find ourselves faced with. It has taught us to think outside the box and get creative.

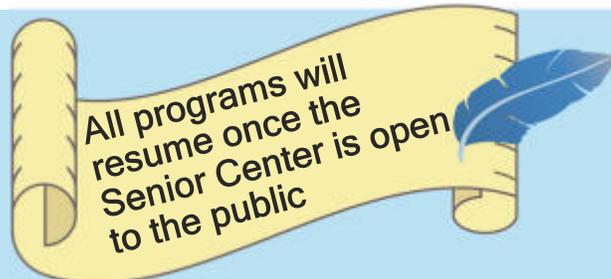
A new service has begun because of these challenging times. It is called the Grab & Go meal program. Providing meals consisting of: Cereal, Apple Juice, Sandwich, Fresh Fruit, Fresh Veggie and a Bag of Chips. This service will be running in the Senior Center parking lot Monday through Friday, from Noon to 1:00 PM on a first-come first serve basis. This will run until further notice.

We have updated our website with some activities to keep you moving during these times. Go to <http://www.yarmouth.ma.us/309> Under "Coronavirus Update" You will find two of our instructors Joe Guardino and Janet Bettey doing a shortened version of their programs for your health and wellbeing Also you will find ideas for you to do while staying at home

We would like you to check the Town's Website at <http://www.yarmouth> often for updates on the Coronavirus.

As always, our top priority is you, if there is a way that we can assist you, please call us at (508)394-7606.

Be Healthy and Be Safe,
The Staff at the Yarmouth Senior Center





Where Quality Meets Compassion



- Housekeeping
- Meal Preparation
- Companionship • Errands
- Personal Care
- Respite • RN Evaluations
- Blood Pressure Checks

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JAMES F. BOGLE CPA, PC

Certified Public Accountants

P: 508-362-8123 F: 508-362-6006

E: JGB@BOGLECPA.com

244 Willow Street, Yarmouthport, MA 02675



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Town of Yarmouth, West Yarmouth, Massachusetts

06-5359

Our Mission

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.

Yarmouth Senior Services

528 Forest Road
W Yarmouth, MA 02673
Phone: 508-394-7606
Fax: 508-398-9866

Our Hours

Monday - Friday 8:30 AM - 4:30 PM

Our Staff

Dianne Kane, Interim Director of Senior Services x1332

Lisa M. Noferi, Program & Communications Administrator x1333

Linda Colby, Social Worker MSW, LCSW x1337

Hilda Davenport, Outreach Coordinator x1335

Karen M. LeBlanc, Receptionist x1338

Jane Spallina, Receptionist x1330

Steve Estey, Maintenance

Ken Watson, Transportation Coordinator x1331

Van Drivers: Kathy Skipper, Joe Trulio,

Kurt Von Hone, David Leahy,

Alan Cavanagh, Dianne Dagon

VOYAGER VAN SERVICE

Ken Watson,

Transportation Coordinator x1331

Hours of Operation

Monday - Friday | 7:00 AM - 7:00 PM

Saturday & Sunday | 7:00 AM - 3:00 PM

Suggested Roundtrip Donation

\$3.00 Yarmouth, \$5.00 Hyannis & Dennis

Call Ken Watson at 508-394-7606 x1331

Monday - Friday | 8:00 AM - 11:30 AM

48 hours advanced notice required.

TRANSPORTATION OPTIONS

DART BUS & BOSTON HOSPITAL BUS
operated by the CCRTA: 1-800-352-7155

Welcome to our redesigned and updated newsletter for 2020!

- As part of our redesign, we are also offering our newsletter recipients the ability to opt-in to "go green."
- For our community members who would prefer their newsletter electronically, you can get it to your inbox earlier than regular mail. Sign-up at reception desk.
- Rest assured we will still mail to all of you who still like the paper copy.

EMERGENCY CONTACT INFORMATION

ALWAYS CALL 911 FOR AN EMERGENCY!

Police Non-Emergency..... 508-775-0445

Fire Department
Non-Emergency..... 508-398-2216

Department of Public Works 508-775-2516

Eversource
Power Outage Reporting 800-592-2000

National Grid
Gas Outage Reporting 800-233-5325

Poison Control 800-222-1222

Cape Organization
for the Rights of the Disabled..... 508-775-8300

Cape Cod
Emergency Alert System WQRC 99.9 FM

24/7 General Information Call Center..... 211

Visit Yarmouth Senior Center for a tour of our wonderful facility, register in our "MySeniorCenter" program which will allow you to self-serve check-in for any of our programs, while allowing us to collect better data. MSC features touch screen



technology. Become a member, register for our bi-monthly newsletter and enjoy many of the varied programs we provide year-round.

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Mayflower Place Nursing & Rehabilitation Center
508.790.0200 | 579 Buck Island Road, West Yarmouth

Mill Hill Residence
774.470.5174 | 164 MA-28, West Yarmouth

MaplewoodSeniorLiving.com





Linda Colby, Social Worker
MSW, LCSW
508-394-7606 X1337
lcolby@yarmouth.ma.us
Serving consumers age 80 and up



Hilda Davenport,
Outreach Coordinator
508-394-7606 X1335
hdavenport@yarmouth.ma.us
Serving consumers under age 80

OUTREACH NOTES

Hilda Davenport, Outreach Coordinator

It's Never Too Late to Improve Your Health

As we age, we become a little older and wiser. So, why not put some of that wisdom into making healthier decisions? Healthy eating and regular exercise will give you energy and help you lower your chances for developing diseases, such as diabetes and heart disease.

Healthy Eating

- Don't skip meals. Skipping meals may slow down your metabolism or lead you to eat larger amounts of high-fat foods later in the day. To keep yourself on track, eat with a friend or someone whose company you enjoy.
- Eat just enough for you. Do not eat more food than your body will need. Make sure you are consuming enough vitamin D and vitamin B-12, as many seniors have trouble getting enough of these nutrients. Limit high fat and high salt foods. Try to get enough fiber into your diet. Prepare meals in advance. Cook ahead, and then freeze meals so that you have easy meals on hand for when you don't feel like cooking.

