

YARMOUTH SENIOR SERVICES

# MILESTONES

JULY  
AUGUST  
2020



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### WELCOME NOTE FROM OUR DIRECTOR

Hello,

I hope that you are doing well and getting adjusted to the “New Normal.” As I write to you today, our building is still closed to the Public. However, we are working as hard as ever to bring you needed services during these difficult times. Since we closed our doors in March, we have made over 12,000 wellness phone calls, over 230 tax appointments have been contacted and rescheduled, 5,579 Grab and Go Lunches have been served, 168 Veterans Meal boxes have been distributed, over 300 Brown Bags were assembled and distributed and 305 masks were handed out for your safety.



The biggest question on everyone’s mind is “When will you be opening up again?” Our building most likely will not open until after Labor Day. We are preparing for your return and taking every precaution to keep you safe. Currently, we are doing what we can by telephone, mail, email and what we can do outdoors.

Please note, some services have changed due to COVID but they are still running, they will be marked with **BLUE** lettering inside Milestones. Our biggest priority is keeping you safe!

**SAVE  
THE  
DATES**

Ice Cream unSocial  
and  
Kalifornia Karl  
Details on Page 9



Where Quality Meets Compassion



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Respite • RN Evaluations  
Blood Pressure Checks

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*Certified Public Accountants*

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

E: JGB@BOGLECPA.com

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1-800-797-6699



*Hallett Funeral Home*  
www.hallettfuneralhome.com  
(508) 398-2285



## 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, Director x1332  
Lisa M. Noferi, Program & Communications  
Administrator x1333  
Linda Colby, Social Worker MSW, LCSW x1337  
Hilda Davenport, Outreach Coordinator x1335  
Karen M. LeBlanc, Office Coordinator 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



## 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

## How-to Self Register Using My Active Senior Center

Go to the Following Link either on a computer, tablet or smartphone:

<https://myactivecenter.com/#signup/yarmouth-senior-services>

Enter the 8 Digit Number off the back of your My Senior Center key card (include the X)  
Enter your phone number that is associated with your account

Click on the event that you would like to attend by clicking on the Green Name of event

Then click on the green box that says Register

You should be able to see the activities

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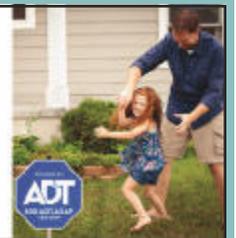
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Mill Hill Residence  
774.470.5174 | 164 MA-28, West Yarmouth

[MaplewoodSeniorLiving.com](http://MaplewoodSeniorLiving.com)





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



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

We want you to know that our Outreach Department is here for you. This has been a difficult time for all of us, and we miss seeing you in person. The Yarmouth Senior Center can be a one stop resource for information regarding resources for seniors, referrals, and application assistance. Please call us and we will assist you with a prompt return call.

The following are some of the services that we provide:

- ◆ **Fuel Assistance:** A federally subsidized program for low income households. This program starts on Nov 1<sup>st</sup> and, and ends on April 30<sup>th</sup>, and is based on all income for anyone in the household age 18 and older. Call us in October if you think that you may be eligible. If you have been on the Program in the past, you will receive the application in the mail. Call us if you need assistance, and make an appointment. Applications are available in November
- ◆ **SNAP/Food Stamps:** This program has a simplified application for individuals or couples over 60 yrs. Call for an appointment to discuss how you may be eligible, and what verifications you will need
- ◆ **Tax Exemptions:** Seniors age 65 and over (Clause 41 C) The Board of Assessors administers this State of Mass. program for eligible taxpayers. This program starts after July 1<sup>st</sup>, and has amounted to \$1,000.00 off of your property taxes for the past two years. Call for appointment for an application and, or assistance
- ◆ **Housing Applications:** Call for an appointment to discuss housing options
- ◆ **Mental Health:** Evaluations and referrals
- ◆ **Grief Counseling**
- ◆ **Notary Services:** By appointment
- ◆ **File of Life:** Red magnetic envelope that attaches to your refrigerator with a list of all your medications, your PCP and HCP names and phone numbers in case of an emergency for EMTs
- ◆ **Five Wishes:** Not a legal document, but, a list of a person's last wishes for their end of life requests
- ◆ **Health Care Proxy:** Legal document signed by you naming the person or persons who you want to represent you and your end of life wishes if you were unable to speak for yourself
- ◆ **Safety First:** Call us and we can arrange for house numbers, and replacement of batteries in your fire and carbon monoxide detectors
- ◆ **Brown Bag Program:** Supplement your food resource with a once monthly bag of groceries. You are eligible if you qualify for any state or federal programs



