

MASHPEE



SENIOR CENTER



April, 2021



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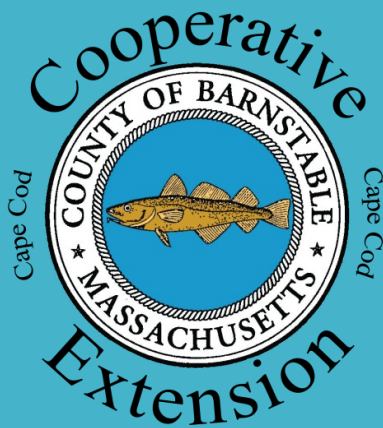
Mashpee Senior Center

We are here for you!

The doors may be closed for the public at the moment, but the COA staff is working Monday through Friday, from 8:30 a.m. – 4:30 pm. If you need help with finding services, solving a problem, or need an answer to a question, we encourage you to call us at (508) 539-1440. We are here for you!

- Our Outreach Coordinators are assisting Mashpee seniors, and they have a list of helpful resources for both Mashpee seniors and their caregivers. They are answering questions and making referrals to other programs and services. Lori Nelson's email is lnelson@mashepeema.gov and Darlene Perkins' email is pperkins@mashepeema.gov.
- Drop Box - a drop box has been installed on the outside of the senior center building, to the left of the main front door. If you need to drop off papers or documents to one of the COA staff, please deposit them in the box and let us know. We will be sure to retrieve them.

RESOURCES AND INFORMATION



2021 Household Hazardous Waste Collection

for the residents of Bourne, Sandwich, Falmouth, Mashpee and the Joint Base Cape Cod.

Residents of all 4 towns and the Base can attend for free.

Disposal of:

- Pesticides and Lawn Chemicals
- Cleaners and Disinfectants
- Arts & Crafts Hobby Supplies
- Auto and Boat Fluids
- Pool Chemicals
- Paints, Polishes, and Stains (no latex or acrylics)

Non-residents visit [website](#) for registration. Proof of residency required.

New, Free On-site Pick Up for the Transportation-challenged

The Household and Small Business Hazardous Waste Collection program is offering a new, free service to those who are transportation-challenged, onsite pickup of chemicals #TooToxicToTrash. Please contact Kalliope Chute, HazMat Environmental Specialist. 1-800-319-2783 for authorization and scheduling of pick -up appointment.

For more information and collection dates visit the Barnstable County Hazardous Materials Program at:

www.capecodextension.org or www.LoveYourLocalWater.org



**Dr. Gilbert Hosts:
Hacks, Tricks, & Medication
Tweaks to Improve Your
Movement**

Wednesday, April 14, 2021

Guest speaker, Dr. Friedman, shares small, but impactful ways that you can adjust your home, your daily routine, and your medication regimen, in order to make each day a bit smoother and more enjoyable.

Date & Time: Wednesday, April 14, 2021; 12 PM

Location: At home via webinar

[Register online here](#)

the
healthy living
Center of Excellence

**Elder Services of the Merrimack Valley, Inc.
and
North Shore Elder Services**

Present Evidence-Based Healthy Living Programs

Programs are being offered remotely in a variety of ways. These programs impact health, wellness and social connectedness during this time of physical distancing and stay at home orders.

CHRONIC DISEASE SELF-MANAGEMENT EDUCATION

Offered via remote delivery once a week for 6 weeks, 2 ½ hour each session.

- **Chronic Disease Self-Management Program** is designed for adults and their caregivers who live with the daily challenges of one or more ongoing health conditions. Participants will learn methods for managing health and lifestyle conditions.
- **Tomando Control de su Salud** is a culturally appropriate Spanish version of the Chronic Disease Self Management Program.
- **Diabetes Self-Management Program** is designed for adults and their caregivers living with diabetes and their caregivers learn health and lifestyle skills to better manage their medical condition.
- **Chronic Pain Self-Management Program** - Chronic Pain and discomfort limit activities adults may enjoy. This workshop teaches adults suffering from chronic pain simple techniques to better manage their pain, improve sleep, increase energy, eat healthier, and develop an exercise regimen for pain management.
- **Better Choices, Better Health** - Online versions of the Chronic Disease Self-Management Program, self-paced online.
- **Tool Kit for Active Living with Chronic Conditions (Mailed CDSMP)** - The Tool Kit for Active Living with Chronic Conditions is a mailed program based on the Chronic Disease Self-Management Program. The Tool Kit can be completed independently or telephonically with a trained leader.

