

MASHPEE



SENIOR CENTER



December, 2021



The Senior Center
will be closed
Friday, December
24th and 31st.

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.

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

COVID-19 SAFETY

Please do not come to or enter the Senior Center building if you are not feeling well, or are exhibiting the following symptoms:

- Fever
- Cough
- Tiredness
- Headache
- aches and pains
- sore throat
- congestion or runny nose
- Diarrhea
- conjunctivitis
- loss of taste or smell
- rash on skin
- discoloration of fingers or toes

This includes participating in an activity or program.

Thank you for adhering to this in consideration of your health and the health and safety of others.

THIS IS THE RECOMMENDATION OF THE MASHPEE BOARD OF HEALTH.



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RESOURCES AND INFORMATION



Covid-19 Vaccine & Booster Clinic

When: Every Thursday, 10am-2:00pm

Where: Harbor View Conference Room, located at 3195 Main Street, Barnstable.

Please note: the building is ADA compliant with a ramp and lift for anyone who needs assistance.

They have wheelchairs on hand as well.

What: They offer the 1st and 2nd dose of Pfizer and Moderna, **AND** the booster to eligible individuals.

To schedule an appointment, please visit their website [HERE](#)

Pre-registration is preferred and there is limited availability for walk-ins due to high demand.

A MESSAGE REGARDING THE COVID-10 BOOSTER FROM



Executive Office of Elder Affairs

To schedule an appointment:

1. Visit the Vaxfinder tool at vaxfinder.mass.gov for a full list of locations to receive a booster. Residents can narrow results to search for locations that are offering boosters. Many locations will be booking appointments out weeks in advance.
2. For individuals who are unable to use Vaxfinder, or have difficulty accessing the internet, the COVID-19 Vaccine Resource Line can help schedule appointments by calling 2-1-1 and following the prompts for assistance.

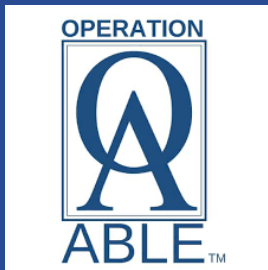
Hours of Operation
Monday through Friday

8:30 AM - 6:00 PM
Saturday and Sunday
9:00AM - 2:00PM

The COVID-19 Vaccine Resource Line is available in English and Spanish and has translators available in approximately 100 additional languages. Vaccines are widely available across the Commonwealth and are the best way to keep everyone safe, especially heading into the holiday season. COVID-19 boosters are safe, effective, and free. Individuals do not need an ID or health insurance to access a booster, and do not need to show a vaccine card.

Additional information on the COVID-booster, including FAQs, can be found at
<https://www.mass.gov/covid-19-vaccine>

JOB TRAINING OPPORTUNITIES



LEARN TO BE A REMOTE WORKER

Training offered through OPERATION ABLE

Learn how to set up a home office and gain the computer skills needed to work remotely.

If you are a resident of Massachusetts, over the age of 55, underemployed, and interested in working remotely, you may be eligible for this exciting new skills training program.

INSTRUCTOR-LED 20-week training will be offered in a virtual classroom environment through video conferencing.

To help address the shift in employment practices and prepare our jobseeker community for remote-work-from-home job opportunities, Operation ABLE, in association with Massachusetts' Executive Office of Elder Affairs, the MassHire Department of Career Services, and UMASS Boston, is piloting a new program designed specifically to enable economically disadvantaged job seekers over the age of 55 succeed in a remote work setting.

NEXT CLASS CYCLE BEGINS

January 10, 2022

Future CLASS CYCLE to begin in the Spring.

ACCEPTING APPLICATIONS NOW

ON A ROLLING BASIS

**Click here to get
started**

For more information visit

OperationABLE



Are you looking for a job that is meaningful, flexible, and rewarding?

The Commonwealth of Massachusetts is now offering the Personal and Home Care Aide State Training (PHCAST) online!

This free, virtual, and self-paced training is for anyone interested in becoming a community-based home care worker.

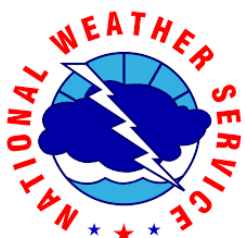
Home care aides are an integral part of the in-home care team. They provide services that support older adults and persons with disabilities to live and thrive in their homes and communities, as well as to make decisions about their care and lifestyle.

