

MASHPEE



SENIOR CENTER



July, 2021

UPDATE



Together Again!

We are happy to announce the Mashpee Senior Center is starting to resume ongoing, in building activities on Monday, June 28th. While it was so great to connect virtually and to see so many of you during our drive by events we are so excited to welcome you back to the Mashpee Senior Center. Bear with us as we continue to add back activities and events and continue to work through schedules and hybrid formats for some programs. Also, please be aware that some activities do not meet in the summer and others have opted to resume in September.

Looking forward to seeing you all again!

MONDAY, July 5th**		TUESDAY, July 6th		WEDNESDAY, July 7th	
8:30-9:30	Strength Training	8:30-9:30	Exercise	8:30-9:30	Strength Training
12:30-4:00	Mah Jongg	9:00-12:00	Woodcarving	10:00-11:00	@ Zumba Gold
2:00-3:00	Book Club (last Monday of the month)*	10:00-11 :00	@Zumba Gold	10:00-12:00	Sports Group
				1:00-3:00	@Painting Class
				2:00-3:30	Tai Chi
THURSDAY, July 8th		FRIDAY, July 9th		Notes	
8:30-9:30	Exercise	8:30-9:30	Strength Training	*Virtual Zoom option is available **Senior Center closed on July 5th in observance of Independence Day.	
10:00-11:30	Cribbage	11:00-12:00	@ Zumba Gold		
10:00-11:00	Knitting and Crocheting	12:30-4:00	Mah Jongg		
1:00-4:00	Social Bridge				

Face coverings are recommended for all unvaccinated adults.

Please be aware that vaccination is not required for participation in our activities and programs, and please be respectful of others. Based on your comfort level, you may choose to resume your participation gradually.

We are all in this together.

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.



The Mashpee Senior Center will be closed on Monday, July 5th, for Independence Day. All activities including minibus service are cancelled.

**Friends of Mashpee Council on Aging
Thrift Shop**



Hours of Operation
Thursday, Friday & Saturday
10am-2pm

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



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RESOURCES AND INFORMATION



Covid-19 Emergency Funds Available

Covid-19 Emergency funds are available through Community Action Committee of Cape Cod & Islands for assistance with:

- Badly needed Car repairs
- Overdue Utility payments

FOR INFO



Fuel Assistance Recertification

It's that time of year again

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

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

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



Real ID Enforcement Extended

The Department of Homeland Security (DHS) has extended the REAL ID full enforcement date from October 1, 2021 to **May 3, 2023**, due to the ongoing COVID-19 pandemic.

Beginning May 3, 2023, every air traveler 18 years of age and older will need a REAL ID compliant driver's license or identification card, or another TSA-acceptable form of identification, for domestic air travel and to enter certain federal facilities.

For more information click on

[Department of Homeland Security](#)

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.



CAREGIVER RESOURCES



Cape Cod Healthcare Dementia & Alzheimer Support Programs

Caregiver Support Group
Wednesdays, July 14th & 28th, 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



**Participants sought for remote research study
examining the impact of COVID-19 on the lives of
dementia caregivers.**

The purpose of this research study is to understand the factors (e.g., feeling unhappy, lonely, frustrated) that influence compliance with social distancing recommendations during the COVID-19 pandemic. In addition, this study aims to understand how negative emotions (e.g., feeling unhappy, lonely, frustrated) along with social distancing requirements influence family caregivers' confidence in their ability to provide high-quality care for their relatives with dementia during the COVID-19 pandemic. Participants will be compensated up to \$255.

To get more information about the study, please contact us
at careduringCOVID@rice.edu or 832-819-4297.

The Savvy Caregiver Educational Program

Wednesdays, July 14th - August 18th

A free six-session educational training for **active family caregivers** of people living with Alzheimer's or other dementia-related diseases. Caring for a person living with Alzheimer's or related dementia is specialized work. To do this successfully, caregivers need special skills, knowledge, good self-care, and a positive attitude. This six-session course provides caregivers with the skills and knowledge they need to provide the highest level of care for loved ones, as well as for themselves.