Savvy Caregiver Program - This program is for caregivers actively caring for a friend or family member living with Alzheimer's Disease or Related Dementia in the community. The goal of this informative and interactive program is to increase caregiver knowledge, skills, self-efficacy, and well-being. This program is being offered via zoom once per week for 6 weeks, 2-hour sessions.

Healthy Eating for Successful Living in Older Adults Program - This program is for older adults looking to improve nutrition and increase physical activity. The program promotes heart and bone health and aids in the prevention and management of chronic health conditions through goal setting and nutrition education. This program is being offered via zoom once per week for 6 weeks, 2-hour sessions.

Tai Ji Quan: Moving for Better Balance (TJQMBB) - Tai Ji Quan is a research-based balance training regimen designed for older adults at risk of falling and people with balance disorders. Although its origin can be traced to the contemporary simplified 24-form Tai Ji Quan routine, TJQMBB represents a significant paradigm shift in the application of Tai Ji Quan, moving the focus

from its historical use as a martial art or recreational activity to propagating health by addressing common but potentially debilitating functional impairments/deficits.

For more information or to register for a program contact Healthy Living Center of Excellence at hlce@esmv.org or call (978) 946-1211.

You can also visit their website
<https://healthyliving4me.org>



Capewide Rent/Mortgage Assistance is available. If you or someone you know needs help with rent or mortgage assistance, please contact the Housing Assistance Corporation.

**Call (508)771-5400 or email
hac@haconcapecod.org**



**Cape Cod Healthcare
Dementia & Alzheimer Support Programs**

**Caregiver Virtual Support Group
Wednesdays, April 14th and 24th, 1:30pm - 3:30pm**

This support group meets the 2nd and 4th Wednesday of the month and provides an opportunity for caregivers to share their experiences in a confidential supportive environment and receive information and guidance regarding care planning strategies.

To register for either program, call (774) 552-6080 or email
dementiainfo@capecodhealth.org

[SUBSTANCE USE INFORMATION](#)

Help is Here

Massachusetts **Substance Use Helpline** at 1-800-327-5050
or www.helpline-online.com

In an emergency, please call 911.

For local resources, please contact
Mashpee Human Services at 508-539-1411.



Compassionate Substance Use Disorder Treatment at Community Health Center of Cape Cod

Substance use can tear lives and families apart. Community Health Center of Cape Cod is here to help with a comprehensive, structured and safe outpatient treatment program. The Health Center offers an office-based substance use disorder treatment program that serves people who need assistance with recovery from substance use in a compassionate environment.

The Health Center has a medication for opioid use disorder (MOUD) program for substance use disorder using Suboxone or Vivitrol. During weekly visits with a combination of certified physicians, registered nurses, behavioral health clinicians and support staff, the team will help you with recovery, supporting you physically and emotionally. This MOUD service is open to the public and individuals over the age of 18 can participate in this program, even if they are not a Community Health Center of Cape Cod patient. The Health Center also offers a full array of behavioral health services, available to primary care patients at the Health Center.

Substance use disorder treatment services at Community Health Center of Cape Cod include:

- Access to a structured, safe and empowering environment
- Consultation to discuss and develop an integrated treatment plan which could be most helpful for you
- Comprehensive care that includes substance use services, and integrated behavioral health group sessions and primary care follow-ups for primary care patients of the Health Center
- Medication-assisted treatments that are closely monitored with weekly nurse visits
- Personalized pathways to recovery with the consistent guidance of the substance use specialty team

To schedule an initial appointment or to learn more about our program, please call 508-477-7090 ext. 3106.

