

MASHPEE



SENIOR CENTER



June, 2021



**WE'RE
BACK!**
our doors are now open

Welcome back!

The Mashpee Senior Center reopened to the public on June 1st.

Senior Center Hours

Monday through Friday

8:30am - 4:30pm

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. There is no date set yet for in person, small or large group activities to resume inside the center; more information will be forthcoming at a later date. In the meantime, we hope you continue to enjoy our virtual programs and drive by events.

Face coverings and social distancing are required.

We have missed everyone and are looking forward to seeing you all again!

The Senior Center will be closed Monday, July 5th, in observance of Independence day.



Friends of Mashpee Council on Aging Thrift Shop



The thrift shop will reopen Thursday, June 17th

Hours of Operation

Thursday, Friday & Saturday
10am-2pm

Face coverings required

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



Table of Contents

- The Mashpee Senior Center is here for you!
- FOMCOA Thrift Shop Hours
- Resources and Information
 - Hurricane & Tornado Season Preparedness
 - Discount on Internet Services & Device
 - SCCLS - Bridging Coverage Disparities in MassHealth & Medicare Seminar
 - Capewide Rent/Mortgage

- Health News from Town Nurse
- Town of Mashpee Police Department Tip of the month and Phone Scam Alert
- By Appointment
 - SHINE
 - Medicare Virtual Fair
 - SCCLS legal services
 - Dept. of Veteran Services
 - Directory of Service Providers
 - Outreach Programs and Information
 - File of Life
 - Fuel Assistance

- Assistance
- Caregiver Resources
 - Alzheimer's Family Support Center of Cape Cod
 - VA Caregiver Support
 - Cape Cod Healthcare Dementia and Alzheimer Support Program
- Substance Use Information
 - Gosnold Family Support Groups
 - Substance Use Hotline

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

RESOURCES AND INFORMATION



Hurricane and Tornado Season Preparedness

The 2021 Atlantic hurricane season officially began Tuesday, June 1st. Now is the time to prepare in case Mother Nature pays us an unwelcome visit. You can find detailed preparedness information on the National Weather Service's website: www.weather.gov/wrn/hurricane-preparedness and at FEMA's ready.gov site for hurricanes.

Don't forget about your pets! Check out Cape CodDisaster Animal Response Team at www.cddart.org for complete details.

Tornado Season, too! Peak **tornado** activity in **New England** occurs during the summer months of June, July and August but can really occur all year round. To learn more about tornados, click on the FEMA presentation below:

[Tornado Preparedness tips](#)

or

<https://www.weather.gov/safety/tornado>



Discount on Internet Services and Devices

In May, the Federal Communications Commission (FCC) kicked off the Emergency Broadband Benefit. The benefit provides eligible consumers discounts on broadband service and devices. The benefit will continue until there is no longer funding or six months

after the federal government declares an end to the pandemic.

Eligible households will be able to receive:

- \$50/month discount for high-speed internet services.
- \$75/month discount for high-speed internet services for households on Tribal lands.
- A one-time discount of up to \$100 for a laptop, desktop computer or tablet purchased through a participating provider.

In Massachusetts, **26 broadband providers** are offering the benefit. The benefit is available to eligible new, prior, and existing customers of participating providers.

Customers can sign up by contacting a participating provider, enrolling online at <https://getemergencybroadband.org/>, or sending forms via mail. More **information about the application process** is available online or by calling (833) 511-0311.

For more information, visit the Emergency Broadband Benefit **website**.



**Mind the Gap:
Bridging Coverage Disparities in MassHealth &
Medicare Seminar**

Wednesday, June 30th at 10:00 am

South Coastal Counties Legal Services (SCCLS) and the Justice Center of Southeast Massachusetts are hosting a seminar on Wednesday, June 30th at 10:00 am. This presentation will start by explaining services not commonly covered by MassHealth and Medicare. It will then include information on resources or other programs people can use to afford those non-covered services. This will be a virtual presentation and you may attend via Zoom or by telephone.

To register, please call or email KD Bond at 774-488-5957 or kbond@sccls.org.