Physical Activity

- Start with 10 minutes of slower activity, and build up to 30 minutes of more brisk activity.
- Try different types of exercise. Different types of activity benefit your body in different ways. For example, aerobic activity may help you maintain weight and increase your energy, while strength training keeps your muscles and bones strong.

Be active with family and friends. Having a buddy can help you stay active.

(Courtesy of NewsUSA

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Bay to Sound Neighbors

Our goal is to assure that our neighbors in Dennis and Yarmouth can age in place with some assistance in such things as rides to doctor appointments, hairdresser, super market, church and classes. If you have a bit of time, consider becoming a volunteer. It's easy, rewarding and our members are so appreciative. Contact: baytosoundneighbors.org / 508-470-0585

Brown Bag Food Program

Yarmouth Senior Services works with the Greater Boston Food Bank to distribute brown bags of food for eligible seniors on the 1st Friday of the month. Bags may include fresh fruit or vegetables, meat or frozen food. If you are a low income and/or are on Mass Health, SNAP, or Fuel Assistance you will qualify. For more information contact Hilda Davenport, Outreach Coordinator at X1335.

SNAP

The Supplemental Nutrition Assistance Program helps low income individuals and families buy healthy, nutritious food. A SNAP household's monthly benefit depends on household size, income and expenses. If you would like more information please call Hilda X 1335 or Linda X1337

Fuel Assistance

If you need help filling out your Fuel Assistance application a trained volunteer is available by appointment for help. There is no age limit for assistance, but income limitations apply. Please call Hilda Davenport, Outreach Coordinator at X1335 or Linda Colby, MSW, LCSW at X1337

Real Estate Tax Assistance

Through March 2020, you can apply or re-apply for assistance with your real estate taxes, clause 41C, deferrals. offering real estate tax relief for seniors who meet certain age income and asset thresholds established by law.

Call our Outreach Department to speak with Hilda at X1335 or Linda at X1337

OUTREACH SERVICES

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Want to lower your Medicare costs?

On January 1, 2020 the income and asset limits for the Medicare Savings Programs * increased.

If you qualify, these programs will pay your Part B premium and in some cases your Part A and B deductibles, co-pays and Part A premium (if you have one.) in addition, you will automatically receive Extra Help., a program that will lower your Medicare Part D premium and co-pays.

Income and asset limits effective 1-1-20

	Income/ Month	Assets
Individual	\$1,738	\$15,720
Married Couple	\$2,346	\$23,600

Prescription drug co-pays with Extra Help

	Per 30-Day Supply
Generic	\$3.60
Brand Name	\$8.95

To learn more and to request an application, contact MassHealth at : 1-800-841-2900 or TTY at: 1-800-497-4648. SHINE can also assist you with the application process. Call us to make an appointment at 508-394-7606 with Hilda at X1335 or Linda at X1337.

Applications are also available on line at:
<https://tinyurl.com/MassMSP>

*Medicare Savings Programs are also called "MassHealth Buy-In" and are administered by MassHealth.

Consumer Assistance Council

Stand up for consumer rights, cuts through red tape, gets answers, and results all provided at no charge to the consumer and they are conveniently located in Hyannis.

Call 1-800-867-0701 or 1-508-771-0700

File of Life

Magnet envelope kept on your refrigerator used for updated medical emergency information for Medical Personnel should you need assistance. Available in our Outreach department.

Elder Services Lunch Program

A voluntary donation of \$3.00 per person is recommended. Lunch is served at 11:30 AM, M–W 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

Safety First

In collaboration with Yarmouth Fire Department Make sure your house numbers are visible from the road. Yarmouth Fire Department will assist in replacing house numbers, smoke and carbon monoxide detectors and batteries. Call Hilda at X1335

Benefits Checkup

Call 508-394-7606 for your appointment today.
<https://www.benefitscheckup.org/>

Benefits Checkup is a free service of the National Council on Aging (NCOA,) a nonprofit service and advocacy organization in Washington, DC.

MassOptions

A new service linking elders, caregivers and individuals with disabilities to services they need. Call Toll Free: 1-844-422-6277

Eversource Medical Life Support Programs

Eversource offers a number of programs to assist senior customers and those who may have a medical condition

Medical Hardship Status: If you're experiencing financial hardship and have a serious illness, you can have a medical protection added to your account which will prevent shut-off due to non-payment. Documentation from your doctor is required for this program.

Life Support Customer: If you have a serious medical condition that requires life supporting equipment, you can enroll in Eversource's critical care notification program. In the event of a storm or planned outage, you will be notified in advance of the outage so that you can make other arrangements. Call Eversource at 1-800-592-2000 for more information. Representatives are available Monday-Friday, 8:30 AM-6:00 PM.

SUPPORT GROUPS

Alzheimer's / Dementia Support Group for Caregiver's

Meeting on 2nd & 4th Thursdays of each month at 1:00 PM-2:30 PM at the Mill Hill Residence at Maplewood in W Yarmouth. This group is free and confidential. Call 508-775-5656 to register.

Bereavement Support Group

Yarmouth Senior Services and the VNA Hospice bereavement support group program are pleased to offer a supportive environment to share with others who are grieving to learn new coping strategies. This group is ongoing and confidential, open to anyone who has lost a loved one through death. Facilitated by Rebecca Chesbro, Bereavement Coordinator, VNA Hospice. Group meets at the Yarmouth Senior Center on the 1st and third Thursday of each month from 11:00 AM-12:30 PM. Call Rebecca Chesbro at 508-957-7715 for additional information.

Cape Cod elder Abuse Coalition

Meeting monthly at the Yarmouth Senior Center on the 4th Monday of each month at 1:00 PM.

This coalition will assist and support each other in a shared belief that all people are entitled to a life free of violence. All towns welcome. Facilitators are Chris Morin, Independence House and Joe Gordon, County Sheriff. Call 508-394-7606 X1337 for more information.

