

MASHPEE



SENIOR CENTER



February, 2021



Table of Contents

- | | |
|--|--|
| <ul style="list-style-type: none">• The Mashpee Senior Center is here for you!• Resources<ul style="list-style-type: none">• AARP Tax-Aide Income Tax Preparation Program• Barnstable County Human Services• Mashpee Substance Use Taskforce• SHINE• Elder Services of Cape Cod & the Islands | <ul style="list-style-type: none">• Inclement Weather and Emergency Preparedness• Directory of Service Providers• By Appointment<ul style="list-style-type: none">• SHINE• SCCLS legal services• Dept. of Veteran Services• Outreach Programs and Information<ul style="list-style-type: none">• File of Life• Fuel Assistance |
|--|--|

- Vaccine Scams
- Cape Cod Cooperative Extension
- Cape Cod Healthcare Dementia and Alzheimer Support Program
- Social Security Update
- RMV
- Health News from Town Nurse
- Capewide Rent/Mortgage Assistance
- Mashpee Police Department Tip of the Month

- Police Reassurance Program
- Brown Bag Program
- VNA Town Nurse Wellbeing Check
- SNAP
- Telefriend
- Free Incontinence Product Distribution
- Transportation Options
 - Mashpee COA Minibus Service
 - CCRTA



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@mashpeeema.gov and Darlene Perkins' email is pperkins@mashpeeema.gov.
- Drop Box - a drop box has been installed on the outside of the senior center building, to the left of the main front door. If you need to drop off papers or documents to one of the COA staff, please deposit them in the box and let us know. We will be sure to retrieve them.

RESOURCES AND INFORMATION



AARP Tax-Aide Income Tax Preparation Program

The Mashpee Senior Center is a site for the AARP Tax-Aide Income Tax Preparation Program whose mission is to assist low to moderate income taxpayers file their Federal and State returns. The following is a message from the volunteers who conduct this program:

The Tax-Aide Program began at the Mashpee Senior Center on Friday, February 19th, with the last available appointments on Monday, April 12th. We will prepare returns at the Mashpee Senior Center each Monday and Friday.

- To schedule an appointment call the senior center at (508) 539-1440. After making your appointment, stop by the senior center to pick up the Income Tax

Questionnaire that is on the white bench in a box outside of building to the left of the front door, please take one packet per taxpayer. Fill out the questionnaire and bring it to your appointment. Make your appointment as soon as you think you will have all of your tax documents.

- Expect a call from an AARP Tax-Aide Counselor before your appointment to confirm the appointment, and completion of the intake documents.

When coming for your appointment, please be advised:

- All taxpayer face-to-face contact will be outside the Senior Center building.
- Park in the handicapped spaces at the front of Senior Center.
- Remain in your car.
- All occupants of the vehicle should be masked.
- Have your ID readily available for verification.
- Bring a pen.
- When returns are completed, an AARP Tax-Aide Counselor will schedule the taxpayer to return and sign.

What Are You Required To Bring To Your Appointment? Your Social Security card and a photo ID; the completed questionnaire; a copy of last year's [2020] Federal and State tax returns with schedules and supporting documents.



Cape Cod Medical Reserve Corps

Volunteers Needed!

The Cape Cod Medical Reserve Corps is looking for both medical and non-medical volunteers. Call Cape Cod Medical Reserve Corps at (508)375-6977 or click link below for more information.

Volunteer to help emergency response efforts during COVID-19

Coping During COVID

Cape Cod Reopening Task Force

The Cape Cod COVID-19 Response Task Force and MassSupport Network are partnering for an online Town Hall event looking at the available programs and services available to people living on Cape Cod and the Islands. *Season*

of Change, Coping During COVID will feature presentations on coping and self-care practices. This event will also allow attendees to ask questions of numerous Cape and Island service and assistance providers.

Discussion during this event will focus on specific issues facing the Cape and Islands, including isolation and the impact of seasonal work.

What: Season of Change – Coping During COVID

When: Wednesday, February 24, 2021 - 6:00pm-7:30pm

Who: A panel of licensed behavioral health providers & local service and support providers.

Where: Zoom Webinar & Facebook Live Broadcast

[Register Here](#)

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.



Become a Volunteer SHINE Counselor!

Do you have some spare time and like to help people? Do you like technical information and problem solving? If so, you may be the perfect SHINE volunteer.

SHINE volunteers offer free, confidential insurance counseling on Medicare options to beneficiaries and their families. Once you become a certified counselor, we are confident you will find SHINE a rewarding, as well as a challenging, volunteer experience.

