

# TOWN OF YARMOUTH

Division of Senior Services  
528 Forest Road  
W Yarmouth MA 02673  
T: 508-394-7606 F: 508-398-2365



June 30, 2022

Lisa Noferi, [LNoferi-hoff@yarmouth.ma.us](mailto:LNoferi-hoff@yarmouth.ma.us)  
508-394-7606 X1333

## PRESS RELEASE

**Variety Show offered to help educate about Elder Abuse  
and Age Friendly Communities  
Cape Cod Elder Abuse Coalition and Yarmouth Age Friendly hosts  
Intergenerational event**

The Cape Cod Elder Abuse Coalition and Age Friendly Yarmouth are sponsoring a Cape-wide Intergenerational variety show on Saturday, September 24, 2022, at 1:00 PM. The event will be held at the Yarmouth Senior Center, 528 Forest Rd, West Yarmouth. Light refreshments will be served.

The purpose of the variety show is to bring people of all ages together for an afternoon of fun while learning about the Elder Abuse Coalition and Age Friendly Yarmouth communities. This free event is open to all and will contain family friendly entertainment.

According to the National Council on Aging, approximately 1 in 10 Americans aged 60+ have experienced some form of elder abuse and only 1 in 14 cases are reported. The World Health Organization Age Friendly Community Network supports communities that are inclusive and equitable places to live for all residents.

The Cape Cod Elder Abuse Coalition is comprised of community partners that include Barnstable County Sheriff's Office, Elder Protective Services, Independence House, Yarmouth Police Department, Dennis Senior Center, and Yarmouth Senior Center.

The mission of The Cape Cod Elder Abuse Coalition is to educate the public about elder abuse using methods that include hosting or sponsoring educational events. Age Friendly Yarmouth strives to create programs and policy changes that address the needs of older adults. In addition, knowing that all generations learn from each other, they approach their work through an intergenerational lens.

See enclosed flyer for the variety show details. Any questions, please contact Chris at [chrism@indhouse.net](mailto:chrism@indhouse.net) or call: 508-771-6507 x 230.



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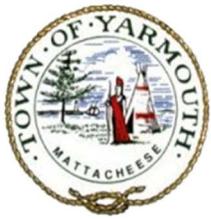
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## PRESS RELEASE

### Veteran's Rendezvous Café

**This group will meet each Wednesday from 9:00 AM - 11:00 AM.**

**Meeting at Yarmouth Senior Center beginning Wednesday, July 6, 2022, at 9:00 AM.** This group will allow Veterans weekly time in a beautiful space for camaraderie, reminiscing, and program development. This is your group, and we look forward to your input in developing activities and programs you would like in the weeks to come. Facilitator, Barbara-Anne Foley, Outreach & Programs Manager at the Cape & Islands Veterans Outreach Center in Hyannis will be present each week to listen, learn, and assist to bring program ideas that Veterans in attendance would like to see provided. We will have occasional guest speakers, live cooking demonstrations, lead fun programs and offer ongoing educational information for Veterans Services. Please join us and bring your fellow Veterans with you! If you need transportation, please contact Barbara-Anne Foley directly at 508-237-3349. RSVP: 508-394-7606 X 1330.



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## PRESS RELEASE

### Dining With Friends - "Celebrate Summer!"

**Tuesday, July 12, 2022, at 11:30 AM -12:30 PM**

Please join us for our summertime event with friends or make new ones here. We will be honoring this fabulous season with a BBQ style menu consisting of several traditional favorites. Reservations are required as seating is limited. Please call 508-398-5060 by Friday, July 8, 2022, to RSVP. The event is free of charge, but we kindly request a \$3.00 donation to help our Meals on Wheels and Dining programs.



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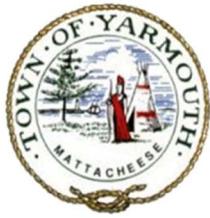
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## PRESS RELEASE

### Long Term Care Health Insurance Presentation

**Tuesday, July 12, 2022, at 1:00 PM**

Bayada Home Health will present an informational session on Long Term Care Insurance. They will review Long Term Care Insurance to help understand its purpose and the potential fit for you. Bring your questions. Call: 508-394-7606 X 1330 to save your seat.