Caregiver's Support Group

Meeting one Friday per month at 10:30 AM

This program is structured to benefit anyone who is caring for a loved one with numerous health conditions. Pre-registration is required by calling 508-394-7606 X1335

COPD LUNG Disease Support Group

Meets at the Orleans Senior Center, 150 Rock Harbor Road, Orleans, MA. Group meets on the 2nd Wednesday of each month at 2:00 PM. Contact: Georgette at 508-420-5302.

Neuropathy Support Group

Meeting at the Orleans Senior Center, 150 Rock Harbor Road, Orleans, MA. Call Kristina Meservey at 774-207-0153 or 860-912-3111 for additional information.

Parkinson's Support Group

Meeting one Thursday per month at 2:00 PM

Sponsored by the American Parkinson's Disease Association, Yarmouth Senior Services and the VNA of Cape Cod. Program is formatted to ease the burden of the disease by providing education, information, and emotional support with camaraderie and socialization for those affected and their loved ones. Arrangements for guest speakers are pre-scheduled through-out the year. Group facilitator is Ellen Weinlich, LISW has been facilitating a group of friends who have found a way to continue enjoying life and encourage each other along the way. Attendees are encouraged to bring spouses, family members or a caregiver. Pre-registration is required by calling 508-394-7606 X1333.

Sight Loss Services

Meeting one Tuesday per month, at 1:00PM-3:00 PM at the Yarmouth Senior Center.

Call Sight Loss Services at 508-394-3904 or 800-427-6842 or email: info@sightloss.org. Each month is supported by a guest speaker to provide educational and informational resources.

Yarmouth Alzheimer's / Dementia Support Group

Meeting on 1st & 3rd Wednesday of each month at 1:00 PM- 2:30 PM. Group facilitated by the Mill Hill Memory Care Staff offering free support for people living with dementia and their caregivers. Caregiver's will meet with Fran Lavin, RN, while people with cognitive disease meet with members of Mill Hill memory care staff. These groups are free, open to the public and confidential. For more information call 508-896-5170.

HEALTH SERVICES & RESOURCES

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Blood Pressure Clinic

Wednesday from 12:00 PM - 1:00 PM No late arrivals. This schedule is on a first-come, first-served basis. Clinic closes promptly at 1:00 PM.

Footcare Clinic

Monthly appointments are scheduled at our Center. Diabetics must see an MD/Podiatrist. Services provided by licensed nurse, and each appointment is 35 minutes at \$35.00. Arrangements may be scheduled for home visits by calling: 774-212-4365.

Hearing Clinic

Monday at 1:00 PM

This wonderful free program is sponsored by Hearing Life. Make your appointment to meet Susanne Capra, Hearing Instrument Specialist.

Services provided will include a visual inspection of both ears, a hearing screening, and a cleaning with check-up of existing hearing instruments. Call 508-394-7606 X1330 to schedule appointment.

Dental Hygiene Clinic

Dental cleanings, exams, fluoride treatments, denture care, and education. Services are free to MassHealth Standard/Medicaid up to four times a year. Affordable private pay rates available.

Appointments available once monthly, call 508-827-6725 to schedule in advance.

Medical Equipment Loans

Due to Coronavirus we are not accepting any medical equipment donations until further notice. Call 508-294-7606 for more information.

NOTARY SERVICES FREE by appointment X1330

COPY SERVICE \$.10 per page

FAX SERVICE \$1.00 per page



Legal Advice

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

Alterations by "Hems n' Hassles"

Appointments available every 2nd and 4th Tuesday of the month. Josie will provide you with common alteration and sewing needs required for your garments. Please call 508-394-7606 X1330 for an appointment.

Consumer Toolkit for Advanced Healthcare Planning

Published by the American Bar Association. The kit is very useful in helping you understand and think about the issues people need to be aware of when they can no longer make health care decisions for themselves.

Five Wishes

An easy to use document that lets adults plan how they want to be cared for in the event they become seriously ill. Once completed, "Five Wishes" should be attached to a Health Care Proxy Form, which designates the person/persons who will be making healthcare decisions for you.

Health Care Proxy

No one should be without it, and now is the time to do this NOT when you are experiencing a health crisis. By completing a Massachusetts Health Care Proxy Form, you are appointing a Health Care Agent who can make decisions for you ONLY when a doctor determines that you lack the ability to make your own decisions. Pick up a free copy of the Health Care Proxy Form at the Senior Center.

Massachusetts Equipment Distribution Program

If you are a Massachusetts resident with a permanent disability that limits your ability to use the phone effectively you may be eligible to receive assistive telephone equipment free or at a reduced rate, depending on your income. Disabilities include deafness, hearing loss, speech, vision impairment, blindness, cognitive or motion impairment that affects phone use. Call 1-800-300-5658 (V/TTY) to learn more.



Call 2 Talk offers mental health / emotional support, and suicide prevention services for 24/7 confidential crisis support.

This resource can be accessed at:
<https://mass211.org/call2talk/>

IMPORTANT SHINE INFORMATION

Due to current events, all SHINE calls for Cape Cod and the Islands should be directed to the regional SHINE office at 508-375-6762. Tracey Benson, SHINE Program Manager, will be managing the calls Monday-Friday 8:00 AM-3:30 PM. Any Medicare related inquires can be directed to this office or Medicare (800-633-4227) until further notice.

Caring for Your Mental Health Despite the Coronavirus*



“A virus that has spread across the globe, coupled with breaking news accessible to us at any time, has made many of us worried. It can be hard to stay calm when there is fear and unease in the media, stories of self- quarantines, and shortages of sanitizing products. Many people are feeling anxious, even if they rarely experience anxiety”.

Feeling Prepared for a Virus, Mentally and Otherwise

Stay Informed With Trusted Sources, for example: <http://www.yarmouth>

Good sources include the Centers for Disease Control, World Health Organization, and Center for the Study for the Traumatic Stress.

Limit exposure to media, including social media, to help keep your stress at bay and limit the anxiety that misinformation may cause. It is advised not to check right before bed, as upsetting news can disrupt good sleep hygiene and affect your bedtime routine.

