

MASHPEE



SENIOR CENTER



SENIOR CENTER HOURS

Monday through Friday

8:30am - 4:30pm

Please call the Senior Center if you have any questions at (508)539-1440



Senior Center will be closed
Monday, April 18th
in observance of Patriot's Day.



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VISITING NURSE ASSOCIATION
OF CAPE COD

Member Cape Cod Healthcare

NEW PROGRAMS AT THE SENIOR CENTER



Stepping Stones to Fitness

Six week Session (Tuesdays)

5/3, 5/10, 5/17, 5/24, 5/31 & 6/7

2:00pm-3:00pm

Stepping Stones to Fitness is an exercise program designed to get you functioning again!

This progressive exercise program is geared towards those who have been sedentary and inactive. Learn basic exercises to improve your strength and endurance, keeping you independent and even build confidence to stay active in other exercise classes! Participants must be able to safely ambulate, though a low tolerance to walking/standing is acceptable. Home exercise programs can be done with or without the use of equipment. Classes are an hour long, with about 20 minutes of education and 40 minutes of exercise. A completed VNA application and advanced registration is required.

For more information or to sign-up, please contact the VNA of Cape Cod at (508) 957-7423.



Mashpee Bereavement Support Group

May 3rd

2:30pm-4:00pm

The Visiting Nurse Association of Cape Cod will be hosting a bereavement support group at the Mashpee Senior Center on the 1st Tuesday of the month starting May 3rd. This bereavement support group will provide a positive, nurturing, confidential setting to learn ways to manage and cope with the death of a loved one. Groups are facilitated by experienced bereavement professionals and are free of charge. Masks are required by the VNA.

Registration in advance is required.

Please contact Emily Davern, LICW, Bereavement Coordinator at VNA Hospice, at 508-740-2342 for additional information and to register.

RESOURCES AND INFORMATION



THE FOLLOWING IS A MESSAGE FROM THE SOUTH SHORE COMMUNITY ACTION COUNCIL

FUEL ASSISTANCE PROGRAM

With the extension of the winter shut-off moratorium by the Department of Public Utilities, the Fuel Assistance application period has been extended to **Friday, May 13th**.

The Low-Income Home Energy Assistance Program (LIHEAP), more commonly known as the Fuel Assistance Program, provides low-income households with help in paying heating bills. South Shore Community Action Council (SSCAC, Inc.) provides fuel assistance to residents of 38 communities of the South Shore and Cape & Islands towns.

The Mashpee Senior Center is an outreach site for the fuel assistance program. You may contact Darlene Perkins at (508) 539-1440 or email her at pperkins@mashpeema.gov for more information or to make an appointment to fill out an application.



THE FOLLOWING IS A MESSAGE FROM THE FEDERAL COMMUNICATIONS COMMISSION CONSUMER AND GOVERNMENTAL AFFAIRS BURE

Is your mobile phone more than a few years old?

You may need to upgrade your device before your mobile provider shuts down its 3G network, to avoid losing service.

For the FCC's Consumer Guide - Plan Ahead for Phase out of 3G Cellular Networks and Service

[Click Here](#)

or contact your mobile service provider

Wireless providers plan to end 3G service in 2022.

[CLICK HERE](#) to learn what you need to know to stay connected.



VOLUNTEER PROGRAM Opportunities at the Mashpee Senior Center

On March 1, 1961, President John F. Kennedy established the Peace Corps, whose concept of

international volunteer service has promoted world peace and friendship for over 60 years. Many of those first volunteers have continued to volunteer to this day. While on a very different scale, the Volunteer program here at the Mashpee Senior Center has been equally invaluable. Many of the programs and services we provided would not have been possible without the dedication, enthusiasm and commitment of volunteers. We are looking forward to resuming and expanding volunteer opportunities and invite you to join us. Whether you have volunteered in the past or are looking for a new opportunity, watch for announcements. You are invited to contact Kathy Urquhart, COA Volunteer Coordinator, to discuss the possibilities, whether driving people to medical appointments, helping with various activities or sharing your skills and talents, the possibilities are limitless. Her office hours are Tuesday, 9-4 and Friday 9-1 and can be reached by phone: (508)539-1440 or by email: coavolunteercoordinator@mashpeema.gov.

ACTIVITY REMINDERS



AARP SAFE DRIVING COURSE
at the Mashpee Senior Center
Friday, April 29th
9:30am-3:30pm

Cars have changed, so have traffic rules, driving conditions, and the roads you travel every day. Even the most experienced drivers can benefit from brushing up on their driving skills. The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation's largest driver safety course and is designed especially for drivers age fifty and older. By taking the AARP Smart Driver Course you will learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment.