Without volunteers, SHINE would not be able to help the many Medicare beneficiaries on Cape Cod and the Islands. Our group of more than 50 volunteers has monthly meetings where you can connect with your fellow SHINE counselors.

Currently, all SHINE counseling sessions are telephonic, and our monthly meetings are held virtually. Once it is safe to do so, we will resume in-person

counseling sessions at the local COA locations, as well as in-person monthly meetings at a set location.

To volunteer, the interested person must participate in a 10-day training and pass a state certification test. To meet the needs of our communities you may be asked to serve in an area other than where you live.

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Contact: tracey.benson@barnstablecounty.org or 508-375-6762

A Message from the Regional SHINE Office

Medicare Reminder

Original Medicare Part B covers the COVID-19 vaccine, regardless of whether you have Original Medicare or a Medicare Advantage Plan. You will owe no cost-sharing (deductibles, copayments, or coinsurance). Insurance information may be asked for by those administering the vaccine in order to bill-back to insurance. However, you will not be charged. If you do not have insurance, you are still eligible to receive the vaccine free of charge. If someone says they can get you a vaccine quicker and all they need is your credit card or Medicare number, it is a SCAM. Hang up and report the call to your local police department.

Medicare Advantage Plans

There have been many questions surrounding Medicare Advantage Plans and the additional benefits that have been advertised on television. Benefits such as transportation, meal delivery, equipment to improve indoor air quality (such as air conditioners, dehumidifiers), home modifications, and social needs benefits (such as park passes) are not ones that we are seeing being offered with our current available Medicare Advantage plans. Each plan available to us in Barnstable County is certainly different and vary in what they offer, but we cannot expect what we might hear on a national advertisement to hold true locally. It is always best to check with the plan directly for specific details on the benefits they are currently offering.

For beneficiaries who are eligible for both Medicare and MassHealth, there are Senior Care Option plans available in Barnstable County. These plans may indeed incorporate those additional benefits mentioned above. SHINE can help you navigate the options and questions regarding Medicare Advantage plans. We want you to be a knowledgeable consumer when it comes to your health plan choices.

**Coping with COVID While Caregiving
A Virtual Support Group for Caregivers:**



Tuesdays at 10:00am – 11:00am

Facilitated by an ESCCI Family Caregiver Outreach Specialist

Registration is required by calling Elder Services of Cape Cod and the Islands at 508-394-4630, extension 204

Vaccine Scams

The following is a message from the Massachusetts Senior Medicare Patrol Program



Be aware of COVID-19 vaccination scam offers. As the first Americans line up for the COVID-19 vaccine injections, so also are the scammers preparing to use this opportunity to scam you.

Do not get scammed. You should know the following:

- Most Medicare beneficiaries will not have to pay to get the vaccine during this public health emergency.
- If someone offers to put you on a vaccination list in exchange for money, you are being scammed. You cannot pay to get on a list.
- If someone offers to get you early access to the vaccine in exchange for your credit card or Medicare number, you are being scammed. You cannot pay to get early access to the vaccine.
- No one from Medicare or your municipal or state health department will contact you and offer you the vaccine.
- No one from a vaccine distribution site or private insurance company will call you asking for your Social Security number, your credit card number, or bank account information to sign you up to get the vaccine. If you get such a call you are being scammed.
- If you get a call, text, email, or even someone knocking on your door claiming they can get you early access to the vaccine, you are being scammed. You can report scams by call the Massachusetts Senior Medicare Patrol Program's Report-A-Scam line at 978-946-1243 or email to ReportAScam@MASMP.org.



Cape Cod Healthcare Dementia & Alzheimer Support Program

Caregiver Virtual Support Group

Wednesday February 24th 1:30pm - 3:30pm

This support group meets via Zoom 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.

Social Security Update

The following is a message from the Social Security Administration



If you receive a Benefit Verification letter, sometimes called a “budget letter,” a “benefits letter,” a “proof of income letter,” or a “proof of award letter,” we have good news for you! A new standardized Benefit Verification letter is now available when you need proof of Social Security benefits, Supplemental Security Income, or Medicare.

In addition to name, date of birth, and the benefits received, the new Benefit Verification letter includes other identifiers to prevent misuse and fraud. This is an added benefit to you as proof of income for loans, housing assistance, mortgage, and other verification purposes.

The same standardized letter is also available if you need proof that you do not receive benefits, or proof that benefits are pending. If you are an individual representative payee, you can use the my Social Security Representative Payee portal to access the same standardized Benefit Verification letter online for your beneficiaries.