Keep Calm

Try to avoid two common thinking traps. Catastrophizing takes us to the worst-case scenario in a given situation, and overgeneralizing makes us think that terrible outcomes are much more likely to occur. These traps are easy to fall into when the facts are already scary. We can ask ourselves. “Is this thought based in fact, and is it helpful to me right now?”

Have a Plan for Yourself and Your Family

Keep and rely on a list. This should include needed food supplies and medications, and health care professional and work contacts. These can help in the moments of crisis when you may not be thinking as clearly.

Care Doesn't Have to be Complex

Sleep, nutritious eating, good hygiene, exercise, fresh air, connecting with people-these are the basics. Managing anxiety can be done by breathing exercises, cognitive coping and mindfulness.

Keeping you and your family to regular routines is important.

“Maintaining balance in daily life and not letting your day be consumed by the ‘next headline is important to maintain perspective in the uncertainty of daily life.”

*<https://www.mcleanhospital.org/news/caring-your-mental-health-despite-coronavirus?>

We offer a variety of services to provide assistance to older adults in their homes and at the Senior Center. Please call our Center at 508-394-7606 X1330, and speak with a member of our knowledgeable staff for further information about any of the services described in our bi-monthly publication.

PUZZLES



CROSSWORD PUZZLE

ACROSS

- 1 "Lorna Doone" character
- 5 Sinbad's bird
- 8 Domolish; Brit.
- 12 Idea (Fr.)
- 13 Alas
- 14 Choese
- 15 Leg ends
- 16 Burmese knife
- 17 Taru
- 10 Small S.A. rabbit
- 20 Pilgrim
- 22 Skin vesticle
- 28 Veneration
- 24 Beginning
- 28 Blaubok
- 32 Public vehicle
- 33 54 (Rom. numeral)
- 35 Israelite tribe
- 36 Ringed brae
- 39 Reading dask
- 42 Abdominal (abbr.)
- 44 Have (Scot.)
- 45 I female falcon

DOWN

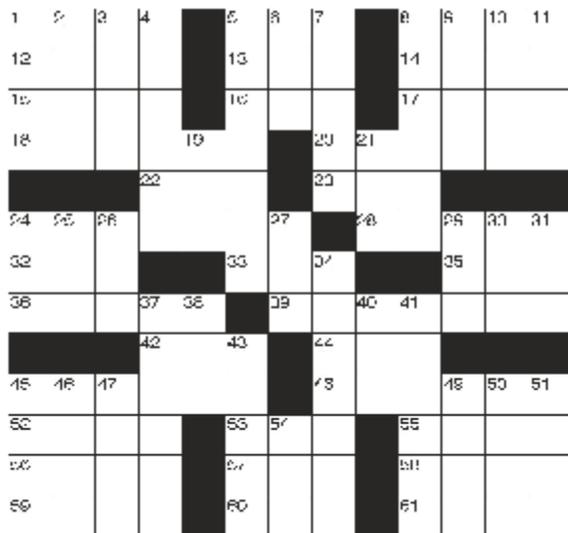
- 46 Butterfly
- 52 State (Fr.)
- 53 Television channel
- 55 Endearment
- 56 Mine (Fr. 2 words)
- 57 Rom. first day of the month
- 58 Por. poet
- 59 Maid
- 60 Compass direction
- 61 Foreign (pref.)

DOWN

- 1 Breach
- 2 Design
- 3 Profound
- 4 I lalc
- 5 Fanatical
- 6 Wood sprrel
- 7 Rudderfish
- 8 I lat molding
- 9 "Cantique de Noel" composer
- 10 Kemo

- 11 Turk. title
- 19 Jap. fish
- 21 Intimidate
- 24 Amazon tributary
- 25 Grab
- 26 Kwa language
- 27 "Abner"
- 29 "Fables in

- Slang* author
- 30 Rhine tributary
- 31 Television channel
- 34 Car
- 37 Insect
- 38 Residential nicknames
- 40 Helper
- 41 Cardly (2 words)
- 43 Male duck
- 45 Loyal
- 46 Hindu soul
- 47 Colla
- 49 Crippled
- 50 Dayak people
- 51 Aeronautical (abbr.)
- 54 Low (Fl.)



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ENIGMA CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "S" = "A"

"TXN JCANMT, MXJUTNMT SJUAM -
'INM' VZA 'ZJ' - VUN TXJMN SXBEX
UNROBUN TXN LJMT TXJOYXT."

- QITXVYJUVM

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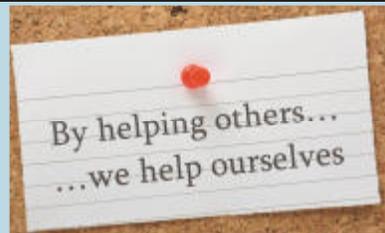


Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

4				2				
		2		7				
		5	4					1
1				9	5	4		7
	7		6			2		
							3	5
6				5				3
		3			2	1		4
		7			1			