In addition, you will learn:

- How to minimize the effects of dangerous blind spots.
- How to maintain the proper following distance behind another car.
- The safest ways to change lanes and make turns at busy intersections.
- Proper use of safety belts, air bags, anti-lock brakes, and new technology found in cars.
- Ways to monitor your own and others' driving skills and capabilities.
- The effects of medications on driving.
- The importance of eliminating distractions, such as eating, smoking, and using a cell phone.

You may be eligible to receive a multi-year auto insurance discount upon completing the course (consult your insurance agent for details). AARP membership is not required to take the course and there are no tests to pass. The class fee is \$20 for AARP members and \$25 for non-members.

The AARP Smart Driver Course at the Mashpee Senior Center will take place on Friday, April 29, 2022. The course will run from 9:30 to 3:30 with a 30-minute break for lunch. You can bring a bag lunch or snack to the Center.

Space is limited, so register now by calling the Mashpee Senior Center at (508)539-1440.

Wednesday, April 20th

10:00am-11:15am

This program which formerly met in Mashpee, MA and is facilitated by Jeanne Jackson, is now virtual for all to join the 3rd Wednesday of the month.

Each month will feature a speaker providing a different aspect of Parkinson's care or life with Parkinson's.

Join Jeanne Jackson and fellow Parkinson's community members for conversation, education, and support each month - and be sure to BYOC (Bring Your Own Coffee)!

This group is designed for people with Parkinson's and care partners.

Registration is required.

Contact Jeanne at (508) 367-4267 or email her at jahjackson@comcast.net;

or APDA I&R Center at 800-651-8466

to join the group and receive Zoom information.



**Cape Cod Healthcare
Dementia & Alzheimer Support Programs
Mashpee Caregiver Support Group
Wednesdays, April 13th and 27th
1:30pm - 3:30pm**

This support group meets at the Mashpee Senior Center on 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, please call (774) 552-6080 or email

dementiainfo@capecodhealth.org



SIGHT LOSS SUPPORT GROUP

April 25th, 10:00 am — 11:30 am

This support group meets at the Mashpee Senior Center on the 4th Monday of each month, and is open to anyone with vision issues from diagnosis to legal blindness and provides access and information on services available.

For more information, call Sight Loss Services at (508) 394-3904 or visit their website: <http://www.sightloss.org/>.

Drop-in's are welcome.

The VA Caregiver Support Program's mission is to promote the health and well-being of family caregivers who care for our nation's Veterans, through education, resources, support services and service excellence. The Caregivers Support program empowers



caregivers with a wide range of resources through the Program of General Caregivers Support Services. All caregivers who provide personal care services to Veterans enrolled in Veteran Affairs healthcare have access.

To learn more about their programs call:
National Caregiver Support Line at 1-855-260-3274 or visit their website

www.caregiver.va.gov



SPAULDING REHABILITATION HOSPITAL OF CAPE COD

Aphasia Virtual Community Group

Virtual Meeting

Wednesday, April 6th, 10:00am -11:30am

Meeting Theme

APRIL FOOLS - Share a joke or funny story!

We all need a good laugh!

APHASIA is a speech and language disorder resulting from stroke, head trauma or other neurological conditions. Aphasia is marked difficulty speaking and comprehending spoken language. Problems often occur with reading, writing and calculating which causes difficulty and frustration for persons with aphasia and their families.

If you are interested in getting together with the group on-line, this group meets the first Wednesday of the month. Please send your email address to DBRISCOE@partners.org

ANNUAL MEETING SCHEDULE

Who may attend: Individuals with aphasia, their families and friends.

Dates: 4/6/22, 5/4/22 & 6/1/22

Pre-registration is not required.

For more information call 508-833-4270 or email emoconnell@partners.org



SUPPORT GROUPS FOR PEOPLE LIVING WITH DEMENTIA

Massachusetts/New Hampshire Chapter

April-May 2022

Support groups can be a lifeline for people living with Alzheimer's disease and their caregivers. Support groups create a safe, confidential, supportive environment for participants to develop informal mutual support and social relationships. They also offer participants an opportunity to learn about dementia and develop methods and skills to cope with challenges.

**These support groups are offered for 6-8 weeks by phone and/or webinar.
For more information , or to register, call their 24/7 Helpline 800-272-3900
Or visit their website by clicking below.**



VISITING NURSE ASSOCIATION
OF CAPE COD

Member Cape Cod Healthcare



The Following is a
Public Health & Wellness Message
from the Visiting Nurse Association of Cape Cod

Heart Health: The heart is an incredible organ- it beats about 100,000 times a day. According to the World Health Organization, cardiovascular diseases are the leading cause of death worldwide, with heart attacks and strokes at the top of the list. Luckily, your risk of developing cardiovascular diseases can be lowered by making lifestyle changes.

