

MASHPEE



SENIOR CENTER



August, 2021



New Mask Mandate

Effective Friday, August 6th, 2021

Masks are required for all persons entering Town public facilities, including the Mashpee Senior Center. Persons who have a health risk or disability that prevents them from wearing a mask are exempt.

Senior Center Hours

Monday through Friday

8:30am - 4:30pm

Call us with any questions at (508) 539-1440

Please drop by to say hello, if you need assistance, have a question, or want to learn more about our minibus service or volunteer opportunities.



Friends of Mashpee Council on Aging Thrift Shop

The Friends of the Mashpee Council on Aging are 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 note occasionally the Thrift Shop may be closed as a result of volunteer unavailability.

Hours of Operation

Thursday, Friday & Saturday
10am-2pm

Please drop off your donations **ONLY** during open hours.



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RESOURCES AND INFORMATION



ELDER SERVICES OF CAPE COD AND THE ISLANDS Senior Dining Program

Monday-Friday – 11:30am

Elder Services of Cape Cod and the Islands is excited to announce that they will be restarting the senior dining program at the Mashpee Council on Aging on Monday August 30th. The dining program will return to its regular schedule, Monday through Friday 11:30am - 12:30pm. Please arrive no earlier than 11:15am. As a reminder, reservations are required and must be made 48 hours in advance. To make a reservation please call the Mashpee Elder Services nutrition site at (508) 477-0910. For more information about Elder Services please go to www.escci.org. Come join us for some great food from our new caterer and a chance to see some friends!

ELDER SERVICES OF CAPE COD AND THE ISLANDS Massachusetts Money Management Program

The Massachusetts Money Management Program is a free service that assists low income older adults who are at risk of losing their independence due to an inability to manage their own finances. The Money Management Program is collaboratively sponsored by the Executive Office of Elder Affairs, Mass Home Care and AARP Massachusetts. This program is operated locally by Elder Services of Cape Cod and the Islands.

Through the Money Management Program, a trained, insured, and supervised volunteer is matched with an older adult who needs help with bill paying and other routine financial tasks. Available services range from organization and keeping track of financial and medical insurance papers to establishing a budget, helping write checks, balancing checkbooks, interpreting statements, and sorting mail.

If interested in learning more about the money management program and/ or to find out if you are eligible, please call Elder Services of Cape Cod at 1 800 244 4630 or [Click Here](#).



EBT SNAP ONLINE PURCHASING OPTIONS EXPANDED IN MASSACUSETTS

The Baker Administration announced that Massachusetts residents who receive

Supplemental Nutrition Assistance Program (SNAP) can now use their EBT SNAP benefits to buy fresh food and pantry staples online from a variety of participating stores for same-day delivery and pickup via Instacart, including Price Chopper, ALDI and newly added Hannaford and Stop & Shop.

For more information on EBT SNAP on Instacart, [Click Here](#).



LEARN TO BE A REMOTE WORKER

**Free Older Worker Remote Employment Skills Training
Monday, September 13th - 20 week class**

If you are age 55 or older, unemployed, and live in Massachusetts, you may be eligible for an innovative, new, and free skills training program. Learn how to set up a home office and gain the computer skills needed to work remotely. Instructor-led training will be offered in a virtual classroom environment through video conferencing. Applications accepted on a rolling basis. For more information or to register email Mark Gyurina at mgyurina@operationable.net or visit OperationABLE.net.

This program is funded through the Department of Labor.



Food Access Cape Cod

The Barnstable County Cooperative Extension has compiled information on programs and sites in Barnstable County where prepared meals and pre-bagged groceries and supplies are available for pick-up.

Please [Click Here](#) to see listing of meal distribution sites on the Cape.



Fuel Assistance Recertification It's that time of year again

If you receive fuel assistance, be prepared to recertify for the 2021-2022 season. You will receive a letter and new application in the mail during the summer. Every year you need to requalify for the next year. You will need to follow the same procedure. Fill out the application and submit copies of the following documentation for all members living in the

same household:

- Income
- ID
- Utility bills
- Rent/ mortgage
- House insurance
- Real estate taxes

For more information, please contact Darlene Perkins, Mashpee COA Part-time Outreach Coordinator, at 508-539-1440 or email her at pperkins@mashpeema.gov.



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 SYMPHONY – FREE SINGING GROUP FOR THOSE WITH PARKINSON DISEASE

Mondays, Through August 30th, 10:30am – 11:30 am

Individuals living with Parkinson's disease are invited to join the Cape Symphony's FREE singing group, Sing for Joy, designed to help maintain vocal strength, build community through singing, and experience hope – and joy – through music. Family members, friends, and caregivers are welcome. Sing for Joy, led by Maggi Bossi, former director of the Chatham Chorale, meets at the Barnstable Adult Community Center, 825 Falmouth Rd, Hyannis, MA. Drop-ins are welcome.

For questions or to register, call 508.362.2772 or email mtheodore@cape_symphony.org.

For more information or online registration, visit their website: [Click Here](#)

CAREGIVER RESOURCES

**Are you a
grandparent**



raising a grandchild?

You are invited
to participate in a discussion
group with other grandparent

caregivers

The Massachusetts Executive Office of Elder Affairs and Commission on the Status of Grandparents Raising Grandchildren are working with the University of Massachusetts Medical School to hold discussion groups with grandparents who are raising a child under the age of 18. We are seeking to learn more about:

- **The benefits and challenges of grandparent caregiving**
- **The caregiving resources that would be most useful to you**
- **Housing and employment needs you might have**
- **Ways in which caregiving has increased your strengths**

Discussion groups will take place through Zoom and will last about 1 ½ hours. What you share will be confidential. Participants selected will receive a stipend in the form of a \$75 gift card as a thank you for sharing your time and information with us.