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DIFFICULTY: ★★☆☆



Monday	Tuesday	Wednesday	Thursday	Friday
ACTIVITIES CALENDARS ARE SUBJECT TO CHANGE CALL TO REGISTER: 508-394-7606 x1330		Sunday, May 10th, Mother's Day Tuesday, May 19th, Election Day Monday, May 25th, Memorial Day		7:45 Dance Fit-B/b 1 9:30 State Rep. Will Crocker-C 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 10:30 YOGA-S 11:30 Senior Dining-B/f 12:30 Contract Bridge-B/b 12:30 Mahjongg-B/b 2:00 Brown Bag-A & B 3:00 Bit of Bliss Yoga-S
7:45 Dance Fit-B/b 4 9:00 Swedish Weaving-C 9:00 Bird Carving-B 9:45 YOGA-S 9:30 Oil/Watercolor Painting- A 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 11:30 Senior Dining-B/f 11:45 Duplicate Bridge-B/b 12:00 Dominoes Group-B 1:30 Floating Bridge Group -S 2:00 Energy Committee-PO 6:00 ZUMBA	8:00 ZUMBA GOLD-B/f 5 9:00 Joe Guardino Fitness-B/b 9:00 Seashell Quilter-A 10:30 AA Closed Step Meeting-B YOGA-S 11:30 Senior Dining-B/f 12:00 Sports Roundtable-A 12:30 Contract Bridge-S 1:00 Hand & Foot-S 1:00 Ladies Poker-S 1:00 SCOPA-S/f 1:00 Low Relief Carving-B 1:00 Crafters & Quilters-A 3:00 Joe Guardino Fitness-B/f 5:00 Weight Watchers-B/f	7:45 Dance Fit-B/b 6 9:00 Yarmouth Travel Club-PO 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 10:00 Scrabble-B 11:00 Senior Dining-B/f 12:00 Cribbage-B/b 1:00 Mahjongg-B/b 1:00 Ladies Poker-B/b 1:00 Clutterers Support Group-C 1:30 Floating Bridge Group-B/b 1:30 RAJA Yoga-S 3:00 Bit of Bliss Yoga-S	8:00 ZUMBA GOLD-B/f 7 9:00 Joe Guardino Fitness-B/b 10:30 Co-ed Choral Group-B/f 11:00 Bereavement-C 11:45 Duplicate Bridge-B/b 12:30 Men's Poker-S/f 1:00 Tech Talk-PO 1:00 Hand & Foot-S 1:00 SCOPA-S/f 1:00 Knitters Class-S/b 1:30 Floating Bridge Group-S/b 2:00 Grief Recovery Workshop-C 3:00 Joe Guardino-B/f 6:00 ZUMBA-F/B	7:45 Dance Fit-B/b 8 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 10:30 Caregiver's Support Group-C 10:30 YOGA-S 11:30 Senior Dining-B/f 12:30 Contract Bridge-B 12:30 Mahjongg-B/b 2:00 Disability Commission-C 3:00 Bit of Bliss Yoga-S
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25 SENIOR CENTER CLOSED 	8:00 ZUMBA GOLD-B/f 26 9:00 Joe Guardino Fitness-B/b 9:00 Seashell Quilters-A 10:30 AA Closed Step Meeting-B YOGA-S 11:30 Senior Dining-B/f 12:00 Sports Roundtable-A 12:30 Contract Bridge-S 1:00 Hand & Foot-S 1:00 Ladies Poker-S 1:00 Low Relief Carving-B 1:00 Crafters & Quilters-A 1:00 SCOPA-S/f 3:00 Joe Guardino Fitness-B/f 5:00 Weight Watchers-B/f	7:45 Dance Fit-B/b 27 9:00 Yarmouth Travel Club-PO 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 10:00 Scrabble -B 11:30 Senior Dining-B/f 1:00 Clutterers Support Group-C 1:00 Mahjongg-B/b 12:00 Cribbage-B/b 1:00 Ladies Poker-B/b 1:30 Floating Bridge Group-B/b 1:30 RAJA Yoga-S 3:00 Bit of Bliss Yoga-S	8:00 ZUMBA GOLD-B/f 28 9:00 Joe Guardino Fitness-B/b 11:30 Co-ed Choral Group-B/f 11:45 Duplicate Bridge-B/b 12:30 Men's Poker-S/f 1:00 Tech Talk-PO 1:00 Hand & Foot-S 1:00 SCOPA-S/f 1:00 Knitters Class-S/b 1:30 Floating Bridge Group-S/b 2:00 Grief Recovery Workshop-C 3:00 Joe Guardino Fitness-B/f 6:00 ZUMBA-F/B	7:45 Dance Fit-B/b 29 9:30 Bingo-B/f 10:00 Joe Guardino-B/b 10:30 YOGA-S 11:30 Senior Dining-B/f 12:30 Contract Bridge-B 12:30 Mahjongg Game Day-A 3:00 Bit of Bliss Yoga-S