[VOLUNTEER OPPORTUNITIES](#)

Calling All Mashpee Council on Aging Volunteers

We are all looking forward to that day when we will be able to resume some of our “normal” activities. Those of you who have volunteered here at the Mashpee Senior Center in the past know how essential volunteers are to the work that we do. As we anticipate and prepare for that day, Kathy Urquhart, our Volunteer Coordinator, will be reaching out to you. You may also call her when she is in the office on Friday, 9:00am-1:00pm, at (508) 539-1440.

Volunteering and contributing is one way of getting outside ourselves for a little bit and have a sense of purpose.

Below are some suggestions for serving in safe ways during the pandemic.



AmeriCorps Seniors

Are you 55 or older and looking for new ways to volunteer?

Join AmeriCorps Seniors RSVP to assist with a variety of programs. Such programs include, but are not limited to, tutoring and mentorship, environmental stewardship, home delivered meals, food pantry assistance, and many more opportunities. Benefits include optional mileage reimbursement (up to 100 miles per month), excess liability insurance, annual recognition event and a bi-monthly newsletter. For more details, contact Stefanie Paventy at 508-394-4630 x520 or stefanie.paventy@escci.org.

Cape Cod Medical Reserve Corps Volunteers Needed!

The Cape Cod Medical Reserve Corps is looking for both medical and non-medical volunteers. Click link below for more information.



Volunteer to help emergency response efforts during COVID-19



Elder Services of Cape Cod and the Islands

Elder Services of Cape Cod and the Islands, Inc. (ESCCI) is a private, not-for-profit community-based organization dedicated to serving older adults in the twenty-two towns of Barnstable, Dukes, and Nantucket counties. Since 1972, They have been a central source of information and services enabling older adults to enhance their quality of life and maintain their independence.

There are multiple ways that you can give of your time and talents to help their consumers. Opportunities include driving for Meals on Wheels or working at one of our Senior Dining Centers, assisting with Money Management, advocating for residents in nursing or rest homes, and providing office support. In addition our Senior Corp RSVP places volunteers age fifty-five and older with other Cape and Island organizations which address a serious community need.

Senior Corps RSVP places volunteers age fifty-five and older with other Cape and Island organizations which address a serious community need. Senior Corps opportunities include tutoring and mentoring students in math and literacy skills through our Three R's Program, providing protection, monitoring, and education for our fragile environment through our Senior Environment Corps, or helping our community in a variety of ways by volunteering with one of our 90 Service Partner agencies throughout the Cape and Islands.

To learn more about ESCCI volunteer opportunities , visit their website, <https://www.escci.org/> or [Click Here](#)



A MESSAGE FROM STEPHANIE LATTANZO, RN-BSN
Public Health and Wellness Town Nurse
Visiting Nurse Association of Cape Cod

Osteoporosis is the major cause of fractures in postmenopausal women and in older men. It is considered a “silent” disease because it typically does not cause symptoms. Osteoporosis weakens the bones over time and increases the likelihood of fracturing (breaking) a bone. The National Institute of Health (NIH) suggests taking the following steps to help prevent fractures:

1. Stay physically active by participating in weight-bearing exercises such as walking.
 2. If you drink alcohol, do so in moderation. Moderate consumption is defined as no more than one drink a day for women and no more than two drinks a day for men.
 3. Avoid second hand smoke or quit smoking. Smoking has been shown to negatively impact bone health as well as healing of fractures.
 4. Take your medications, if prescribed, which can help prevent fractures in people who have osteoporosis.
 5. Eat a nutritious diet rich in calcium, vitamin D and protein to help maintain good bone health.
- Calcium- 1200 Milligrams (mg) of calcium is recommended daily for those over the age of 70. Good sources of calcium include:
 - Low-fat dairy products.
 - Vegetables such as broccoli, bok choy, collards, and turnip greens.
 - Sardines and salmon with bones.
 - Calcium-fortified foods such as soymilk, tofu, orange juice, cereals, and breads.
 - Vitamin D- 800 International units (IU) of vitamin D is recommended daily for people over the age of 70. Vitamin D is made in the skin after exposure to sunlight and is necessary for the absorption of calcium from the intestine. Some foods naturally contain enough vitamin D, including:
 - Fatty fish/ fish oils
 - Egg yolks
 - Liver
 - Vitamin D- fortified foods such as milk and cereals.

