

MASHPEE



SENIOR CENTER



MESSAGE FROM THE DIRECTOR

Greetings,

I would like to share some exciting and happy news.

After 33 years with the Mashpee Council on Aging, first as Outreach Coordinator and later as Director, I will be retiring on January 31, 2022. It has been an honor and privilege to work for the Town, and rewarding to serve Mashpee's seniors.

I want to express my sincere gratitude to all who participate in our activities, programs and services, our volunteers, and everyone who is part of our vibrant community here at the Mashpee Senior Center. I would like to thank our staff for their dedication, kindness, and support, as well as Town officials and staff for their assistance.

I look forward to the next season of my own aging journey, though I will miss seeing everyone.

I wish you a happy and healthy 2022.

Lynne Waterman

JANUARY, 2022 UPDATE



Happy New Year

The Senior Center will be closed
Monday, January 3rd through January 14th, 2022.
We will reopen on 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.

SENIOR CENTER HOURS

Monday through Friday

8:30am - 4:30pm

Please call the Senior Center if you have any questions.

Thank you for your patience and understanding.



The Senior Center will be closed
Monday, January 17th
in observance of Martin Luther
King Jr Day.

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

COVID-19 SAFETY

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, or discoloration of fingers or toes) please do not come to or enter the Senior Center. Thank you for adhering to this in consideration of your health and the health and safety of others.



Table of Contents

- The Mashpee Senior Center
- Resources and Information
 - AARP Tax-Aide Program
- COVID Booster/Testing Information
 - Mashpee Booster Clinic
 - BC Vaccine & Booster Clinic
 - Mass Executive Office of Elder Affairs booster/testing info
- January Activities Reminder
 - New Member Information
- Support Groups & Resources
 - Grandparents Raising Grand children
 - Sight Loss Services Peer Support Group
 - Cape Cod Healthcare Dementia and Alzheimer Support Program
 - VA Caregiver Support
 - Spaulding Rehab Aphasia Virtual Community Group
 - American Foundation for Suicide Prevention
- FOMCOA Thrift Shop Hours
- Housing
 - Capewide Rent/Mortgage Assistance
- Substance Use Information
 - Gosnold Family Support Group
 - Substance Use Helpline
- By Appointment
 - SHINE
 - Legal Services
 - Dept. of Veteran Services
- Directory of Service Providers
- Outreach Programs and Information
 - Fuel Assistance
 - Friendly Visitor Program
 - File of Life
 - Fuel Assistance
 - Police Reassurance Program
 - Brown Bag Program
 - VNA Town Nurse Wellbeing Check
 - SNAP
 - Telefriend
 - Free Incontinence Product Distribution
- Transportation Options
 - Mashpee COA Minibus Service
 - CCRTA

RESOURCES AND INFORMATION



AARP TAX AIDE PROGRAM
February 7th—April 15th
Mondays & Fridays, 9:15am-2:00pm

The Mashpee Senior Center is a site for the AARP Foundation Tax-Aide Income Tax Preparation Program whose mission is to assist low to moderate income tax payers file their Federal and State returns. The following is a message from the volunteers who conduct the program. The Program will begin Monday, February 7th with the last available appointment on Friday, April 15th.

Making appointments—Appointment scheduling will start **Monday, January 10th**. Call the Mashpee Senior Center at (508)539-1440 to schedule your appointment. You will be given an appointment time; no special requests for a particular tax preparer will be taken. After making your appointment, please stop by the Senior Center to pick up the Income Tax Questionnaire Package. Fill out the questionnaire and other documents and bring them with you to your appointment.

Please note: Appointments are limited—please book yours for as soon as you can think you will have all your tax documents.

What are you required to bring to your appointment:

1. Your social security card **AND** a photo ID,
2. The completed questionnaire documents,
3. A copy of last year's (2020) Federal and State returns with schedules and supporting documents. **VERY IMPORTANT**—We will not be able to properly prepare your return without them
4. All your 2021 tax related documents,
5. If you wish your refund to be directly deposited (recommended), a voided check for the account.

As appointments are limited, it is important that you have all documentation with you at the time of your appointment. There will be limited opportunity to reschedule. If you have any questions regarding this program, please bring them to your appointment as the Mashpee Senior Center staff is not able to answer tax questions.

About your appointment:

1. You will be contacted by phone prior to your appointment to confirm your attendance. If you do not confirm, we will not be able to guarantee your appointment.
2. Please do not come to or enter the Senior Center building if you are not feeling well, or 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). We will be happy to reschedule your appointment if you are not feeling well.