JUNE 2020 CALENDAR

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Monday	Tuesday	Wednesday	Thursday	Friday
7:45 Dance Fit-B/b 9:00 Swedish Weaving-C 9:00 Bird Carving-B 9:15 YOGA-S 9:30 Oil/Watercolor Painting- A 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 11:30 Senior Dining-B/f 11:45 Duplicate Bridge-B/b 12:00 Dominoes Group-B 1:30 Floating Bridge Group-S 2:00 Energy Committee-PO 6:00 ZUMBA	8:00 ZUMBA GOLD-B/f 9:00 Joe Guardino Fitness-B/b 9:00 Seashell Quilter-A 10:30 AA Closed Step Meeting-B 10:45 YOGA-S 11:30 Senior Dining-B/f 12:00 Sports Roundtable-A 12:30 Contract Bridge-S 1:00 Hand & Foot-S 1:00 Ladies Poker-S 1:00 SCOPA-S/f 1:00 Low Relief Carving-B 1:00 Crafters & Quilters-A 3:00 Joe Guardino Fitness-B/f 5:00 Weight Watchers-B/f	7:45 Dance Fit-B/b 9:00 Yarmouth Travel Club-PO 9:30 FOYCOA BOARD Meeting-C 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 10:00 Scrabble-A 11:30 Senior Dining-B/f 12:00 Cribbage-B/b 1:00 Mahjongg-B/b 1:00 Ladies Poker-B/b 1:00 Clutterers Support Group-C 1:30 Floating Bridge Group-B/b 1:30 RAJA Yoga-S 3:00 Bit of Bliss Yoga-S 3:30 Age Friendly Community Mtg-TH	8:00 ZUMBA GOLD-B/f 9:00 Joe Guardino Fitness-B/b 10:30 Co-ed Choral Group-B/f 11:00 Bereavement-C 11:45 Duplicate Bridge-B/b 12:30 Men's Poker-S/f 1:00 Tech Talk-PO 1:00 Hand & Foot-S 1:00 SCOPA-S/f 1:00 Knitters Class-S/b 1:30 Floating Bridge Group-S/b 2:00 Grief Recovery Workshop-C 3:00 Joe Guardino-B/f 6:00 ZUMBA-F/B	7:45 Dance Fit-B/b 9:30 State Rep. Will Crocker-C 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 10:30 YOGA 11:30 Senior Dining-B/f 12:30 Contract Bridge-B/b 12:30 Mahjongg Game Day-B/b 2:00 Brown Bag-A & B 3:00 Bit of Bliss Yoga-S
7:45 Dance Fit-B/b 9:00 Swedish Weaving-C 9:00 Bird Carving-B 9:15 YOGA-S 9:30 Oil/Watercolor Painting- A 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 11:30 Senior Dining-B/f 11:45 Duplicate Bridge-B/b 12:00 Dominoes Group-B 12:30 Cape Cod Men's Club-C 1:30 Floating Bridge Group-S 2:00 Energy Committee-PO 6:00 ZUMBA	8:00 ZUMBA GOLD-B/f 9:00 Joe Guardino Fitness-B/b 9:00 Seashell Quilter-A 10:30 AA Closed Step Meeting-B 10:45 YOGA-S 11:30 Senior Dining-B/f 12:00 Sports Roundtable-A 12:30 Contract Bridge-S 1:00 Hand & Foot-S 1:00 Ladies Poker-S 1:00 SCOPA-S/f 1:00 Low Relief Carving-B 1:00 Crafters & Quilters-A 3:00 Joe Guardino Fitness-B/f 5:00 Weight Watchers-B/f	7:45 Dance Fit-B/b 9:00 Yarmouth Travel Club-PO 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 10:00 Scrabble-A 11:30 Senior Dining-B/f 12:00 Cribbage-B/b 1:00 Mahjongg-B/b 1:00 Ladies Poker-B/b 1:00 Clutterers Support Group-C 1:30 Floating Bridge Group-B/b 1:30 RAJA Yoga-S 3:00 Bit of Bliss Yoga-S	8:00 ZUMBA GOLD-B/f 9:00 Joe Guardino Fitness-B/b 10:30 Co-ed Choral Group-B/f 11:45 Duplicate Bridge-B/b 12:30 Men's Poker-S/f 1:00 Tech Talk-PO 1:00 Hand & Foot-S 1:00 SCOPA-S/f 1:00 Knitters Class-S/b 1:30 Floating Bridge Group-S/b 2:00 Grief Recovery Workshop-C 3:00 Joe Guardino-B/f 6:00 ZUMBA-F/B	7:45 Dance Fit-B/b 9:30 Bingo-B/f 10:00 Joe Guardino Fitness-B/b 10:30 Caregiver's Support Group-C 10:30 YOGA 11:30 Senior Dining-B/f 12:30 Contract Bridge-B 12:30 Mahjongg-B/b 2:00 Disability Commission-C 3:00 Bit of Bliss Yoga-S
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AGE-FRIENDLY COMMUNITY TEAM UPDATE

PAGE 13



Meetings on Wednesdays, the first and third week per month year-round. Meeting time: 3:30 PM-5:00 PM.

Town Hall Meeting Room A | Open to the Public.

Charge for the Age-Friendly Yarmouth Community Team

General Purpose: To advise the Board of Selectmen on matters pertaining to the Age-Friendly Community framework in keeping with membership in the World Health Organization Network. Framework:

- Outdoor Spaces & Buildings
- Social Participation, Transportation
- Housing, Respect and Social Inclusion
- Communication & Information
- Civic Participation & Employment
- Community Support & Health.

SPECIFIC CHARGES

Charged with creating useful data driven reports and developing plans that increase education, engagement and action that continuously improve upon an Age-Friendly Yarmouth using the WHO framework, an intergenerational Lens and Ageism awareness. The team is assigned to the Town Administrator and will serve as an advisory board to the Board of Selectmen.

Three-Year Term:

Gerry Bedard Chairperson,
Chris Morin

Two-Year Term: Sharon
Ladley, Kathy McPhee,
Dotty Guenther Secretary

One-Year Term:

Yvette Robida, Drew
Krauss

Global Affairs Consultant:
Jan Hively

AGE-FRIENDLY TEAM UPDATE:

At the time of this writing, we have no idea what affect the Coronavirus had on the citizens around the world and more closely to us on the Cape?

As you know, and as the AFCT has mentioned in the past, we are concerned about the health and welfare of our town members. The Coronavirus reinforces the need to ensure all prescribed medications are not missed, antibiotics are totally taken when prescribed, all precautionary shots are up-to-date, follow sickness prevention protocols, wash your hands frequently, monitor your symptoms and the many other procedures the medical profession passed on to us.

During the past year, the AFCT has been holding programs outlining the symptoms of Sepsis. If you were unable to attend, but have access to a computer, go to Sepsis.org and learn the symptoms of Sepsis. As with any infection, of which coronavirus is, if you aren't improving and are showing signs of Sepsis, seek medical attention immediately. (The symptoms are very close to the Flu, but more severe.) Time is of the essence. Our age group puts us at a higher risk level. Being prepared beforehand and knowledgeable can prevent worry and anguish later.

Reading the AFCT Charge, you see there are eight areas pertaining to an Age-Friendly Community Framework. The Team has and is working on many of these topics. We know many of you have ideas which you would like to see reasonable improvements or changes made that affect our community. Share your thoughts with us and be a part of the Age-Friendly Team. Please talk with Dianne and she will give you more details. Thank you.

The Age-Friendly Community Team



THANK YOU
THIRWOOD PLACE
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CELEBRATING
BIRTHDAYS EVERY MONTH!

FITNESS CLASSES

Joe Guardino Fitness
 Monday, Wednesday & Friday at 10:00 AM
 Tuesday & Thursday 9:00 AM & 3:00 PM
 3-sessions per week/\$45.00 per month; 2-
 sessions per week/\$32.00 per month
 Required Senior exercise waiver with Release
 Form prior to admission in attending any fitness
 class. Joe Guardino: JGuardino3@yahoo.com

Bit of Bliss Yoga
 "Yoga for a Healthy Life"
 Wednesday & Friday: 3:00 PM
 Individual class/\$10.00 or \$45.00/5 classes
 Contact: Janet Bettey, E-RYT at 978-500-2390 or
 visit www.bitofblissyogacapecod.com

Raja Yoga
 "A Holistic Health Path"
 Wednesdays at 1:30 PM
 Individual class /\$10.00 or 4-week series/\$30.00
 Contact: Janet Bettey, E-RYT at 978-500-2390 or
 visit www.bitofblissyogacapecod.com

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

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

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

CORONAVIRUS ACTIVITIES

Searching for something to do to get rid of
 boredom?