PHCAST is a self-paced, video-based, 11-module online training. You can complete each module from your home computer or smartphone. You will learn about the roles and responsibilities of a home care aide, including skills like active listening, nutrition planning, housekeeping, working with consumers, and more.

Whether you are looking to change jobs or start a new career, the PHCAST training is the next step to your community-based, in-home health care career. All you need is a computer, tablet, or smartphone with internet access and a valid email address.

For more information, and to sign up today, visit [Click Here](#).

DECEMBER ACTIVITIES REMINDERS



National Weather Service Presentation

Thursday, December 9th

11:00am-12:00pm

Please join us at the Mashpee Senior Center as Bill Babcock, meteorologist for the National Weather Service, discusses this local agency and Cape Cod weather. This presentation will include a short video tour of the National Weather Service office in Norton MA, and show how forecasters put together a weather forecast and generate severe weather warnings. It will show satellite and radar images of unusual weather. Finally, he will look at special weather that can affect Cape Cod. Please come to see us, and bring your weather questions!

Call the Senior Center at (508) 539-1440 to register.



VETERANS SENIOR SOCIAL
Monday, December 6th
1:00pm-3:00pm

Are you a Mashpee Senior veteran? Which branch did you serve in?

The U.S. Army, U.S. Air Force, U.S. Coast Guard, U.S. Marine Corps or U.S. Navy?

Whether you served in peacetime or in times of conflict, you are all connected and have stories to tell.

Join us the 1st Monday of every month from 1:00-3:00 as we roll out our monthly Veterans Senior Social.

On Monday December 6th, at the Mashpee Senior Center we will be showing the film "The Greatest Generation: Commemorating the Heroes of WWII." This is a virtual performance and educational presentation. This program is supported by a grant from the Mashpee Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency. So come grab a snack, share stories and connect with other senior veterans. For Mashpee Veterans 60 years old and older.

Please RSVP by calling the Mashpee Senior Center at (508) 539-1440.

GINGERBREAD HOUSE DECORATING PARTY & CONTEST

Wednesday December 15th

2:00pm - 3:00pm



It is that time of year, time to break out the candies, frosting, creativity, and

whatever else we can find to decorate. Join us Wednesday December 15th as we have lots of fun decorating our own Gingerbread Houses and decorating up some holiday cheer.



Please call the Mashpee Senior Center at (508) 539-1440
by Friday, December 10th to reserve your gingerbread kit.
Mashpee Seniors only



Fire House Chat
with Mashpee Fire Department
at the Mashpee Senior Center
Thursday, December 16th
1:00pm - 2:00pm

The October nor'easter slammed into the Cape and Island taking down hundreds of trees, power lines, damaged cellphone networks and leaving thousands without power.

Over a 72 hour period, the Mashpee Fire Department responded to 146 emergency calls. The Mashpee Fire Department is such an integral part of our community not only serving in times of crisis

but also participating in community events such as the “Homeless for the Holidays.”

Join us at the Mashpee Senior Center on Thursday December 16, 2021 from 1:00 – 2:00 **(and every 3rd Thursday of the month thereafter for programs and open discussions)** as we welcome Lieutenant Leonard Goldman of Mashpee Fire & Rescue Department. Lieutenant Goldman will discuss the challenges of the recent nor’ ester and what you can do to protect yourself in future storms. He will also talk about holiday decorating safety.

Drop in with any of your fire safety questions and also see if you qualify for a free Carbon Monoxide detector. Snacks will be served.



Wellness Clinics

Starts Tuesday 12/14/2021

Second Tuesday of the month 1pm- 1:45pm

Come join us for monthly wellness clinics from the VNA! This ongoing group will meet on the second Tuesday of every month. An open discussion on various health topics will take place followed by an opportunity to get your blood pressure taken. December’s Wellness Clinic will focus on Physical Activity in Older Adults. The clinic will include an open discussion with guidance for exercise in older adults as well as a blood pressure clinic led by an Exercise Physiologist and Activities Specialist from the VNA of Cape Cod. Drop in and have your health questions answered.