The Savvy Caregiver program covers:

- The pathology of dementia diseases
- Strategies for caregiver self-care
- Dementia stages
- Developing contented involvement for someone with dementia
- How to recognize options to optimize decision making
- Making the most of family resources

For more information or to register:

Email: info@capecodalz.org or 508 896 5170

The Alzheimer's Family Support Center of Cape Cod provides an array of free, comprehensive services to the Cape's Alzheimer's/dementia community. Call (508) 896-5170; email support@capecodalz.org; or visit their website: www.alzheimerscapecod.org



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

To learn more about their programs call:

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

www.caregiver.va.gov

SUBSTANCE USE INFORMATION

Gosnold Family Support Groups



The Gosnold Reaching Out program is a resource for family members and loved ones affected by substance use disorder. It assists the family at all stages of addiction through education, intervention, and support.

For more information, please call (844) 558-4357 or visit their website at gosnold.org

Help is Here

Massachusetts Substance Use Helpline at 1-800-327-5050
or www.helpline-online.com

In an emergency, please call 911.

For local resources, please contact
Mashpee Human Services at 508-539-1411.



It's hot inside your car -- and don't forget about your dog!

It's the law! Massachusetts has joined many states with laws about animals confined in parked vehicles. The Act prohibits pet owners from leaving animals inside vehicles when temperatures inside a car can exceed levels outside or environmental conditions "that pose an adverse risk to the health or safety of the dog." A

bystander, in addition to animal control officials, law enforcement or firefighters, may enter the vehicle if "reasonably necessary to prevent imminent danger or harm to the animal." Any action by a person or first responder would follow checking to see if the door was locked, calling 911, and making an

effort to locate the owner. The person must stay with the animal until law enforcement arrives, and is immune from liability resulting from the animal's removal. [Click here](#) for some information. For more details of the law, [Click here](#).



Mashpee Police Department's Tip of the Month

Common Elder Fraud Schemes (www.fbi.gov)

- **Romance scam:** Criminals pose as interested romantic partners on social media or dating websites to capitalize on their elderly victims' desire to find companions.
- **Tech support scam:** Criminals pose as technology support representatives and offer to fix non-existent computer issues. The scammers gain remote access to victims' devices and sensitive information.
- **Grandparent scam:** Criminals pose as a relative—usually a child or grandchild—claiming to be in immediate financial need.
- **Government impersonation scam:** Criminals pose as government employees and threaten to arrest or prosecute victims unless they agree to provide funds or other payments.
- **Sweepstakes/charity/lottery scam:** Criminals claim to work for legitimate charitable organizations to gain victims' trust. Or they claim their targets have won a foreign lottery or sweepstake, which they can collect for a "fee."
- **Home repair scam:** Criminals appear in person and charge homeowners in advance for home improvement services that they never provide.
- **TV/radio scam:** Criminals target potential victims using illegitimate advertisements about legitimate services, such as reverse mortgages or credit repair.
- **Family/caregiver scam:** Relatives or acquaintances of the elderly victims take advantage of them or otherwise get their money.

REMEMBER, only scammers will ask you to buy gift cards for payment of a bill or money owed. NEVER give out any personal information over the phone, be VERY cautious when giving out personal information on the internet or giving access to your computer or phone.

You can always contact the Mashpee Police Department at any time regarding the legitimacy of a call.

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



SHINE

(Serving the Health Insurance Needs of Everyone)

Every day there are 10,000 baby boomers turning 65 and are now eligible for Medicare. Those new to Medicare can make costly mistakes resulting in higher health care costs, gaps in coverage and possibly a lifetime late enrollment penalty.

SHINE can help! SHINE volunteer counselors are trained and certified by the Executive Office of Elder Affairs and are re-certified each year to help Medicare beneficiaries navigate the

complex health insurance system free. Please call the Mashpee Senior Center at (508) 539-1440 to schedule a SHINE appointment (by phone only).

If you need immediate help or have an urgent question, please contact the Barnstable County Regional SHINE office at (508)375-6762 or (508)362-5885 TTY.

A MESSAGE FROM THE REGIONAL SHINE OFFICE

Need help with prescription drug costs?

Prescription Advantage may be your answer!