Here are a few suggestions:

- ◇ Read a great book
- ◇ Do a puzzle, crossword puzzle, Sudoku, or a
 word search
- ◇ Play Solitaire
- ◇ Watch your favorite movies
- ◇ Listen to music
- ◇ Meditate Lay down, eyes closed, palms up
 and focus on your breathing
- ◇ Write letters to family and friends
- ◇ Skype or FaceTime

ACTIVITIES

- Bird Carving Class: 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 at 1:00 PM
- Cribbage: Wednesday at 12:00 PM
- Dominoes Group: Monday at 12:00 PM
- Duplicate Bridge:
 Monday and Thursday at 11:45 AM
 508-394-3377 for more information
- Floating Bridge Group:
 Monday, Wednesday, Thursday at 1:30 PM
- Hand & Foot Card Game:
 Tuesday and Wednesday at 1:00 PM
- Knitters Group: Thursday at 1:00 PM
- Ladies Poker Group:
 Tuesday and Wednesday at 1:00 PM
- Low-Relief Carving Class: Tuesday at 1:00 PM
- Mahjongg Group:
 Wednesday and Friday at 1:00 PM
- Men's Bridge Group: Tuesday at 12:30 PM
- Men's Poker Group: Thursday at 12:30 PM
- Painting Class with Julie Blanchard:
 Mondays at 9:30 AM
- SCOPA Italian Card Game:
 Tuesday and Thursday at 1:00 PM
- Scrabble Group: Wednesday at 10:00 AM
- Seashell Quilter Craft Group: Tuesday at 9:00 AM
- Swedish Weaving Group: Monday at 9:00 AM
- Sports Roundtable: Tuesday at 11:00 AM
- Tech Advice with Del: Thursday at 1:30 PM

Visit a Virtual Museum - <https://www.msn.com/en-gb/travel/news/10-of-the-world-e2-80-99s-best-virtual-museum-and-art-gallery-tours/ar-BB11Av2A>

COMMUNITY NOTES - US CENSUS

This year the US Census 2020 will be taking place..
It is very important for you to be counted because the following is some of what the US Census determines:

- Grant funding to support our Senior Center
- Medicaid Benefits
- Snap Benefits
- Seats in the US House of Representatives
- Roadway funding

In years past we have benefitted from:

- \$22 Billion in Federal Funding for Massachusetts
- \$9.7 Billion Medicaid Funding
- \$182 Million in Low Income Housing
- \$100 Thousand Grant Funding

There are four ways to respond to the Census:

- Phone - by calling into the Center at 1-855-562-2020
- Online
- Paper
- Personal Visit by US Census Taker

There are 5 pieces of information that a US Census Taker will retrieve:

- Name
- Age
- Date of Birth
- Race
- Relationship to the first person listed on data sheet

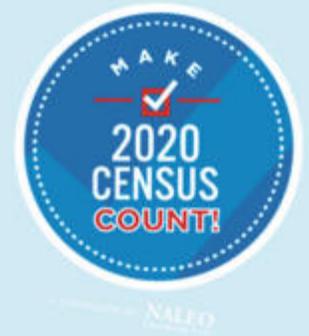
A US Census Staff will Carry or Provide to you the Following:

- ID Badge with a watermark and expiration date
- Carry a Bag with Census Bureau Logo
- A letter on US Census Letterhead saying the name of the staff member
- Work between the hours of 9 AM to 9 PM
- Upon request they can provide you with their Supervisor's phone number
- Do an online search of the Census Bureau Staff's Name at: MA2020CENSUS.ORG

Title B protects Census Data that you provide by:

- US Census Data can never be released
- US Census Staff take a Lifetime Oath of Confidentiality
- There is a penalty associated with the release of this data of \$250,000 and potential of 5 years in prison

US CENSUS: 1-800-923-8282 Scam Report Hotline: 1-800-991-2520



American Legion Post #197

Meetings are scheduled for the second Monday of each month at 2:00 PM at Yarmouth Senior Center. All vets are welcome. Please call Forest Thorpe at 508-383-3963 for information.

Barnstable Veteran's Services

Contact: 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 in need.

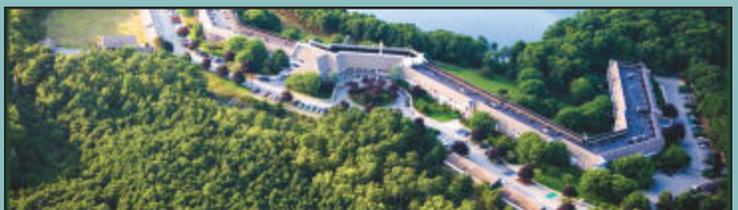
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- Light Housekeeping
- Medication Reminders



Carlene B. Veara, Ph.D.

774-212-0528

Cell: **774-217-1067**

P.O. Box 293

Yarmouthport, MA 02675

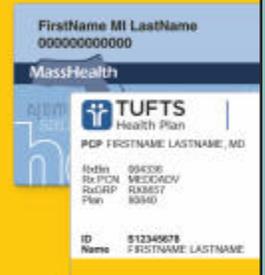
reliableinhomecare@gmail.com

www.reliableinhome.com

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with Tufts Health Plan Senior Care Options (HMO-SNP).