## 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	\$1,755	\$15,720
Married Couple	\$2,371	\$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

## Call 2 Talk 508-532-2255

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/>

## 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](mailto: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

PAGE 8

## 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 30 minutes at \$35.00.

Arrangements may be scheduled for home visits by calling: 774-212-4365.

## Hearing Clinic

Monday at 1:00 PM

Accepting appointments by calling 508-760-1835

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

We are now accepting medical equipment donations. 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

### Accepting Appointments

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.

## WELCOME NOTE FROM OUR DIRECTOR (CONTD)

When you come back we will have certain restrictions in place:

- If you are not feeling well, have a fever greater than 100.0 degrees, runny nose, sore throat difficulty breathing please stay at home for at least 24 hours and return when you are feeling better
- If you have had contact with someone that tested positive for COVID-19, please stay home for at least 14 days
- You will have to abide by Social Distancing Guidelines, signs have been posted throughout the building
- You will have to wear a mask in the Senior Center and on the property if you are within 6 feet of another individual
- We will have safety measures in place such as Temperature Checks at the Main Entrance
- The Main Entrance will be the only way into the building and the Ballroom Exits are the only ways out (In the case of an emergency all doors will be EXIT doors)
- The front desk has a Safety Shield installed, this is for your safety and the receptionist on duty please stand behind the Safety Shield while talking to the receptionist
- There have been more hand sanitizing stations installed throughout the building
- The restrooms are stocked with plenty of hand soap to wash your hands
- Registering on MY SENIOR CENTER
  - \*This is very IMPORTANT for contact tracing purposes
  - \*You may self-register on MY ACTIVE SENIOR CENTER, as kiosks will not be available (See the How-To Guide on Page 3)
  - \*If you do not self-register you will need to see the Receptionist and she will register you on MY SENIOR CENTER

Stay Safe and Looking forward to seeing you again,  
Dianne



### Ice Cream unSocial Drive Through

Thursday, July 2nd at 2:00 PM

Welcome Summer by having our staff serve you a scoop of ice cream with all your favorite toppings outside in the parking lot. A drive through treat!

### Kalifornia Karl & Joe Mack on Sax wth Live Kourtyard Konzert

Friday, August 14th at 2:00 PM

Entertainment to be provided in the parking lot while socially distanced. You'll be serenaded through out the parking lot. Bring your own lawn chair, sit in your car or limited seating under the portico to sing along or dance if the spirit moves you! First come, first serve parking space is limited. Masks required when leaving your vehicle.

### MCOA INTRODUCES

Reduce Social Isolation - Activities that you can Access by Phone with no Internet Needed



- 1) DOROT - Nonprofit organization addressing challenges of the aging population  
877-819-9147  
Small discussion groups of up to 12  
Classes offered on a wide variety of subjects
- 2) Lifetime Connection Without Walls –  
888-500-6472  
Payment Required:  
\$10.00 Unlimited Access to Courses  
\$5.00 If you would like to try out a Course
- 3) Senior Center Without Walls - 877-797-7299  
Participants can start their own groups

# PUZZLES

PAGE 10

## CROSSWORD PUZZLE

### ACROSS

- 1 Sheep's cry
- 4 Certified Public Accountant (abbr.)
- 7 Wolframite
- 10 School residence
- 11 Own (Swed.)
- 12 Trolley
- 14 Poop (2 words)
- 16 7th incarnation of Vishnu
- 17 Limited (abbr.)
- 18 Agave fiber
- 20 Television channel
- 21 Pointed (pref.)
- 22 You (Ger.)
- 24 Elastic
- 28 One of the Beatles
- 31 Indian carpet
- 32 Bronze (Lat.)
- 34 River into the Yellow Sea
- 35 Dismay
- 37 Birthstone