This new standardized Benefit Verification letter is another example of our commitment to improve our service to you.

No matter how you request your letter, whether calling our National 800 Number, your local office, the Interactive Voice Response system, or online with your personal my Social Security account at www.ssa.gov/myaccount, the Benefit Verification letter now contains a seamless look.

In March 2020, we temporarily closed all of our Social Security Hearing Offices due to the Coronavirus pandemic and are not offering in-person hearings. During the office closures, we are providing two flexible, safe, and secure hearing options: either a telephone hearing or our new option of an online video hearing.

Additional information on both of these hearing options is available here:
www.ssa.gov/appeals/hearing_options.html



**SENIOR HOURS AT
REGISTRY OF MOTOR VEHICLES**

The RMV will designate Wednesdays in February and March at 17 RMV Service Centers to serve customers age 75 and older who need to conduct RMV transactions. Providing older adults with a designated RMV service center will result in a safer space for customers to visit.

The designated RMV service center for customers 75+ on Cape Cod is in South Yarmouth.

A reservation is required. Select the "Senior Transaction" option in the "Make/Cancel a Reservation" transaction at www.Mass.Gov/RMV to view availability and make a reservation. If you are a AAA member, you may make a reservation now to renew your driver's license/ID or registration at a AAA location. Visit www.aaa.com/appointments to schedule your visit.

If you are not a AAA member, visit Mass.Gov/RMV to make a reservation to visit an RMV Service Center. Email the RMV for assistance at

MassDOTRMVSeniors@dot.state.ma or call the RMV at 857-368-800

HEART HEALTH

**A message from Stephanie Lattanzio, RN-BSN,
Public Health and Wellness Town Nurse,
Visiting Nurse Association of Cape Cod**

Heart disease remains a leading cause of death in the United States and it is very important to prioritize your heart health as early as possible. The American Heart Association recommends following a heart healthy diet, getting regular physical exercise and making lifestyle changes to protect your heart.

Exercise regularly: Aim for 150 minutes of moderate activity or 75 minutes of higher intensity physical activity weekly.

Do not smoke: If you smoke or use tobacco or nicotine containing products, you should quit. It is also important to avoid second hand smoke whenever possible.

Consume alcohol in moderation: No more than one drink per day for a female and two drinks per day for a male. Speak with your doctor about your conditions and medications to ensure moderate alcohol consumption is acceptable.

Take medications as prescribed: All medications, especially those prescribed for your heart, should always be taken as directed by your physician.

Follow a heart healthy diet: Limit sodium, replace saturated fats with healthier fats and aim to eat as many nutritious foods as possible.

Heart Healthy Diet

1. Limit saturated fats to 5-6% of your daily calories. This amounts to approximately 13 grams of saturated fat in a 2000 calorie a day diet. Some foods high in saturated fats include fatty beef, lamb, pork, poultry with skin, lard, cream, butter, cheese, high fat dairy products.

2. Trans fats raise your bad (LDL) cholesterol levels and lower your good (HDL) cholesterol levels and should be avoided. The primary dietary source for trans fats in processed food is “partially hydrogenated oils.”
3. Replace saturated and trans fats with monounsaturated fats and polyunsaturated fats which can have a positive effect on your health when eaten in moderation. Some sources of healthier fats include olive oil, canola oil, peanut oil, safflower oil, sesame oil, corn oil, sunflower oil and safflower oil.
4. Limit sodium (salt) to 2000 milligrams (mg) or 2 grams (g) or less daily.
5. Eat more whole grains which contain many vital nutrients and are rich in fiber.
6. Eat fresh and frozen vegetables and fruits whenever possible. When consuming canned fruits and vegetables be aware of what they are packed in. They may contain high amounts of salt or sugar.
7. Choose lean cuts of meats and poultry without skin.
8. Aim to eat a variety of fish twice weekly, especially those with highest amounts of omega fatty acids.
9. Select fat free (skim) and low-fat (1%) dairy products.

As you get acclimated to following a more heart healthy diet, it is helpful to keep a daily log of what you eat and drink. Reading labels and adding up the amount of calories, sodium and saturated fats can help you identify areas of your diet that could be improved upon. Adding more herbs and spices when cooking can help add flavor to your low salt meals. Opt for heart healthy foods whenever possible and enjoy less healthy options in moderation.