By now, some of you may have reached or are getting close to the gap or “donut hole” with your Medicare Prescription Drug Plan (Part D). In 2021, you fall into the Medicare Part D gap when the negotiated retail cost of your medications reach \$4,130. Once in the gap you are now responsible for 25% of the negotiated retail cost for brand name medications and 25% for generics. Prescription Advantage, which is a state-run program, can assist you in this gap and/or put a cap on your out-of-pocket cost for medications.

Eligibility is based on income only and there is no asset limit!

If you are a **Massachusetts resident and eligible for Medicare**, the income limits are:

- Age 65 or over- \$64,400 or less for a single person or \$87,100 or less for a married couple.
- Under age 65 and disabled- \$24,214 or less for a single person or \$32,750 or less for a married couple.

There is no charge for joining Prescription Advantage if you have an annual income at or less than \$38,640 for a single person or \$52,260 for a married couple. However, there is a \$200 per person annual enrollment fee for those with higher incomes. You may also join if you are 65 years or older and not eligible for Medicare. If you are not eligible for Medicare, Prescription Advantage will be your primary prescription drug plan and there is no income limit. Medicare also has a program, called “Extra Help”, which can assist with the cost of your Medicare Part D plan’s premium, deductible and co-pays. Please call the Senior Center to make an appointment with a SHINE counselor for more information on these programs or assistance with any Medicare issue. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs.

**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, May 25th. To schedule an appointment, please call the Mashpee Senior Center (508) 539-1440.

Department of Veteran's Services

Veteran's Services officers (VSO) in the Commonwealth help veterans learn about, apply for, and in some cases receive benefits. If you are a veteran or a spouse of a veteran, please contact them at (508)778-8740 for assistance and information.

Please call 508-778-1590 (Cape & Islands Veterans Outreach Center) if you would like to sign up for the Outreach Center's Veterans Food Pantry. This food pantry is for qualified veterans and their families and is open every Thursday 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.

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](#)

OUTREACH PROGRAMS AND INFORMATION



Lock Boxes

The Mashpee Fire & Rescue Department in cooperation with the Mashpee Senior Center and the Council on Aging would like to discuss with you the importance of having a lock box at your home. A lock box is simply a locked storage device that is mounted to the outside of your property that is locked with the keys to access your home inside it. This key(s) would only be accessed by the police or fire department in case of an emergency. There are several different types of lock boxes that are on the market. Mashpee Fire & Rescue works closely with the Knox Company regarding the purchase of their lock boxes. The Knox company lock boxes are available online or through the mail. The company has a unique key code specific to only Mashpee Fire & Rescue. Each of Mashpee's emergency vehicles has its own lock box mounted on apparatus that contains the keys to the Knox box. These are only accessed in cases of emergencies. These keys if made available would prevent the need to perform forcible entry in to a home that will potentially cause damage by forcing open doors and windows, more importantly it would expedite the time required to get to you in a medical emergency. We are free to discuss these options with you if you would like to call Lt Michael Evaul at (508) 539-1466.

FILE OF LIFE	
KEEP INFORMATION UP TO DATE !! Review At Least Every Six Months !	
MEDICAL DATA REVIEWED AS OF _____ MO. _____ YR. _____	
Name:	_____
Address:	_____
Doctor:	Phone # _____
Doctor:	Phone # _____
EMERGENCY CONTACTS	
Name:	Phone # _____
Address:	_____
Name:	Phone # _____
Address:	_____

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@mashpeeema.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/>.

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

Mashpee Council on Aging/Senior Center

26 Frank E. Hicks * Mashpee, MA 02649

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

Website: www.mashpeema.gov/council-aging

e-mail: coa@mashpeema.gov

DISCLAIMER: The Mashpee Senior Center offers many legal, financial, recreational, medical screening or other services and/or activities by volunteer or nominal-cost practitioners. Seniors participating in these services do so with the understanding that the Mashpee Council on Aging, the Mashpee Senior Center, the Town of Mashpee or its employees do not assume any legal responsibility for any advice or services rendered by such volunteer or nominal practitioner. Any act or advice or service by outside providers at the Council on Aging should not be presumed to be endorsed and sponsored by the Council on Aging.