Message from Town of Mashpee Phone Scams

Please be advised that a recent ongoing phone call scam has been impacting Mashpee residents, specifically senior citizens. The scammers identify themselves as Law Enforcement Officers from various agencies, to include the DEA, Social Security Administration, and Mashpee Police Department. The phone number may even resemble or appear to be the number for the Mashpee Police Department. They attempt to convince you that your DNA, or other identifiable information has been compromised, and is attached to multiple crimes. The scammers attempt to convince you that you are somehow involved in criminal activity. These scams are based on fear of prosecution for an alleged crime.

The scammers instruct you to purchase multiple gift cards and provide the information to them immediately over the phone. They instruct you to not tell anyone about your activity and to not contact the local police.

Please be advised that the Mashpee Police Department, or any other law enforcement agency, will never request payment over the phone or for you to purchase gift cards, in order to prevent any type of criminal legal action towards you.

Please continue to be cautious when answering and speaking with unknown individuals over the phone. Please do not provide any personal identifying information or banking information over the phone, unless you are certain to whom you are speaking with.



When in doubt, if you ever have any questions and/or concerns, please contact or come into the Mashpee Police Department and have an officer assist you.

BY APPOINTMENT

SHINE

(Serving the Health Insurance Needs of Everyone)



Every day there are 10,000 baby boomers turning 65 and are now eligible for Medicare. Those new to Medicare can make costly mistakes resulting in higher health care costs, gaps in coverage and possibly a lifetime late enrollment penalty.

SHINE can help! SHINE volunteer counselors are trained and certified by the Executive Office of Elder Affairs and are re-certified each year to help Medicare beneficiaries navigate the

complex health insurance system free. Please call the Mashpee Senior Center at (508) 539-1440 to schedule a SHINE appointment (by phone only).

If you need immediate help or have an urgent question, please contact the Barnstable County Regional SHINE office at (508)375-6762 or (508)362-5885 TTY.

The following is a message from the Barnstable County Regional SHINE office

Are You New to Medicare?

Below you will find a video link and tip guide to get you started.

[Video link](#)

**South Coastal Counties Legal Services, Inc.
(SCCLS)
Legal Assistance**



The South Coastal Counties Legal Services, Inc, Elder Law attorneys will provide legal services to Mashpee older adults who are economically or socially disadvantaged. Priority areas include housing, government benefits, Medicare, Medicaid, reverse mortgage counseling and general health law concerns. Consultation by a SCCLS attorney is free.

They are conducting telephone appointments for Mashpee older adults on Tuesday, May 25th. To schedule an appointment, please call the Mashpee Senior Center (508) 539-1440.

Department of Veteran's Services

Veteran's Services officers (VSO) in the Commonwealth help veterans learn about, apply for, and in some cases receive benefits. If you are a veteran or a spouse of a veteran, please contact them at (508)778-8740 for assistance and information.

Please call 508-778-1590 (Cape & Islands Veterans Outreach Center) if you would like to sign up for the Outreach Center's Veterans Food Pantry. This food pantry is for qualified veterans and their families and is open every Thursday between 9:00AM and 1:00PM. It is currently being conducted on a drive up basis at 247 Stevens Street, Hyannis, behind the VA Community

Clinic. Please call prior to your visit to ensure veteran qualification and eligibility. Emergencies can call any time. This program is for veterans and their families only. Homebound veterans and dependents can call to make other arrangements to receive food. After becoming a member of the food pantry a family is allowed 2 visits per month.

Directory of Service Providers For Older Adults

On the Council of Aging website page, is a directory of service providers for older adults. Please click the link below for more information:

[Town of Mashpee - Council on Aging](#)

OUTREACH PROGRAMS AND INFORMATION



Lock Boxes

The Mashpee Fire & Rescue Department in cooperation with the Mashpee Senior Center and the Council on Aging would like to discuss with you the importance of having a lock box at your home. A lock box is simply a locked storage device that is mounted to the outside of your property that is locked with the keys to access your home inside it. This key(s) would only be accessed by the police or fire department in case of an emergency. There are several different types of lock boxes that are on the market. Mashpee Fire & Rescue works closely with the Knox Company regarding the purchase of their lock boxes. The Knox company lock boxes are available online or through the mail. The company has a unique key code specific to only Mashpee Fire & Rescue. Each of Mashpee's emergency vehicles has its own lock box mounted on apparatus that contains the keys to the Knox box. These are only accessed in cases of emergencies. These keys if made available would prevent the need to perform forcible entry in to a home that will potentially cause damage by forcing open doors and windows, more importantly it would expedite the time required to get to you in a medical emergency. We are free to discuss these options with you if you would like to call Lt Michael Evaul at (508) 539-1466.



