

# MASHPEE



## SENIOR CENTER



# UPDATE

**December, 2020**

### **Message from Lynne Waterman, Mashpee Council on Aging Director**

Can you believe it's already December? This year seems to have flown by, in spite of the pandemic. The Senior Center staff misses the energy and excitement that comes with a building filled with people and activities. However, the health and wellbeing of our participants and volunteers is most important. So while the Center remains closed to the public for the time being, the COA staff is working Monday through Friday. If you need help with finding a service, 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!

In the meantime, we will continue to share important information through these emails and our weekly Mashpee Enterprise column. Beginning this month, we will send emails with separate information. One type of email blast will have information only about activities, such as virtual programs or talks, our Activity Coordinator, Julie Silva, is setting up. The other email blast will contain important and updated information about transportation options, outreach services, virtual volunteer opportunities and other resources that will keep you socially connected and mentally engaged during the winter season.

As always, if you have any questions or ideas, please call the Council on Aging office and speak with a staff member. I wish everyone a healthy and happy holiday season.

**Lynne**



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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@mashpeema.gov](mailto:lnelson@mashpeema.gov), and Darlene Perkins' email is [pperkins@mashpeema.gov](mailto:pperkins@mashpeema.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.

## 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; 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/>.

## OUTREACH PROGRAMS AND INFORMATION



### **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

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### **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.

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### **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.

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### **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.

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## 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>

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## 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.

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## 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.

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## Free Incontinence Product Distribution

The distribution of incontinence products at the Mashpee Senior Center is provided each



month. We follow the important CDC safety guidelines. This program is for low income Mashpee seniors (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.

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## 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.

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

Legal Assistance



The South Coastal Counties Legal Services, Inc, (SCCLS) Elder Law attorneys will provide legal services to Mashpee elders 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.

A SCCLS attorney is available for telephone appointments on Tuesday, January 26th. To schedule an appointment with an attorney, please call Mashpee Senior Center (508) 539-1440.

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## 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. It is currently being conducted on a drive up basis at 247 Stevens Street, Hyannis, behind the VA Community Clinic. You must join the no cost Veteran's Food Pantry so please call prior to your visit to ensure veteran qualification and eligibility. Emergencies can call any time. This program, for veterans and their families only, has existed and served Cape veterans every Thursday for over 30 years providing tens of thousands of meals to Cape Cod veterans in need and is funded by the Cape & Islands Veterans Outreach Center and the Hyannis VFW. 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.

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## RESOURCES



**The following is a message from Barnstable County's regional SHINE program:**

*Medicare Part D and Pharmacies*

***For MOST Medicare drug plans, the pharmacy you use could make a big difference in the cost of your medications!***

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have **network pharmacies**. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your medications will not be covered, and you will pay full retail price.

For 2021, the majority of the Medicare drug plans have **preferred pharmacies**. By using a preferred pharmacy, you can save money! Some plans have changed their preferred pharmacies for 2021 so please check to make sure the pharmacy you currently use will still be the best come January 1<sup>st</sup>. There is a big difference between preferred pharmacy co-payments and non-preferred pharmacy co-payments.

Most plans have a **mail-order program** that allows you to get a 90-day supply of your covered prescription drugs sent directly to your home. Some mail order programs may have a cost savings, but there are times when using a preferred, local pharmacy could end up costing you less than mail order.

Please contact the regional SHINE program at (508) 375-6762 for further information or assistance.



**Elder Services of Cape Cod & the Islands** would like to invite older adults to take an online survey on Older Adult and Caregiver Community Needs.

Every three years our Agency has a Community Needs Assessment which involves surveys and focus groups. Older adults, caregivers, underserved populations, minorities, and professionals in the field of aging will each have their own focus group where they can provide comments regarding needs of older adults and caregivers. The local three County (Barnstable, Dukes, Nantucket) Assessment and Plan becomes part of the State Wide Area Plan. The Area Plan for the local Community and the State Plan will be submitted to the Administration for Community Living.

Below you will find a link for the survey. Your input is essential and valued. Call Maryanne Ryan at 508-394-4630 ext 103 or [Maryanne.ryan@escci.org](mailto:Maryanne.ryan@escci.org) for more information.

Take the survey: <https://www.surveymonkey.com/r/PP6LBSS>

## Carepartner Virtual Support Group Meeting Wednesday, December 23, 2020



Guided Discussion Topic: Tips and Tools

Take some time for yourself. Join our monthly zoom care partners meeting to discuss common concerns, trade tips and connect with people who share your experience of caring for someone living with Parkinson Disease Do you have a website, book, device that you've found useful for yourself or your partner? If so, please come with any tip or tool to share with other care partners.