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## PRESS RELEASE

### Sand Sculpture Trail Tour

**Tuesday, July 13, 2022 & August 20, 2022, at 1:00 PM–3:00 PM**

Let us do the driving while you enjoy riding on The Voyager Van. Visit sand sculptures, take some photos, enter the annual photo contest, and let us take you to Dairy Queen for a small ice cream cone. Pre-registration is required, seating is limited. Call: 508-394-7606 X 1330 to reserve your seat.



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### PRESS RELEASE

#### **The Sound Dunes Combo Band**

**Friday, July 15th at 1:00 PM - 2:00 PM**

The program will include a mix of swing, Dixieland, country, Latin, jazz, and a little bit of rock n roll for your listening, sing-along, and dancing pleasure. Please join us and enjoy some real, live music!

Program sponsored by FOYCOA. Call: 508-394-7606 X 1330 to reserve your seat.



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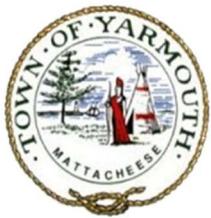
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## PRESS RELEASE

### Should I be Concerned About Osteoporosis?

**Friday, July 15, 2022, at 10:00 AM -11:30 AM**

Presentation on osteoporosis, given by a medical science liaison from Amgen. The audience will learn about what osteoporosis is, how it is diagnosed, and how they can take charge of their bone health. Please note that this presentation does not constitute medical advice. Call: 508-394-7606 X 1330 to save your seat.



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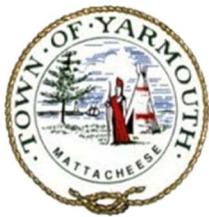
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### PRESS RELEASE

#### **Ice Cream Social**

**Monday, July 18, 2022, at 12:30 PM -1:30 PM**

Windsor Skilled Nursing and Rehabilitation Center will be sponsoring a complete Ice Cream Social with all your favorite toppings. Bring your friends! Call: 508-394-7606 X 1330 to RSVP.



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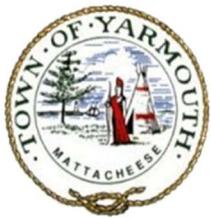
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### PRESS RELEASE

#### **Sing-Along to Classic Hits with Rick Woods**

**Monday, July 18, 2022, at 1:00 PM**

Yarmouth's own Rick Woods will perform with his acoustical guitar providing an eclectic, selection of well-known favorites from the 40's to the 70's. Join us in sing-along to classic hits that lift the spirits of everyone. This program is sponsored by FOYCOA. Call: 508-394-7606 X 1330.



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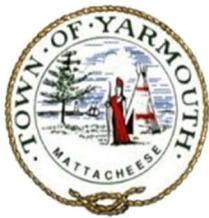
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## PRESS RELEASE

### Meso-American History Group

**Monday, July 18, 2022, at 2:30 PM - 4:00 PM**

Greetings fellow readers and historians. If you're a fan of Meso-American history, come join Lew, Tom, Greg, and others for our newly formed Meso-American Group. We talk all things Olmec, Mayan, Aztec, and everything in between. Lew will talk about his recent trip to the Yucatan peninsula and Tom will discuss his tour of Teotihuacan last summer. Anyone interested can contact Lew at [capecodlew@gmail.com](mailto:capecodlew@gmail.com) or Tom at [tojopena@comcast.net](mailto:tojopena@comcast.net). Call: 508-394-7606 X 1333 for additional information.