- 39 Killer of Abel
- 41 Amer. Medical Assn. (abbr.)
- 42 Miles per hour (abbr.)
- 44 Last Imam
- 46 Barely get by
- 49 Oz books author
- 51 White wine
- 53 Hillside shelter
- 54 Military assistant
- 55 Knotted fibers
- 56 Rom. bronze
- 57 Bird's display area
- 58 Shak. contraction

- ### DOWN
- 1 Disputable
  - 2 Jack-in-the-pulpit
  - 3 Danish county
  - 4 Pause in poetry
  - 5 Ancient Britain
  - 6 Tarsus
  - 7 Center (abbr.)
  - 8 Mito
  - 9 Young sheep
  - 10 Double (abbr.)
  - 13 But (Sp.)
  - 15 Gaming cubes
  - 19 Europe (abbr.)

- 21 Gordana fiber
- 23 Eyelashes
- 24 Eth. title
- 25 Exclamation
- 26 Booklet
- 27 Affirmative
- 29 General Accounting Office (abbr.)
- 30 Owl (Swed.)
- 33 Cider (2 words)
- 36 Kipling hero
- 38 Fudge
- 40 Skull bone
- 42 Master of Business Administration (abbr.)
- 43 Para-aminobenzoic acid
- 45 Geological vein angle
- 46 Winged god
- 47 Unite
- 48 Conger
- 50 Hadly (pref.)
- 52 Alfonso's queen

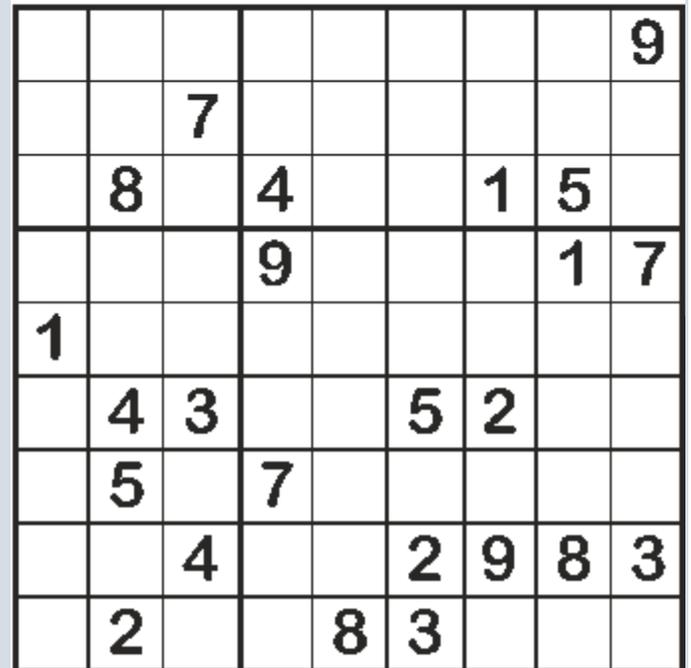


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A2



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



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DIFFICULTY: ★★☆☆☆



## ENIGMA™ CRYPTOGRAM

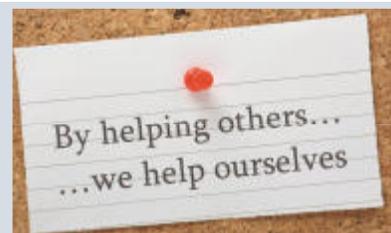
Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "U" = "T"

"GQQN DYSR CQQU YE UVQ JRYSEW  
LEW DYSR UVYSJVUF LU MYCUD  
VQPJVUF."

— NQLBQ NPMJRP

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E013





WE ARE  
HERE FOR  
YOU!

# MEMBER SPOTLIGHT

PAGE 12



It's a pleasure to introduce you to Robert (Bob) Moore who has shared his life story with us beginning with his birthplace in Memphis Tennessee. His family relocated to North Carolina six months later where his father worked as a florist. After the death of his father in 1931, his mother decided to move the family to California. "So, mom packed up everyone which included myself, two brothers, my sister and an aunt into a 1930 Model A, and we took to the road on the first of March in 1932 driving all the way to Southern California."