What is a File of Life?

File of Life details medical conditions and instructions in case of a medical emergency.

This document saves lives when every second counts in a medical emergency. The File of Life benefits first responders, emergency staff at the hospital and you. Mashpee first responders are trained to look for these critical File of Life decals. Could you provide an accurate medical history, list of medications, existing conditions and allergies in fewer than 10 seconds for you or your loved one? For the overwhelming majority of people, the answer is no. That is where the File of Life becomes critical. File of Life is an asset not only for emergency preparedness, but also for keeping medical information organized for any visit to the doctor.

Next Steps to Stay Safe:

We want every senior in Mashpee to have an up to date refrigerator magnet version of the File of Life.

- If you have a File of Life in place, Great! Please review and update it as needed.
- If you need one, call or email Lori Nelson, Outreach Coordinator at the Senior Center at 508-539-1440 or LNelson@mashpeema.gov and she will give you a File for Life at no cost.

Fuel Assistance Program

The Fuel Assistance Program is an assistance program that can help you pay for heat. If you are a Mashpee senior and are interested in applying please call Darlene Perkins Part-time Outreach Coordinator, at the Mashpee Senior Center (508) 539-1440.

Fiscal Year 2021 Income Eligibility Guidelines

Number in Household	Maximum Gross Income
1-----	\$39,105
2-----	\$51,137
3-----	\$63,169
4-----	\$75,201

Police Reassurance Program

The Mashpee Police Reassurance Program is a beneficial service offered to Mashpee older adults who live alone. The program provides support to Mashpee seniors to ensure their safety and wellbeing. The program requires the senior to call the Mashpee Police Department every day between

6:00 am and 10:00 am. The dispatcher has a list of all the members of the program and will make a note if the older adult has not called in. If an older adult has not called in by 10:00 am, Dispatch will call their residence directly. If Dispatch is unable to make contact with the older adult or there is a busy signal, an officer will be sent to the residence for a wellbeing check. If you or a family member is interested in registering for the Reassurance Program, please contact the Mashpee Council on Aging Outreach Coordinator, Lori Nelson at (508) 539-1440.

Greater Boston Food Bank Brown Bag Program for Seniors



The Mashpee Council on Aging in partnership with the Greater Boston Food Bank continues to offer the food assistance program called The Brown Bag. This program is offered to Mashpee seniors who may need a little extra support. Participants receive a bag of groceries on the first Friday of each month. Please be assured there is no cost to you; this is a free program. A typical grocery bag weighs about 15 pounds and contains roughly \$40 worth of carefully planned nutritious food items such as: milk, cheese, ground turkey, yogurt, spinach, carrots, dried fruit, spaghetti, peanut butter and cereal based on availability. At this time, we provide home delivery. All safety precautions must be followed by everyone.

if you are interested in participating in the Brown Bag Program and If you receive other types of financial benefits, you may be eligible for the Brown Bag Program. For example, if you receive fuel assistance or SNAP (former food stamps) benefits, you are eligible for the Brown Bag Program. Contact Outreach Coordinator Lori Nelson at (508) 539-1440 for more information and to see if you are eligible.

VNA Town Nurse Wellness Check

A VNA nurse is available to provide free medical wellbeing checks to Mashpee seniors who are at risk. The VNA nurse will conduct an overall assessment of the home environment and will check vital signs. Someone experiencing mild memory loss, a history of frequent trips to the hospital, no support system, and/or multiple medications/conditions would fit the criteria for a medical wellbeing check. If you would like a visit, call Outreach Coordinator Lori Nelson at the Mashpee Senior Center at (508) 539-1440. Lori will explain more to you, and if you fit the criteria, she will refer you to the nurse.