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart>



If You are Having Trouble Paying Your Rent or Mortgage Because of COVID

There's a lot of confusion about the federal eviction moratorium that's now in place and what's expected of tenants. What we know right now, is that for tenants to qualify for protection under the federal government's moratorium, a tenant must apply for all available financial assistance and complete a declaration notice. Even if you've never qualified for public assistance, if you have had an increase in expenses or a decrease of income due to the pandemic, you may be eligible for help. Both the financial assistance application form and the federal declaration form are available online at:

www.haconcapecod.org

[More Info](#)

[How to Apply for](#)

If You Receive a Notice to
Quit

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

Mashpee Police Department's Tip of the Month



In the winter months driving can be more challenging with the unpredictable weather. 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 ext. 7253**

INCLEMENT WEATHER AND EMERGENCY PREPAREDNESS

INCLEMENT WEATHER - When the Mashpee schools are cancelled, the Council on Aging minibus service is cancelled. Council on Aging staff will still be working at the

Senior Center, unless Town operations are closed.

We recommend that seniors line up a snow plowing service you can depend upon. 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.

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, and select the "Emergency Alert Sign-up" box in the upper center of the page. Then select the next signup now button to enter your contact information so local leadership may contact you with timely, important messages.

Directory of Service Providers For Older Adults

On the Council on 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

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.

The following is a message from the Barnstable County Regional

SHINE office

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 conducting telephone appointments for Mashpee older adults on Tuesday, March 23, 2021. To schedule an appointment, please call the Mashpee Senior Center (508) 539-1440.

Department of Veterans' Services

Veterans' 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 call them at (508)778-8740 for assistance or click on the link below for more information.

Department of Veterans' Services of Cape Cod

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



What is a File of Life?

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

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

Next Steps to Stay Safe:

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

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

Fuel Assistance Program

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

Fiscal Year 2021 Income Eligibility Guidelines

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

Police Reassurance Program

The Mashpee Police Reassurance Program is a beneficial service offered to Mashpee older adults who live alone. The program provides support to Mashpee seniors to ensure their safety and wellbeing. The program requires the senior to call the Mashpee Police Department every day between 6:00 am and 10:00 am. The dispatcher has a list of all the members of the program and will make a note if the older adult has not called in. If an older adult has not called in by 10:00 am, Dispatch will call their residence directly. If Dispatch is unable to make contact with the older adult or there is a busy signal, an officer will be sent to the residence for a wellbeing check. If you or a family member is interested in registering for the Reassurance Program, please contact the Mashpee Council on Aging Outreach Coordinator, Lori Nelson at (508) 539-1440.

Greater Boston Food Bank Brown Bag Program for Seniors

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



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

VNA Town Nurse Wellness Check

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



SNAP

Do you need help buying fresh, nutritious food? You may be eligible for the Supplemental Nutrition Assistance Program (SNAP), also known as food stamps. Did you know that the average monthly amount in SNAP benefits received by Mashpee residents is \$136. Would you like information on income, and documentation needed to apply? If interested on applying for SNAP call the Mashpee Senior Center to speak with Part time Outreach Coordinator Darlene Perkins at (508)539-1440 ext. 3506 or go on line to <https://www.mass.gov/doc/snap-application-for-seniors-1/download>

Telefriend Program

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

Free Incontinence Product Distribution:

The distribution of incontinence products at the Mashpee Senior Center is provided each month. This program is for 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.

TRANSPORTATION OPTIONS



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

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

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

Please be aware of the following guidelines and precautions that are in place so that we all can

operate as safely as possible:

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

- In order to comply with social distancing guidelines, only one passenger will be permitted to ride on the bus at a time.

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

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



The Cape Cod Regional Transit Authority (CCRTA) has been providing public transportation services since 1976 to residents and visitors for all 15 Cape Cod communities. CCRTA services include: Year round **Fixed Route Bus Service** routes. **Dial-A-Ride Transportation (DART) Service** is a daily general public service that is door-to-door, ride-by-appointment, transportation service. This service is available to all Cape Cod

residents for any purpose. In addition, **Boston Hospital Transportation** is a transportation service to Boston area hospitals that runs Monday through Friday (no holidays), by reservation. For more information about the CCRTA please call toll free (800)352-7155; local number (508) 385-1430; or TTY(800)439-0183 or visit its website: <http://www.capecodtransit.org/>.

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

Mashpee Council on Aging/Senior Center

26 Frank E. Hicks * Mashpee, MA 02649

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

Website: www.mashpeeema.gov/council-aging

e-mail: coa@mashpeeema.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.