He spent his school years in California until 1942, then moving to Kodiak Alaska to work for about eight months before entering into military service. In the military Bob was sent to MIT in the V-12 Unit on the Solomon Islands for the Navy. He spent a total of four terms at the MIT and one term at Tufts on the V-12 Unit.

After the war, Bob came to the Cape and decided that this is where he was going to stay. He worked in Chatham for a builder running a woodworking shop from 1946; eventually taking over ownership in 1982, and continued running it until 2002.

In 2003 he began delivering Meals on Wheels which is when we met him. Bob has continued to deliver Meals on Wheels throughout our Community until COVID-19 sent everyone into quarantine at home to stay safe.

He also worked for a builder in the Orleans area where he did all his millwork for remodeling jobs until 2009 while continuing to deliver Meals on Wheels two days per week and finally retiring with only occasional millwork for individuals in the Community needing specialty woodworking for their homes.

Bob has continued volunteering to serve Meals on Wheels since his retirement. When asked what his favorite activity has been through the years? He said "I've had many however, the one which I truly found enjoyable was working as an on call fireman for twenty years and I worked with a rescue squad for thirty years. Bob declared his favorite activity through the years has been volunteering!

When asked who had been the most inspirational person he'd ever met? Bob replied "that would be my grammar school teacher in Thousand Oaks California, Mrs. Scott, she was the basis for most of my interests and goals throughout my life in mentoring me from such a young age on the basic values of working in my Community as I have my whole life. Mrs. Scott taught us in a little two room school house which seems hard to believe just 40 miles North of Los Angeles was a two room school house consisting of 61 kids and 8 grades. I had Mrs. Scott from 4<sup>th</sup> - 8<sup>th</sup> grade during which she became the foundation for the rest of my life besides my lovely wife.

In today's world, what is your best advice for people? "Being involved with other people in your Community!"

Thank you for your service to our Country and your lifetime of dedication volunteering within our Community! Bob Moore; you have reached out and touched many people with your kind and generous commitment by setting an example for us to live by.

# AGE-FRIENDLY COMMUNITY TEAM UPDATE

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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.

## AGE-FRIENDLY TEAM UPDATE:

Probably by now, you have seen all the reruns you ever want to see, fed up with the news, can't do anything with your hair, once again see your natural hair color and can't wait for the warmer weather and the "New Normal." Hopefully, you are faring well and getting through the pandemic successfully.

The pandemic reminded me of my childhood when our house was posted with a 'QUARANTINED' sign because my brother and I had a contagious disease and no one could come in or out of the house. It also reminded me during WW II, when certain foods were in short supply and there was rationing. I'm sure some of you remember standing in line with your rationing book and tokens waiting to buy your allotted amount of meat, sugar, butter, etc. That got me thinking, God forbid, there is any type of massive shutdown or pandemic in the future, stores should immediately start limiting quantities of items to prevent hoarding. That would prevent situations that we are experiencing now.

The committee hopes you were able to participate in the "Grab and Go" lunch program, "Veterans Food Boxes," "Brown Bags," "Meals on Wheels," spoke with Linda or Hilda and called them if you needed assistance. If you aren't familiar with these programs, please call the senior center to learn more about them and determine if you qualify for them.

A friend of mine suggested a web site: [seniorplanet.org](http://seniorplanet.org)\* that may be of interest. It offers a newsletter called, "The Weekly Orbit."\*\* It's available on their website, Twitter, Facebook, Instagram and YouTube.

The latest newsletter had a section, "Open Thread: Gratitude."\* The first part follows, "This lockdown seems like it will go on forever, but there will be an end...but how do we keep our attitudes up in the meantime, and combat depression or other mental/emotional challenges? Some studies suggest that gratitude can be a major influence in our level of happiness, and can even have lasting positive changes in our brains. So how about it? What are you most grateful for?"

Stay safe.

Gerry Bedard, Chairman

The Age-Friendly Community Team

\* <https://seniorplanet.org/open-thread-gratitude/>

## 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

## 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](http://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](http://www.bitofblissyogacapecod.com)

**Dance Fit**  
 Monday, Wednesday & Friday at 7:45 AM  
 Lucky: 508-430-2606 or [luckydancer@gmail.com](mailto: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](mailto:peg4zumba@aol.com)



## 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 10:00 AM  
 Meeting under the portico with social distancing
- Tech Advice with Del: Thursday at 1:30 PM



## AARP

Find out more about the fun you can have by being a Tax-Aide Volunteer Counselor. For more information contact: Pat Zeiss, Volunteer Coordinator at patzeiss@juno.com or call 508-255-2292.