SNAP

Do you need help buying fresh, nutritious food? You may be eligible for the Supplemental Nutrition Assistance Program (SNAP), also known as food stamps. Did you know that the average monthly amount in SNAP benefits received by Mashpee residents is \$136. Would you like information on income, and documentation needed to apply? If interested on applying for SNAP call the Mashpee

Senior Center to speak with Part time Outreach Coordinator Darlene Perkins at (508)539-1440 ext. 3506 or go on line to

<https://www.mass.gov/doc/snap-application-for-seniors-1/download>

Telefriend Program

The Mashpee Senior Center has volunteers who would be happy to call Mashpee older adults who want to talk or need a social connection, while trying to remain safe at home during the pandemic. If you would be interested in a having a volunteer call you to chat, please contact Outreach Coordinator Lori Nelson at (508) 539- 1440, who will tell you more about this no cost service.

Free Incontinence Product Distribution:

The distribution of incontinence products at the Mashpee Senior Center is provided each month. This program is for Mashpee seniors in need (both men and women). During this time, appointments are now necessary for all product distribution. If you are eligible for this program, please call Outreach Coordinator Lori Nelson at (508) 539-1440.

TRANSPORTATION OPTIONS



**Mashpee Council on Aging (COA)
Minibus Service**
To schedule a ride,
call the Mashpee Senior Center at (508)539-1440

The minibus operates on Mondays, Wednesdays and Fridays between the hours of 9:00 am – 1:30 pm. Due to COVID-19 concerns; trips are restricted to grocery stores, pharmacies, medical/dental appointments, the post office and the bank. (Ride requests for this service must be made a minimum of 48 hours in advance).

Trips for medical/dental appointments within the towns of Sandwich and Falmouth are also offered on a limited basis during the minibus operating days and hours. (Ride requests for this service must be made at least two weeks prior to your appointment date).

Please be aware of the following guidelines and precautions that are in place so that we all can operate as safely as possible:

- Prior to your ride, the COA driver will ask you health-screening questions. If you are not feeling well or if you are running a temperature, it is your responsibility to notify the COA driver and to cancel your ride request.

- In order to comply with social distancing guidelines, only one passenger will be permitted to ride on

the bus at a time.

- All passengers are required to wear their own facial covering from the time of boarding until the time of exiting the bus.

To reserve your ride, call the Mashpee Senior Center at (508) 539-1440 and leave the following information: Your name, address, telephone number, along with the date, time and destination of your request. The driver will get back to you to inform you that your ride is confirmed.



The Cape Cod Regional Transit Authority (CCRTA) has been providing public transportation services since 1976 to residents and visitors for all 15 Cape Cod communities. CCRTA services include: Year round **Fixed Route Bus Service** routes. **Dial-A-Ride Transportation (DART) Service** is a daily general public service that is door-to-door, ride-by-appointment, transportation service. This service is available to all Cape Cod residents for any purpose. In addition, **Boston Hospital Transportation** is a transportation service to Boston area hospitals that runs Monday through Friday (no holidays), by reservation. For more information about the CCRTA please call toll free (800)352-7155; local number (508) 385-1430; or TTY(800)439-0183 or visit its website: <http://www.capecodtransit.org/>.

If you know a Mashpee senior or caregiver who would be interested in these updates and may not be receiving them currently, please contact the Mashpee Senior Center at (508) 539-1440 or email us at coaofficeassistant@mashpeema.gov

Mashpee Council on Aging/Senior Center

26 Frank E. Hicks * Mashpee, MA 02649

Phone: (508) 539-1440 * Fax (508) 539-2791

Website: www.mashpeema.gov/council-aging

e-mail: coa@mashpeema.gov

DISCLAIMER: The Mashpee 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 Mashpee Council on Aging, the Mashpee Senior Center, the Town of Mashpee or its employees do not assume any legal responsibility for any advice or services rendered by such volunteer or nominal practitioner. Any act or advice or service by outside providers at the Council on Aging should not be presumed to be endorsed and sponsored by the Council on Aging.