Exercise for Arthritis (8 week program)

Tuesdays starts December 14, 2021

2:00 pm. - 3:00 pm

Do you suffer from arthritis? Does joint pain and stiffness keep you from doing the things you love? This 8 week exercise program is designed to improve joint mobility and strength to keep you moving! Have fun in a group environment while gaining endurance, balance, strength, and flexibility. Join us and the VNA for this for this 8 week program that starts Tuesday December 14th (immediately following the Wellness Clinic). A medical release is required for participation in this program.

Please contact Amy at the VNA 508-957-7423 to register.

From the Recent

Fall Prevention and Brain Health Presentation

by Nikki Courtney

VNA Exercise Physiologist & Activities Specialist

Cognitive Strategies for Memory with Aging

As we get older our memory can be affected. While some types of memory remain stable with age, other decline. We all have “off” days when we don’t remember as we usually do but luckily there are cognitive strategies that can help.

1. Use a daily timer. Sometime we all need a reminder to do something like taking medications, so using a timer that goes off daily at the same time can help.
2. Make daily or weekly "to do" lists. This is a great way to prioritize your time and get everything accomplished that needs to be done.
3. Have a go to daily call. Have family or friends that calls around the same time every day. This is important not only for your social health, but can be a key safety plan if you live alone.
4. Speak with your physician about any changes in your health. Your doctor can help you decide if you may need a checkup, change in medication, or other services for a cognitive assessment.

What to do if you fall

According to the World Health Organization, falls are the second leading cause of unintentional injury death worldwide and the leading cause of fatal and nonfatal injuries among adults 65 and older in the United States. While preventing a fall is the best strategy to mitigate your risk of injury, what should you do if you do fall?

1. If a fall has occurred is to rest for a moment and avoid panicking. Check in with yourself and your body. Are you hurt? Can you move with no pain? Can you speak? Do you remember where you are and what you were doing when you fell? Did you hit your head?
2. The next step is to assess your surroundings. If you are in pain, what is your best option to get help? Do you have a life alert or other alarm for assistance? Is there a phone, door, or window nearby you can safely get to? Are you home alone or out in public? Once you have assessed yourself and your environment, you can come up with a plan for the next step.
3. Finally, is it safe to get yourself up? Is there something sturdy or someone around to help assist you? If it is not safe to get yourself up, find the best option to call for help.



ELDER SERVICES OF CAPE COD AND THE ISLANDS **Senior Dining Program**

Monday - Friday – 11:30am

Elder Services of Cape Cod and the Islands has restarted the Senior Dining program at the Mashpee Council on Aging. The dining program has returned to its regular schedule, Monday through Friday 11:30am - 12:30pm at the Senior Center. 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 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!

SUPPORT GROUPS & RESOURCES

Date Change for December only

Sight Loss Services Peer Support Group

Monday, December 20th

10:00am-11:30am



This support group usually meets on the 4th Monday of each month at the Mashpee Senior Center but it will be held on Monday, the 20th for December. It 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 [CLICK HERE](#) to visit their website



Cape Cod Healthcare
Dementia & Alzheimer Support Programs
Mashpee Caregiver Support Group
Wednesdays, December 8th & 22nd
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



INDEPENDENCE HOUSE
RELATIONSHIP EDUCATION AND ADVOCACY
Wednesday, December 8th
10:00am - 12:00am

Every 2nd Wednesday of the month, at the Mashpee Senior Center, an Independence House volunteer can confidentially assist you with information and referrals for services if you or someone you know is experiencing domestic, sexual, and elder violence.

Appointments are not necessary; just stop by.



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



SPAULDING REHABILITATION HOSPITAL OF CAPE COD
Aphasia Virtual Community Group
Virtual Meetings held on the first Wednesday of the Month
10:00am -11:30am

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, please send your email address to

DBRISCOE@partners.org

ANNUAL MEETING SCHEDULE

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

Dates: 1/5/22, 2/2/22, 3/2/22, 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



Surviving a Suicide Loss: Resource and Healing Guide

If you have lost someone to suicide, the first thing you should know is that you are not alone. Each year, nearly 48,000 people in the United States die by suicide — the grieving family and friends they leave behind are known as suicide loss survivors. In fact, research shows that during the course of our lives, many of us will lose someone we care about to suicide. That means there are millions of suicide loss survivors who, like you, are trying to cope with this heartbreaking loss.