## 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.

## 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, supermarket, 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 or 508-470-0585

## CENSUS 2020 **Extended deadline is October 31st with door to door census to resume on August 11th.**

Your participation matters! You have three options for responding. Online, By phone, and By mail. For more info: [www.ma2020census.org](http://www.ma2020census.org)

## Household Hazardous Waste Collection

Saturday, July 18th from 9:00 AM-12:00 PM at the Yarmouth Senior Center on 528 Forest Road in W Yarmouth, MA 02673

## SHINE

COVID-19 updates: Medicare covers the lab tests for COVID-19. You pay no out-of-pocket costs, Medicare covers medically necessary hospitalizations. This includes if you're diagnosed with COVID-19 and might otherwise have been discharged from the hospital after an inpatient stay, but instead you need to stay in the hospital under quarantine. If you have a Medicare Advantage Plan, you have access to these same benefits. Medicare allows these plans to waive cost-sharing for COVID-19 lab tests. Many plans offer additional telehealth benefits. Check with your plan about your coverage and costs. You will not lose your MassHealth coverage during the COVID-19 national emergency. Please call the SHINE office at 508-375-6762 for more information.

## Yarmouth Department of Natural Resources

### It's Wildlife Baby Season:

The arrival of spring means the arrival of newborn and just-hatched wildlife. Every year, the lives of many young creatures are disturbed by people who take young wildlife from their wild habitat in a well-intentioned attempt to "save" them. These well-meant acts of kindness tend to have the opposite effect. Please remember, finding a young animal alone does not mean it's abandoned; the best thing you can do for young wildlife is to leave them alone. Generally, young mammals are visited by their mother only a few times a day to avoid attracting predators. For example, a nest of bunnies will only be visited by the adult female twice per day to nurse. Only when young wildlife are found injured or with their dead mother should they be assisted and delivered immediately to a licensed wildlife rehabilitator. As always, if you are not sure, feel free to contact us at 508-760-4800.

## Yarmouth Town Libraries

Now offering curbside pickup of books, movies, music, magazines and more. You can place holds on library materials through the CLAMS catalog at [www.clamsnet.org](http://www.clamsnet.org) using your library card barcode and pin. Please contact 508-760-4820 for South Yarmouth Library and 508-775-5206 at West Yarmouth Library for assistance.

The Aging Together Study at UMass Boston is looking for senior children (aged 65+) of parents (aged 90+) with dementia. We want to learn what your relationship with you parent is like, what challenges you may face, and what types of support you may need. We are also interested in how COVID-19 may be impacting your family, and how you are navigating the current challenges. This is a one-time, approximately 90 minute interview that will be conducted remotely via method of your choice (phone or video calls.) You will receive \$40.00 as a thank you. If you are interested in participating please contact our study team at 617-901-1082 or email is at [agingtogether@umb.edu](mailto:agingtogether@umb.edu). We look forward to talking to you.

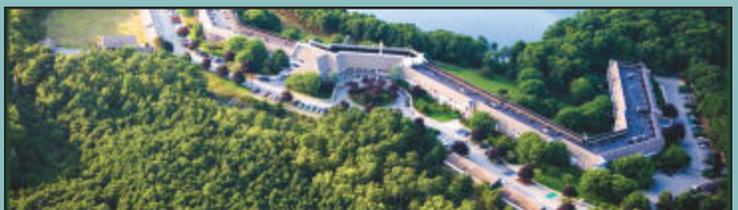
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**774-212-0528**

Cell: **774-217-1067**

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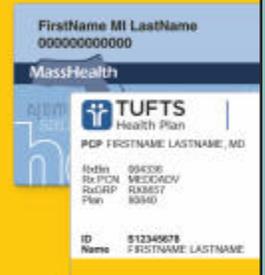
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**www.thpmp.org/sco**