- **Smoking cessation.** Smoking can increase heart rate and blood pressure. This is due to smoke damaging blood vessels, causing them to thicken. The heart has to work harder to pump blood through the narrow passage. Smoking can also cause the formation of blood clots, increasing the risk for a stroke.
- **Eating a balanced diet.** Research has shown that eating a diet that is high in cholesterol, saturated fats, trans fats, and sodium is linked to cardiovascular disease. The American Heart Association recommends a diet emphasizing fruits and vegetables, whole grains, and healthy proteins. Additionally, they recommend minimal processed foods, minimal added sugar, limited alcohol consumption, and low sodium. Speak with your healthcare team about what a healthy, balanced diet looks like for you.
- **Regular physical activity.** Adults should aim to get at least 150- 300 minutes of moderate physical activity each week. Regular physical activity lowers the risk of heart disease, stroke, diabetes, high blood pressure, and obesity. Any amount of movement is better than none, so speak with your healthcare team about what kinds of physical activity are right for you.
- **Medication Adherence.** According to the American Heart Association, not adhering to your medication instructions significantly increases the risk for mortality, repeat hospitalizations, and heart failure. Make sure to regularly see your healthcare team to help manage your health and medications.



MASHPEE POLICE DEPARTMENT'S Tip of the Month

Alzheimer's/Endangered Person Registration

The fear of a loved one wandering or becoming lost is a frightening thought for anyone who cares for a person with Alzheimer's disease, dementia or other memory impairments. Wandering is one of the

most common behaviors in persons with Alzheimer's or a related dementia.

The Town of Mashpee encourages residents with a loved one that has a serious cognitive impairment to register with the Mashpee Police Department. This registration is part of the Town of Mashpee's efforts to implement the Massachusetts Silver Alert Community Response System on a local level.

For further information, visit Mashpee Police Department's website at mashpeepd.com.

You may also [click here](#) to download the registration form.

Any questions please contact

Special Police Officer and Advocate Tara Carline at

508-539-1480 ext. 7253



Watch Out for Scams Related to Ukraine

The recent war in Ukraine has gathered a lot of attention. Unfortunately, cybercriminals often take advantage of world events to prey on your emotions. Now more than ever, it's important to watch out for phishing attacks and disinformation campaigns.

Cybercriminals may use several different tactics to scam you. For example, cybercriminals may try to trick you into sending money using cryptocurrency. The cybercriminals may take advantage of your sympathy by pretending to be Ukrainians in need of financial assistance.

Cybercriminals may also try to catch your attention and manipulate your emotions by spreading disinformation. Disinformation is false information designed to intentionally mislead you.

Cybercriminals may spread disinformation in the form of emails, text messages, or social media posts.

Don't fall for these scams. Follow the tips below to stay safe:

- Avoid making donations to unknown users. If you would like to donate to support a cause, donate directly through a trusted organization's website.
- Watch out for social media usernames that only consist of random letters and numbers. These accounts may be run by bots instead of legitimate users.
- Stay informed by following trusted news sources. If you see a sensational headline, be sure to do research to verify that the news story is legitimate.



The Following is a Message from the Friends of Mashpee Council on Aging Thrift Shop

Do you need help finding a gift for someone that fits your budget? Please know that the Friends of the Mashpee Council on Aging (FOMCOA) thrift shop is here to help you with your shopping. Our volunteers are here to help seniors or anyone who needs to watch their pennies. Located in

Mashpee's municipal complex, across from the Town's Senior Center at 26 Frank E. Hicks Drive is a gem of a thrift store. Originally located on Great Neck Road North, this warm, friendly thrift shop boutique has been in its present location for several years. Since 1984, the Friends of the Mashpee Council on Aging has operated this thrift shop and its mission is to help Mashpee seniors through funding items and projects. Run by a rotating staff of volunteers, the shop features new and gently used seasonal clothing, shoes, china, crystal, jewelry, handbags and linens in great condition and reasonably priced. A convenient dressing room makes it easy to try on items. You won't find small appliances or furniture here. The Thrift shop usually holds weekly and end of season sales. It attracts repeat customers, who often drop in weekly to chat, browse and buy.

Hours of Operation

Thursday, Friday & Saturday
10am-2pm



Donations

The Friends of the Mashpee Council on Aging is grateful to the many wonderful people who donate to its thrift shop, located across the parking lot from the Mashpee Senior Center. Your help goes to support the Senior Center as well as other needs of seniors in the Mashpee community.

**Please drop off your donations ONLY during open hours listed above.
Please note occasionally the Thrift Shop may be closed as a result of volunteer unavailability.**

HOUSING



. 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

THE FOLLOWING MESSAGE IS FROM

EVERSOURCE

Struggling to pay your electric or heating bill?

Eversource has programs to help.

For information on assistance programs click on the link below, visit [Eversource.com/Billhelp](https://www.eversource.com/Billhelp) or call 866-861-6225.