COVID-19 Vaccine & Testing Information



**TOWN OF MASHPEE
COVID BOOSTER VACCINE CLINIC**
Tuesday, January 11, 2022
12:00 pm - 2:00 pm

When: Christ the King Parish Hall, 5 Jobs Fishing Road, Mashpee

Who: Individuals ages 16+ who are fully vaccinated

Cost: Free

The Mashpee Board of Health is holding this vaccination clinic in cooperation with the VNA of Cape Cod and Cape Cod Healthcare Pharmacy.

PLEASE NOTE:

PRE-REGISTRATION REQUIRED

- Registration closes at 12 noon on Monday, January 10th.
- To register, please click [HERE](#) or go to: <https://home.color.com/vaccine/register/vnacc?calendar=b62788ec-90d3-43d8-8bdb-7ae021930fc8>
- If you need assistance with the online registration process, please call the Board of Health at 508-539-1426.

Individuals who are ill or have had a fever within 24 hours prior to the clinic should NOT participate.

This clinic provides the Pfizer and Moderna Booster only

- Individuals ages 16 & 17 are only eligible to receive the Pfizer
- The J&J vaccine will NOT be offered
- 1st and 2nd dose vaccines, as well as vaccines for children ages 5-11 will NOT be offered.

You may have a Booster preference, but it is safe to get any type of vaccine for your Booster, as long as:

- It has been at least six (6) months since you received your 2nd dose of Pfizer or Moderna; or
- It has been at least two (2) months since you received your single dose of J&J

There is a mandatory 15-minute monitoring period immediately following vaccination.

Insurance information **MUST** be provided, if available.

Please use the parking area behind the church and follow signage into the Parish Hall.

Masks **MUST** be worn inside the Parish Hall.

**If you need additional information, you can reach
the Board of Health by calling 508-539-1426.**

**Please DO NOT contact
Christ the King Church with questions about the clinic.**



BARNSTABLE COUNTY COVID-19 VACCINE & BOOSTER CLINIC

When: Adult Clinic (18+) 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 will be offering Pfizer vaccine (2 doses) to anyone 5+, and Moderna (2 doses) and J & J to anyone 18+ .COVID booster shots available, as well.

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

Pre-registration is required.

Due to a high level of interest, they are no longer able to accept walk-ins. If you would like to register but do not have access to a computer or need assistance, please call their Helpline at



Executive Office of Elder Affairs

To schedule a booster 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

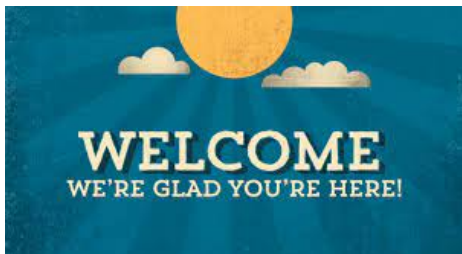
<https://www.mass.gov/covid-19-vaccine>

For Information on COVID-19 Testing:

Visit the official Mass.gov website by clicking [HERE](#) or

<https://www.mass.gov/covid-19-testing>

JANUARY ACTIVITIES REMINDERS



NEW MEMBER INFORMATION

Monday, January 31st

11:00am - 12:00 pm

Are you a new resident of Mashpee? Have you been coming to the Senior Center, enjoying our

newsletter but have questions about programs and activities? Are you interested in meeting people? Are you looking to learn more about current updates and events? Council on Aging volunteer, Gail Goraj, will be available to meet with you by appointment, beginning January 31st and every Monday there after, to review our welcome packet. Fill out our orientation form, so you can start receiving information about the up to date activities, events and services we provide. To set up an appointment to meet with Gail, please call the Senior Center at 508-539-1440.

We look forward to seeing you and welcoming you to the Senior Center!

SUPPORT GROUPS & RESOURCES



Grandparents Raising Grandchildren

Family Caregiver Support is available

Do you have questions about:

School and educational placement?

Finding services and supports in the community for you & your grandkids? Connecting with other grandparents?

Financial and legal issues?

Grandparents interested in joining this support group can click on the survey link below to fill out a quick questionnaire.

[**survey**](#)

For more information, call Elder Services of Cape Cod & the Islands and speak with a Family Caregiver Support Outreach Specialist at 508-394-4630.



Sight Loss Services Peer Support Group

Monday, January 24th
10:00am-11:30am

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



Cape Cod Healthcare Dementia & Alzheimer Support Programs

Mashpee Caregiver Support Group

Wednesday, January 26th

1:30pm - 3:30pm

This support group has resumed its in person meetings at the Mashpee Senior Center on the 2nd and 4th Wednesday of the month and provides an opportunity for caregivers to share their experiences in a confidential supportive environment and receive information and guidance regarding care planning strategies.