\*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



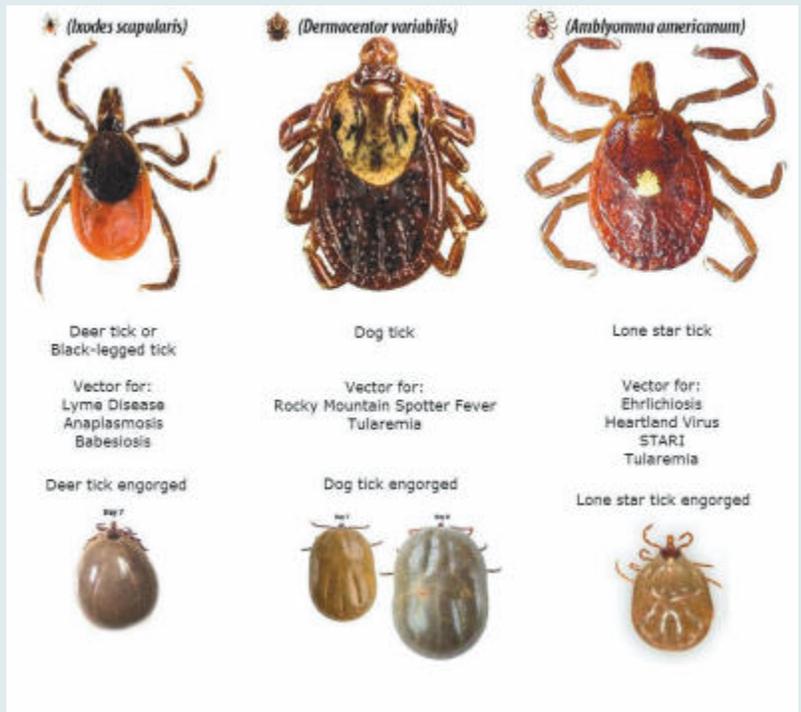
## Cape Cod Ticks



There are three (3) Types of ticks on Cape Cod: Deer ticks, Dog ticks, and Lone Star ticks. Dog ticks pose the lowest risk, but can trigger Rocky Mountain Spotted Fever. Deer ticks can transmit potentially serious diseases such as Lyme disease as well as Babesiosis,

Anaplasmosis, Powassan, and relapsing fever. The Lone Star tick is the newest tick and can transmit Ehrlichiosis and Tularemia. The bite of a Lone Star tick can also trigger an allergy to red meat consumption; which presents itself in a range of symptoms from hives to an anaphylactic response.

**PREVENTION:** When spending significant time outdoors, or if you are headed to the trails, it is best to wear long pants with your pants tucked into your socks. Not necessarily a great fashion statement, but it could save your life. Ticks become active whenever temperatures are above freezing and a break in snow cover occurs. Remember to take precautions more often than just spring and summer.



## See Page 10 Companion Puzzles

	M	A	A		C	P	A		C	A	L	
D	O	R	M		A	I	N		T	R	A	M
B	O	A	T	D	E	C	K		R	A	M	A
L	T	D		I	S	T	L	E		C	B	S
			A	C	U		E	U	C	H		
R	U	B	B	E	R	Y		R	I	N	G	O
A	G	R	A		A	E	S		L	I	A	O
S	H	O	C	K		P	E	R	I	D	O	T
		C	A	I	N		A	M	A			
M	P	H		M	A	H	D	I		E	K	E
B	A	U	M		S	A	U	T	E	R	N	E
A	B	R	I		A	D	C		N	O	I	L
	A	E	S		L	E	K		A	S	T	

## Answer to Sudoku

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

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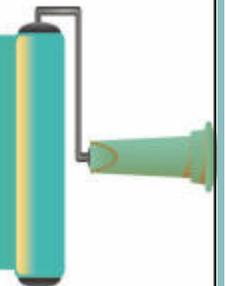
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Friends of Yarmouth Council on Aging

**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: \_\_\_\_\_**

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**T R A V E L N E W S**

*Happy Summer! For everyone's safety the travel program will be suspended through August. For information on future travel plans contact Karyn Wendell at 508-420-5288 or Karynmw1@comcast.net-www.adventureswithkarynwendell.com*

*I miss you and can't wait to go places with you again soon. Karyn*

**Please Support Our Platinum and Gold Polar Plunge Sponsors:**



**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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