Please see Resource Guide below which can assist you.

[Resource Guide](#)



When Mashpee schools are closed, the Senior Center/Council on Aging activities and programs (including minibus service) are cancelled.

However, the Senior Center building will remain open, and Council on Aging staff will report unless Town Hall

is closed.

Please listen to local radio stations and the Mashpee Police Department and Mashpee Public Schools' Facebook pages for updated information.

Thank you and stay safe

MASHPEE SENIOR CENTER News for 2022

**Mashpee Senior Center building will be closed on
Monday, January 3rd, 2022
through
Friday, January 14th, 2022**

**Closed Monday, January 17th in observance of Martin Luther King Jr. Day
Reopening Tuesday, January 18th**

New carpeting will be installed in the Senior Center during the first two weeks of January, 2022. As a result, the public will not be able to enter the building and Council on Aging activities and programs will be cancelled during this period.

However, Elder Services of Cape Cod and the Islands Meals on Wheels program at the Center will continue to operate, and our minibus service will operate as usual.

During this period, a limited number of COA staff will be working at the Center in the building, so we encourage you to call us if you need outreach help, have a question, want to make an appointment, etc.

Please call the Senior Center if you have any questions.

Thank you for your patience and understanding.



**Thrift shop will be closed
December 23rd - January 15th, 2022**

**Reopening
Thursday, January 20, 2022**

Friends of Mashpee Council on Aging Thrift Shop

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

Hours of Operation

Thursday, Friday & Saturday

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

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.





Cape Cod Cooperative Extension Nutrition Education Program

Planning is Key to Eating Healthy on a Budget

Did you know that preparing delicious home-cooked meals can also help you save time and money? Fast food, takeout, and pre-prepared frozen meals make fun treats but are often high in price and low in nutritional value. Try preparing staples like cooked chicken, legumes, and grains in bulk and using them in multiple dishes throughout the week. Consider creating a weekly meal plan and grocery list to help you make more mindful and nutritious choices at the store. For more tips and tricks on how to eat healthy on a budget, [click here](#).



Food Safety Tip: Hot and Cold

Just like us, many harmful microorganisms cannot survive in very hot or very cold temperatures. That's why it's important to keep hot foods hot and cold foods cold, and to cool down hot foods as quickly as possible if you are saving them for leftovers. Make sure that your refrigerator is set at 40 degrees or below and your freezer at 0 degrees or below. Refrigerate or freeze perishable foods within two hours of bringing them home. Thaw frozen foods in the refrigerator instead of at room temperature. For more tips on how to keep foods at safe temperatures, [click here](#).



MASHPEE POLICE DEPARTMENT TIP OF THE MONTH

December is National Drunk and Drugged Driving Prevention Month

1 out of 3 traffic deaths result from drunk or drug impaired drivers.

Don't drive "buzzed", drunk or when impaired by illegal or prescription drugs.

The Holiday Season comes with many holiday festivities:

Always designate a sober driver before the celebration begins or

Call for a sober ride home

Please remember to call Mashpee Police Department immediately at 508-539-1480 ext.0 if you witness a possible impaired driver on the road.

If you or a loved one is suffering from addiction please contact Special Officer and Advocate Tara Carline at 508-539-1480 ext. 7253 for support services.

SCAM ALERT



Beware of Online Shopping for the Holidays

The holiday season is nearing and many of us will shop online. Unfortunately, cyber criminals will be active as well, creating fake shopping websites and other online shopping scams to steal your information or money.

Take the following steps to protect yourself:

- When possible, purchase from online stores you already know, trust, and have done business with previously. Bookmark these online stores.
- Be careful with websites that have no way to contact them, or use personal contact email addresses.
- Be suspicious if a website looks just like one you've used in the past, but the website domain name or the name of the store is different.
- Protect your online accounts by using a strong password for each of your accounts.

Keep your guard up even when shopping at trusted websites. Online stores often offer products sold by third-parties - different individuals or companies - that might have fraudulent intentions.