If you are interested in participating in a focus group or know someone who might be, please call **508-713-3153**.



2021 JOHN LEVIN MEMORIAL CONFERENCE

Getting to Yes: A Pragmatic Approach to Dementia Care

**Friday, August 20, 2021
8:30 AM - 4:00 PM EST
Via live Zoom Videoconferencing**

There is NO CHARGE to attend this live videoconference.

The Alzheimer's Family Support Center welcomes you to the 4th annual John Levin Memorial Conference on Alzheimer's with nationally-known dementia care specialist, Teepa Snow, OTC/L. This year's focus is on pragmatic strategies for managing the care of adults with dementia - "getting to yes", moving from resistance to participation in

dementia care.

Join nationally-known dementia care specialist, **Teepa Snow, OTC/L** who will present pragmatic strategies for managing the care of adults with dementia.

CONFERENCE TOPICS TO INCLUDE: *Sorting Out the Three D's: Delirium, Depression, and Dementia; Changing Resistance to Care to Participation in Care; Why Do They Do That? Understanding Symptoms and Situations of Dementia; Dealing with Distress: Using Empathy and Support; Improving Your Hands-On Skills for Providing Care.*

All attendees MUST be registered to attend this FREE event.
To see conference agenda and/or to register, [Click Here](#)

QUESTIONS? Call them at (508) 896-5170, or email info@capecodalz.org



AMERICAN PARKINSON DISEASE ASSOCIATION MASHPEE SUPPORT GROUP

Mashpee Virtual Support Group
Enhancing Parkinson's Quality of Life Post Pandemic
August 12th, 10-11:30 (via Zoom)

This support group is for those with Parkinson's disease, as well as for those who are care partners of individuals with PD. Meetings are the 2nd Thursday of the month via Zoom. For more information, please contact the group facilitator, Jeanne Jackson at (508) 367-4267 or email her at jahjackson@comcast.net.



Cape Cod Healthcare Dementia & Alzheimer Support Programs

Caregiver Support Group
Wednesdays, August 11th & 25th, 1:30pm - 3:30pm

This support group has resumed its in person meetings 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



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

SUBSTANCE USE INFORMATION

Gosnold 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.



A MESSAGE FROM STEPHANIE LATTANZO, RN-BSN

Public Health and Wellness Town Nurse
Visiting Nurse Association of Cape Cod

Preventing Tick-Borne Disease

The most common tick-borne diseases in Massachusetts are Lyme, Babesiosis, and Anaplasmosis. Black-legged ticks (often referred to as deer ticks) are responsible for the most common tick-borne diseases as well as others. Spring, summer, and fall are the most common seasons to suffer a bite from a black-legged tick. Adult black-legged ticks are the size of a sesame seed and young, nymphs are the size of a poppy seed. They can look like a freckle on the skin due to their incredibly small size.

There are other types of ticks and tick-borne illnesses in Massachusetts but the goal for staying safe and healthy remains the same- prevention is key!

If you are out in wooded and grassy areas, wear light-colored clothing so it is easier to spot ticks. Your clothing should cover as much of your skin as possible. Permethrin-treated clothing can prevent ticks as well as DEET containing bug repellants. DEET containing repellants can be used on the skin but it is very important to follow product instructions for use. The CDC website has some valuable resources for preventing ticks in your yard and on your pets.

Checking yourself daily for ticks is one of the most important steps you can take to prevent tick-borne disease. Pay particular attention to areas between toes, groins, neck, ears, hairline, legs, and backs of knees. Showering once a day in the evening could also help you spot a tick promptly.

If you do find a tick attached to your skin you will want to remove it as soon as possible. To do this use a clean pair of fine-point tweezers, grab as close to the skin as possible, and pull straight out. Do not wait for the tick to detach itself or apply any folklore remedies (ie. nail polish or petroleum jelly) to the tick as it may increase the chance of the tick spreading disease. Note on your calendar when the tick was removed. You may also want to save the tick for identification. You should also notify your physician of the event or if you develop any symptoms of tick-borne disease. Your doctor may choose to prescribe medicine following a tick bite.

If you experience rash, chills, headache, fatigue, joint or muscle aches you should notify

your healthcare provider. It is important to stay diligent regarding the prevention of tick bites this summer and into the fall. Any time the temperature is above freezing the risk still exists. The outdoors can have many wonderful health effects, so take precautions and enjoy this beautiful place we call home.



Mashpee Police Department's Tip of the Month

In the summer our population increases as does our traffic. We want those driving to drive safe!

The 3 biggest of fatalities on the road are:

Alcohol

Speed

Distracted Driving

Please DO NOT operate a motor vehicle if you are under the influence of alcohol or prescription drugs, they can alter your ability to operate safely.

Please DO NOT speed and drive the posted speed limits.

Please DO NOT text while driving, the text can wait until you are at your destination.

PLEASE CALL 508-539-1480 ext. 0,
IMMEDIATELY if you witness an operator driving erratically or unsafely.

Any questions please contact Special Officer and Advocate
Tara Carline at **508-539-1480, extension 7253**

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.

**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 available for Mashpee older adults by appointment only on the 4th Tuesday of every other month. Next next available date is Tuesday, November 23rd. To schedule an appointment, please call the Mashpee Senior Center (508) 539-1440.

**Department of Veteran's Services
1st and 3rd Fridays of the month**

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.

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



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 with part time Outreach Coordinator 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.



**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) 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/>.

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

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.