To register, please call (774) 552-6080 or email
dementiainfo@capecodhealth.org



The VA Caregiver Support Program's mission is to promote the health and well-being of family caregivers who care for our nation's Veterans, through education, resources, support services and service excellence. The Caregivers Support program empowers caregivers with a wide range of resources through the Program of General Caregivers Support Services. All caregivers who provide personal care services to Veterans enrolled in Veteran Affairs healthcare have access.

To learn more about their programs call:

National Caregiver Support Line at 1-855-260-3274 or visit their website

www.caregiver.va.gov



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



INCLEMENT WEATHER AND EMERGENCY PREPAREDNESS

INCLEMENT WEATHER

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.

We recommend that seniors 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.

EMERGENCY PREPAREDNESS

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.

Click [HERE](#) for more emergency alert sign-up information

Thank you and stay safe



Friends of Mashpee Council on Aging Thrift Shop

Thrift shop will be closed December 23rd - January 15th, 2022.
Reopening Thursday, January 20, 2022

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
10am-2pm

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.



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

Can I change my Medicare Plan after Open Enrollment?

Even though Medicare's Annual Open Enrollment ended on 12/7/2021 (that's the period in which you can change your Medicare Part D Drug Plan or Medicare Advantage Plan –Part C) you may still have some options:

For those with Medicare Parts A and B (Original Medicare): You can add a Medicare Supplement (Medigap Plan) at any time of the year in Massachusetts. If you already have a Massachusetts Medigap Plan, you can upgrade, downgrade or end your coverage at any time during the year. If you missed your initial period to sign up for Medicare Part A (hospital) and/or Medicare Part B (medical) now is the time. Then general open enrollment period for Medicare A and B is January 1 –March 31 with an effective date of July 1st. Please call or visit your local Social Security office.

For those with a Medicare Advantage Plan (HMO or PPO): Between January 1st and March 31st, you can drop your Medicare Advantage Plan, effectively switching back to Original Medicare. You will be able to join a Medicare Prescription Drug Plan (Part D) at this time and you may also add a Medicare Supplement (Medigap Plan). You may also switch your Medicare Advantage plan from one to another during this time frame.

For Prescription Advantage members or if you are getting “Extra Help” paying for prescription drugs: You can change your prescription plan during the year outside of the Annual Open Enrollment.

Five Star Special Enrollment Period (SEP): You can join a 5 star Medicare Advantage plan once during the year outside of the annual open enrollment period. The following have 5 star ratings from Medicare: all Tufts Medicare Advantage HMO plans.

Other Special Enrollment Periods: You might qualify for an exception that allows you to enroll in a Part C Medicare Advantage Plan or a Part D Prescription Drug Plan during the year. Examples may include moving in or out of your plan's service area, ending employer insurance, becoming eligible for or losing MassHealth coverage.

How can SHINE help you?

State certified SHINE counselors are trained regarding the enrollment rules that may apply to your personal situation and your personal coverage choices. SHINE counselors are happy to talk with you at any time of the year and they can analyze your needs and compare available plans to find you the most comprehensive coverage at the best price for you. Please call the senior center to make an appointment with a SHINE counselor.

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. Next available time is:

February 8th, 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

**Friday, January 21st
1:00pm - 4:00pm**

Veteran's Services officers (VSO) in the Commonwealth help veterans learn about, apply for, and in some cases receive benefits. If you are a veteran or a spouse of a veteran, Veteran's Services provides in person appointments at the Senior Center on the 1st and 3rd Fridays of the month. To schedule an appointment, please call the Mashpee Senior Center (508) 539-1440 or contact them at (508)778-8740 for assistance and information.

Food Pantry

Please call 508-778-1590 (Cape & Islands Veterans Outreach Center) if you would like to sign up for the Outreach Center's Veterans Food Pantry. This food pantry is for qualified veterans and their families and is open every Thursday between 9:00AM and 1:00PM. It is currently being conducted on a drive up basis at 247 Stevens Street, Hyannis, behind the VA Community Clinic. Please call prior to your visit to ensure veteran qualification and eligibility. Emergencies can call any time. This program is for veterans and their families only. Homebound veterans and dependents can call to make other arrangements to receive food. After becoming a member of the food pantry a family is allowed 2 visits per month.

OUTREACH PROGRAMS AND INFORMATION



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



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

26 Frank E. Hicks * Mashpee, MA 02649

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

Website: www.mashpeema.gov/council-aging

e-mail: coa@mashpeema.gov

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.