SUBSTANCE USE INFORMATION



Family Support Groups

The Gosnold Reaching Out program is a resource for family members and loved ones affected by substance use disorder. It assists the family at all stages of addiction through education, intervention, and support.

For more information, please call (844) 558-4357 or visit their website at gosnold.org

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.



SERVICES 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.

Call the Mashpee Senior Center at (508) 539-1440 to schedule an appointment with a SHINE counselor.

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 REGIONAL SHINE OFFICE

Medicare Coverage of Preventive Services

Preventive care is the care you receive to prevent illness, detect medical conditions, and keep healthy. A service is considered preventive if you have no prior symptoms of the disease. In contrast, diagnostic services address symptoms or conditions that you already have.

How does Medicare cover preventive services?

Medicare Part B covers many preventive services, such as screenings, vaccines, and counseling. To find out if Medicare covers your test, service, or item you can visit www.medicare.gov, call 1-800-MEDICARE, or read your 2022 Medicare & You handbook for more information. If you would like a list of covered Preventative Services, you can also contact the regional SHINE office at 508-375-6762. This list includes services such as diabetes preventative programs, glaucoma screening tests, mammograms, prostate cancer screenings, and some vaccinations.

Please note that Medicare does not cover certain preventive services, like routine foot care and most genetic testing. If you meet the eligibility requirements and guidelines for a preventive service, the service is covered whether you have Original Medicare or a Medicare Advantage Plan, although plan's network rules may apply. You should pay nothing for most preventive services so long as you see the right provider. In some cases, you may be charged copays for services you receive that are related to your preventive service, even if Medicare pays for 100% of the cost of the preventive service itself. During your preventive visit, your provider may discover and need to investigate or treat a new or existing problem. This additional service may be diagnostic or involve treatment. Medicare covers diagnostic and treatment services differently than preventive services, and you may be charged coinsurances or copays. You also may be responsible for paying a facility fee, depending on where you receive the service.



LEGAL ASSISTANCE

Attorneys visit the Mashpee Senior Center
monthly or bimonthly by appointment only

South Coastal Counties Legal Services, Inc. (SCCLS)

SCCL elder law attorneys take appointments at the Mashpee Senior Center bi-monthly. They 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 available for Mashpee older adults by appointment only on the 4th Tuesday of every other month. Next available appointments are on:

Tuesday, May 24th, 10:00am-11:30am

Please call the Mashpee Senior Center at 508-539-1440 to make an appointment

**Other attorneys are available by appointment
on the second Tuesday of the month.**

Area of concentration is in trusts, wills, probate, estate planning, Medicaid, and long term care/nursing homes. Please be aware these appointments are for Mashpee seniors only, for consultation only, and not for dealing with on-going legal issues. The initial brief consultation at the senior center is free. We respectfully request that you limit your appointments with the attorneys during the year so others may be accommodated. Please note that the lawyers do not handle questions regarding criminal matters, divorce concerns, VA benefits or bankruptcy.

Please call the Mashpee Senior Center at 508-539-1440 to make an appointment

DEPARTMENT OF VETERANS SERVICES

Friday, April 15th

1:00pm - 4:00pm

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, Veteran's Services provides in person appointments at the Senior Center on the 1st and 3rd Fridays of the month. To schedule an appointment, please call the Mashpee Senior Center (508) 539-1440 or contact them at (508)778-8740 for assistance and information.

Food Pantry

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.

OUTREACH PROGRAMS AND INFORMATION



The Mashpee Senior Center welcomes older adults from other towns for many of our activities, however, some of our activities are limited to residents of Mashpee. If you need outreach or have transportation needs, the Council on Aging/Senior Center in the town where you live will be able to assist you.

Friendly Visitor Program

The Council on Aging has an option if you are feeling socially isolated and would enjoy an occasional visit from a new friend. The friendly visitor



program may be a way for you to become more connected and engaged. The program provides trained volunteers to visit Mashpee older adults in their home.

If you are interested or want to learn more about this social connections program, please contact Lori Nelson, Outreach Coordinator, at 508-539-1440 or email her at Lnelson@mashpeema.gov.



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. Brenden Ramsey 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.

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.



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.

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 to Darlene Perkins at (508)539-1440 ext. 3506 or go 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. 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). f you are interested in 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. Trips can be scheduled 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 two weeks prior to your appointment date).

- All passengers are required to wear a 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)

CCRTA has been providing public transportation services since 1976 to residents and visitors for all 15 Cape Cod communities. CCRTA services include:

Fixed Route Bus Service - year round routes. To learn more [Click Here](#)

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. To learn more [Click Here](#)

Boston Hospital Transportation is a transportation service to Boston area hospitals that runs Monday through Friday (no holidays), by reservation. To learn more [Click Here](#).

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/>.

2022 WINTER/SPRING SCHEDULES

January 22, 2022 through June 24, 2022

[CLICK HERE](#)

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](#)

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