On line registration is required for this free program at <https://apdama.salsalabs.org/carepartner-group/index.html>



### Drive-Thru Food Distribution at Cape Cod Community College December

The USDA Farmers to Families Food Box program is now available on the Mid-Cape at Cape Cod Community College, 2040 Lyannough Road, West Barnstable. To reserve your box of food, you must



register online on line at [www.mmsfi.org](http://www.mmsfi.org) and print confirmation to bring with you for pickup.

Saturday 10 am -12 pm pick up dates are as follows: December 12<sup>th</sup>, December 19<sup>th</sup>, and December 26<sup>th</sup>

Important Notes: This is open to anyone that needs the food. There is no income eligibility requirement. Cars will not be allowed to line up until 8 am. We will not begin distributing food boxes before 9 am. You will only be able to pick up 1 box per car – no exceptions. There may be long lines, but they move quickly – Do not exit your vehicle. Once in the queue, please pop your trunk so we can place the box in the vehicle for you.

### **CORD Advocacy in Action**

CORD (Cape Organization for the Rights of the Disabled) offers free counseling regarding nursing home selection, alternatives and community services that may prevent someone from needing a nursing home. Please contact Steve Spillane at (508) 499-8409 ext. 2122.

### **Capewide Rent/Mortgage Assistance 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](mailto:hac@haconcapecod.org)

### **Mashpee Police Department's Tip of the Month**

Mashpee residents are increasingly reporting identity unemployment fraud. This is where a scammer has filed for unemployment under 'YOUR' name.

Please take it seriously and don't ignore it!

File a report with the state right away at:

<https://www.mass.gov/info-details/report-unemployment-benefits-fraud> or call (877) 626-6800.

#### **AND document the fraud with the Mashpee Police Department**

Please contact the Mashpee Police Department with any questions regarding the legitimacy of any call or Special Officer and advocate Tara Carline at (508)539-1480 ext. 7253

**REMEMBER NEVER GIVE OUT YOUR PERSONAL INFORMATION OVER THE PHONE.**



### **Inclement Weather and Emergency Preparedness**

We are strongly encouraging all seniors to be as proactive as possible. Before the snow flies, line up a snow plowing service you can depend upon before the snow emergency begins. Verify that this service can plow the driveway and shovel your walkway. Make

sure that you are able to leave your home safely. Make sure that services such as the visiting nurse and Meals on Wheels are able to access your home. We know of no service that does plowing or shoveling free of charge. For help making a plan, please call our Outreach Coordinator at (508) 539-1440.

The Mashpee Council on Aging maintains a list of seniors who are homebound, and/or frail to help the Town provide assistance to them during a civil defense emergency such as hurricane or blizzard. If you would like to be on the list, please call the Senior Center at (508) 539-1440 and request a simple registration form for you to complete and return. Should you need assistance completing the form, please call the Outreach Coordinator at (508) 539-1440.

**Disability Indicator Form** - Are you a disabled senior? Disabilities would include life support system, mobility impaired, blind, deaf and hard hearing, teletypewriter, speech impaired, cognitive impairment, etc. If you have any of the listed disabilities, Clay Nicholson, Mashpee's 911 Municipal Coordinator, recommends that a 911 Disability Indicator Form be completed and forwarded to him so that if an emergency occurs, public safety officials will be alerted that an individual residing at your address communicates over the phone via TTY and/or has a disability that may hinder evacuation or transport. This information is confidential and will only appear at the dispatcher's location when a 911 call originates from your address. Please contact Clay Nicholson, (508) 539-1400 ext. 8499, with any questions and to obtain a form.

**Mashpee Emergency Alert Sign-up** -Did you know that you could receive automated messages by phone from the Town, helping you with storm preparedness or other Town activities? If you do not already receive important/emergency messages from the Town, or if you want to edit your contact info, please go to the Town website: [www.mashpeema.gov](http://www.mashpeema.gov), and select the "Emergency Alert Sign-up" box in the upper center of the page. Then select the next signup button and enter your contact information so local leadership may contact you with timely, important messages.

If you know a Mashpee senior or caregiver who would be interested in these updates and may not be receiving them currently, please ask them to email me and I will include them to the list. Thanks!.

*Phyllis Govoni, Editor*

[coaofficeassistant@mashpeema.gov](mailto:coaofficeassistant@mashpeema.gov)

### **Mashpee Council on Aging/Senior Center**

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e-mail: [coa@mashpeema.gov](mailto: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.