- Check each seller's reputation before placing the order by reading their reviews.
- Be wary of sellers who sell items at unusually low prices.
- When in doubt, purchase items sold directly by the online store, not by the third-party sellers that participate in its online marketplace.

Regularly review your credit card and bank statements to identify suspicious charges. Use credit cards instead of debit cards for online payments.

Just because an online store has a professional look does not mean it's legitimate. If the website makes you uncomfortable, don't use it. Instead, head to a well-known site you can trust or have safely used in the past. You may not find that incredible deal, but you are much more likely to avoid getting scammed.

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 free.

SHINE has resumed their in-person appointments at the Mashpee Senior Center. Call the Senior Center at (508) 539-1440 to schedule an appointment.

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.

A MESSAGE FROM THE REGIONAL SHINE OFFICE **Your Serving Health Information Needs of Everyone 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 2022, most 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 2022 so please check to make sure the pharmacy you currently use will still be the best come January 1st. 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.

By September 30th, each Medicare beneficiary receives an Annual Notice of Coverage which includes important information regarding Medicare costs and benefits. You can compare your Medicare benefits and health insurance options at no cost with your local SHINE counselor. A visit or phone call with a certified SHINE volunteer may reduce your out of pocket medical and/or prescription drug costs. In addition, meeting with your SHINE counselor during open enrollment can help you identify public programs that can help with premiums, copayments and health coverage based on income and assets.

For those who prefer to view Medicare plan choices and costs online please visit

www.Medicare.gov,

then, click on find a provider and click on the health and drug plan tab.



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, January 25th, 2022 - 10:00am-12:00pm**

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

Other attorneys are available by appointment on the second Tuesdays of the month. December 14th, 1:00pm-4:00pm

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

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.

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.



Fuel Assistance

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 program runs from November 1, 2021, through April 30, 2022.

Am I Eligible to Receive Fuel Assistance?

Eligibility is based on gross income, household size and vulnerability to heating costs. Fuel Assistance can assist with any primary heat type: oil, natural gas, electricity, propane, kerosene, wood or coal. In Massachusetts, the eligible income guidelines extend to households with incomes up to \$40,951 for 1 member, up to \$53,551 for 2 members.

How Do I Apply?

Bring the following types of information/documentation to an intake site:

- 1) Last 4 weeks' gross income for everyone in the household 18 years and older; all income must be documented such as child support, odd jobs, veterans, pension, AFDC, Social Security, etc.
- 2) Any adult receiving income for a minor must have proof of that income.
- 3) For the self employed, a copy of last year's Federal Tax Return with pages and schedules
- 4) Full time students need documentation from the school or college.

You will also need a complete electric bill; heating bill; mortgage, homeowner's insurance, real estate tax or lease; photo ID; and Social Security cards and birth dates for all in household.

How Does It Work?

Typically, the program runs from November 1 until April 30 every year. Once your application is approved, both you and your primary heating company (vendor) receive a written notification from SSCAC, indicating the amount for which you have been approved. This amount is not guaranteed, but is based upon funding availability. After your household is determined eligible, the vendor will send bills to SSCAC for your usage, up to your eligibility amount, as you receive deliveries or utility bills. Although payment of these bills is dependent upon funding availability, SSCAC will make every effort to pay your bills up to your eligibility amount. Payments are made directly to the heating vendor.

How Do I Check the Status of My Application?

You can call the automated interactive voice retrieval telephone system at (877) 383-5243, 24 hours/day, 365 days/year. This system will explain how the program works; what the eligibility guidelines are; and the status of your application, including any payments made. To speak with a staff member of South Shore Community Action Council, please call the Hyannis office at (508) 778-0870 starting November 1st.

Where Do I Apply?

If you did not receive Fuel Assistance last winter through South Shore Community Action Council, you must apply in person at either their office at 66B Willow Avenue, Hyannis or call (508) 778-0870.

. The Mashpee Senior Center is an outreach site.

**You may contact Darlene Perkins, Part-time Outreach Coordinator,
at (508) 539-1440 or email her at pperkins@mashpeema.gov
to make an appointment to fill out an application.**



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.

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)** 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/>.

[CLICK HERE](#)

for

THE FALL/WINTER RIDERS' GUIDE

September 7, 2021 - January 21, 2022

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

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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.