1-866-664-2140 (TTY: 711)*

www.thpmp.org/sco



*7 days a week, 8 a.m.–8 p.m. (Apr. 1–Sept. 30: Mon.–Fri., 8 a.m.–8 p.m.) Tufts Health Plan Senior Care Options is an HMO-SNP with a Medicare Contract. Enrollment in Tufts Health Plan Senior Care Options depends on contract renewal. The HMO-SNP is available to anyone who has both MassHealth Standard (Medicaid) and Medicare Parts A and B. The SCO is available to anyone who has MassHealth Standard only. Tufts Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-670-5934 (TTY: 711). ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-855-670-5934 (TTY: 711). H2256_S_2020_54_M



Dancing is the Essence of Life



Meet Yarmouth resident, Fili Guerinni recently celebrated her 108th birthday. Fili was born in Milford, Massachusetts in 1912. She was the middle child of 8 children (4 girls and 4 boys,) having to leave high school to go to work and help out her mother.

Fili's favorite activity through the years is "Dancing at a local ballroom!"

Fili spoke of her late husband, Alfred with great enthusiasm, labeling him the most inspirational person in her life having been an enjoyable and wonderful dancer for which she has many great memories.

Her most memorable childhood memories are of the days when she and her siblings used to pick cranberries for 5 cents per bushel on Cape Cod.

Fili's best advice to everyone is:
"Enjoy life to the fullest for as long as you can!"

We thank you for setting an example and sharing your inspiration of life

See Page 10 Companion Puzzles

R	I	D	D		R	O	C		R	A	S	E
I	D	E	E		A	C	H		E	D	A	M
F	E	E	T		D	A	O		G	A	B	I
T	A	P	E	T	I		P	A	L	M	E	R
			S	A	C		A	W	E			
I	N	I	T	I	A	L		E	T	A	A	C
C	A	B			L	I	V			D	A	N
A	B	O	M	A		L	E	C	T	E	R	N
			A	B	D		H	A	E			
L	A	N	N	E	R		I	D	A	L	I	A
E	T	A	T		A	B	C		B	A	B	E
A	M	O	I		K	A	L		O	M	A	R
L	A	S	S		E	S	E		X	E	N	O

Answer to Sudoku

4	1	6	5	2	8	3	7	9
3	8	2	1	7	9	5	4	6
7	9	5	4	3	6	8	2	1
1	3	8	2	9	5	4	6	7
5	7	9	6	4	3	2	1	8
2	6	4	8	1	7	9	3	5
6	2	1	9	5	4	7	8	3
8	5	3	7	6	2	1	9	4
9	4	7	3	8	1	6	5	2

EMIGMA CRYPTOGRAM Answer:

"The oldest, shortest words – 'yes' and 'no' – are those which require the most thought." – Pythagoras



FOYCOA
Friends of Yarmouth Council on Aging

FOYCOA stands for Friends of Yarmouth Council on Aging. We are a non-profit organization providing additional funds for the Yarmouth Senior Center.

Your \$15.00 membership fee gives you so much in return: holiday performances, special events, and additional programming. It even funds half the cost of the postage of the *Milestones*.

Engage with us and consider volunteering for one of our many activities. We are always in need of extra hands. What a great way to meet new friends and have fun!

Please renew or begin your membership by completing the form below. Mail or bring your form with your check (made payable to FOYCOA) to the Yarmouth Senior Center. Watch the *Milestones* for the FOYCOA Members Only Party this fall.

FOYCOA MEMBERSHIP: July 1, 2020 – June 30, 2021

Membership is tax deductible

Please PRINT Information Below

\$15.00 per person: _____	Additional Donation: \$ _____
Renew Membership: _____	New Membership: _____
Please make checks payable to: FOYCOA	I am interested in volunteering: _____

Mail to: FOYCOA, 528 Forest Road, West Yarmouth, MA 02673-2842

Name(s) _____

Address: _____

Town: _____ State: _____ Zip code: _____

Telephone: (____) _____ Date of Birth: ____/____/____

Help us save on the cost of postage. Please provide your email below.

Email: _____

For office use only: Amount received: \$ _____ Check: # _____ Cash: _____ Date: _____

Please Support Our Platinum and Gold Polar Plunge Sponsors:



Dine at the *Yarmouth Hearth n' Kettle* on *May 16*.

Present OUR FLYER, found in the Senior Center lobby and Hearth n' Kettle will donate 15% of your total meal cost to FOYCOA. Valid only on May 16 from 7 am to 9 pm.

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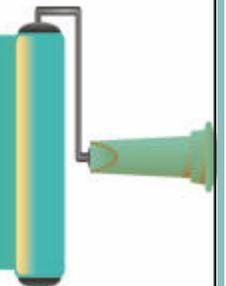
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St. Patrick's Day Parade



T R A V E L N E W S

DAY TRIPS - from Patriot Square: MGM Springfield -\$53 Package 5/02, \$35; Art In Bloom & Monet-MFA 5/04, \$69; "Birthday Bash" Encore Casino 5/11, \$22; Mayflower Sails Boston 2020 & Venezia 5/19, \$99; Cirque du Soleil CRYSTAL PVD 6/06 \$118; Foxwoods 6/09, \$35; Boston Pops "Gospel Night" 6/13, \$99; Newport Flower Show 6/19, \$60; Secret Gardens of P-town & PAAM 7/12, \$75; Ain't Too Proud-Temptations PPAC 7/22, \$119/\$105; KING TUT BOSTON Exhibition w/Audio Guide - 7/28 and 8/18 \$69 - 9/12 \$79; Donna Summer Musical-Boston 8/16, \$149; Carnival Parade "Holidays" 8/20, \$35.

DESTINATION TOURS -please call for an itinerary: Taste of Iceland 9/26/20 \$3,020 (direct air); Christmas In London Bath-London-Highclere Castle (Downton Abbey) 12/05 \$2,639 (direct air); Painted Canyons of the West-visit Utah's 5 National Parks 4/18/21 \$3,774; Discovering Poland Warsaw-Gdansk-Wroclaw-Krakow 8/21/21 \$4,178 Include Cape transfer.

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. Yarmouth Senior Services does not discriminate on the basis of religion, race, color, national origin, sex, disability, age, height, weight, marital status or familial status in its programs, activities or in employment.

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