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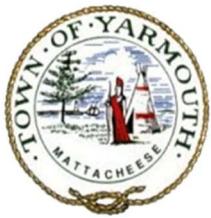
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### PRESS RELEASE

#### Hearts and Paws Comfort Dogs - Meet and Greet

Friday, July 22, 2022 & August 26, 2022, at 1:00 - 2:00 PM

Stop by and meet the Comfort Dogs from Cape Cod Hearts and Paws, a new non-profit group dedicated to supporting the well-being of people in our community by sharing the unconditional love of our dogs. The Comfort Dogs enjoy meeting adults with a goal of relieving stress, helping people heal from emotional trauma, or simply to help people feel better. Call 508-394-7606 X1330 to reserve your seat.



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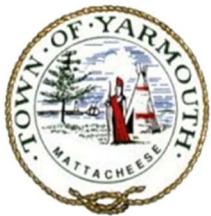
#### Outing Group

##### Separate Check

**Monday, July 25 at 6:00 PM** Summer Concert Series, Parker's River Beach, South Shore Drive South Yarmouth. Bring your beach chairs and dancing shoe.

##### Separate Check

**Wednesday, August 24 at 1:00 PM** at Oliver's Plank Tavern 960 Main St, Rte 6A, Yarmouthport  
Meet new friends, share some laughs and have fun while having a late lunch.



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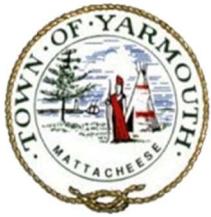
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### PRESS RELEASE

#### Patio Grilling

**Friday, August 25, 2022, at 11:30 AM**

Sponsored by Windsor Skilled Nursing and Rehabilitation. Join us for a traditional cookout on our patio with friends. Seating is limited with pre-registration required. Call 508-394-7606 X 1330.



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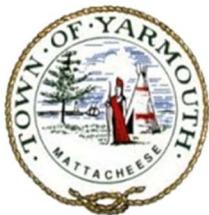
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### PRESS RELEASE

#### **Backdoor Gardens of Early Colonists**

**Friday, August 12, 2022, at 1:00 PM - 2:00 PM**

Join historian, Joyce Prince, as she leads us through the types of herbs and plants the early colonists of Massachusetts would have grown in the gardens. This presentation is about the importance of the "Backdoor Garden" and about the common plants found in them. Joyce will talk about the medicinal, culinary, and household uses of plants. Historical anecdotes and folklore will also be discussed. Pre-registration is required. Program sponsored by FOYCOA. Call 508-394-7606 X 1330.



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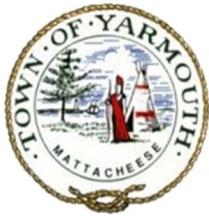
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#### **Butterflies of Cape Cod**

**Friday, August 19, 2022, at 10:00 AM -11:30 AM**

We will look at several species of common butterflies that people might find in their yards and neighborhoods if they have available the correct plants. We will identify some plants that are attractive to butterflies. We will also present the lifecycle of butterflies and identify anatomical features and purposes. We encourage questions and discussion. Please pre-register to reserve your seat by calling 508-394-7606 X 1330.



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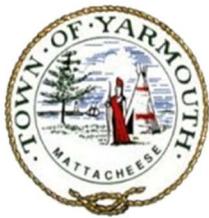
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### PRESS RELEASE

#### Elder Law Presentation

**Friday, August 19, 2022, at 1:00 PM - 2:00 PM**

Attorney, Frances Howell Rudko will present "Taking Control of Your Future: A Legal Checkup," a resource guide for 2022. Topics to be discussed are Veteran Affairs Financial Benefits, how to protect your home and assets, power of attorney and health care proxies, reverse mortgages, Homestead and Life Estates, Medicare/Medicaid changes, COVID-19 resources, and alternatives to nursing home care. Limited resource guides available. Reserve your seat by calling 508-394-7606 X 1330.



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#### **Yarmouth Commission On Disability Meet & Greet**

**Tuesdays, July 12th & August 9th at 9:30 AM -11:30 AM**

Town of Yarmouth Commission on Disability invites you to meet representatives at The Yarmouth Senior Center. Bring a friend and meet some new friends! We want to learn how to best serve you, bring your questions and let us guide you through to finding answers and we'll have some helpful handouts with resources for you.