**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

Alzheimer's
Family Support
Center
of Cape Cod



COVID-19 and Your Cognitive Health: Challenges and Strategies for Re- integrating Post-Pandemic Free Virtual Workshop

Monday, June 14, from 1:30 to 3:00 p.m. (via Zoom)

Dr. Molly Perdue, PhD, Executive Director of the Alzheimer's Family Support Center (AFSC), will present a free virtual workshop entitled

“COVID-19 and Your Cognitive Health: Challenges and Strategies for Re-integrating Post-Pandemic”.

By any measure it's been an unprecedented year for all of us. And while it's clearly too early to celebrate an end to COVID-19, many are beginning to think about life after the pandemic: what it will look like, what it will feel like, and how we will endeavor to re-enter the world that shut down so abruptly in March of 2020.

In this 90-minute Zoom workshop, Dr. Perdue will discuss cognitive challenges posed by the isolation, loneliness, and anxiety of life during COVID-19, unraveling the past year and finding ways to maintain cognitive health as we move forward. The workshop is suitable for professional as well as family caregivers, people living with early cognitive loss, and any interested members of the community. Registration is required.

For more information or to register:

Email: info@capecodalz.org or 508 896 5170



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



Cape Cod Healthcare Dementia & Alzheimer Support Programs

**Caregiver Virtual Support Group
Wednesday, June 23rd, 1:30pm - 3:30pm**

This support group meets 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 for this program, call (774) 552-6080 or email
dementiainfo@capecodhealth.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.



**VISITING NURSE ASSOCIATION
OF CAPE COD**

Member Cape Cod Healthcare

A MESSAGE FROM STEPHANIE LATTANZO, RN-BSN

**Public Health and Wellness Town Nurse
Visiting Nurse Association of Cape Cod**

Heatstroke

Older adults are at a significantly increased risk of suffering from heatstroke, particularly in the summer months. It is important to understand this dangerous condition for the safety of yourself and others. A prompt and appropriate response could save a life. Factors that can further increase the risk of heatstroke include poor circulation, inefficient sweat glands, lung disease, high blood pressure or another cardiac disease, being substantially overweight or underweight, drinking alcoholic beverages, being dehydrated, visiting overcrowded places, lack of transportation, extremely hot living quarters and overdressing.

Those with a higher risk of heatstroke should consider staying indoors on hot and humid days. It is important to use fans or air conditioners to keep your home as cool as possible. If you cannot adequately cool your home, you may consider visiting a building that is typically open to the public and air-conditioned (religious buildings, libraries, senior centers, movie theaters, malls, etc.)

In addition, opt for lightweight, light-colored, loose-fitting, breathable fabrics when getting dressed. Always ensure you are adequately hydrating throughout the day and bringing water with you when you leave the house.

Pay attention to how you feel when you are exposed to heat and humidity this summer. Symptoms of heatstroke include fainting, a change in behavior (confusion, combativeness, staggering, possible delirium, or coma), dry and flushed skin, a strong and rapid pulse, and lack of sweating. Seek immediate medical attention for a person with any of these symptoms, especially if they are an older adult.

If you suspect that someone is suffering from a heat-related illness:

1. **Call 911** if you suspect heatstroke.
2. Get the person out of the heat and into a shady, air-conditioned, or otherwise cool place. Urge them to lie down.
3. If the person can swallow safely, offer fluids such as water and fruit or vegetable juices (not alcohol or caffeine).
4. Apply a cold, wet cloth to the wrists, neck, armpits, and groin. These are places where blood passes close to the surface of the skin, and a cold cloth can help cool the blood.
5. Encourage the person to shower, bathe, or sponge off with cool water if it is safe to do so.



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.

Additional Scam Information

Malware

A recent social engineering scam uses real people in a call center to trick you into downloading malware onto your computer. Here's how the scam works:

You receive an email claiming that your trial subscription to a publishing company will expire soon. The email states that you will be charged if the subscription is not canceled, and it directs you to call a phone number for assistance. If you call this number a representative happily walks you through how to unsubscribe. The representative directs you to a generic-sounding web address, asks you to enter the account number provided in the original email, and tells you to click a button labeled "Unsubscribe". If you click, an excel file is downloaded onto your computer. The representative tells you to open that file and enable macros so you can read a confirmation number to them. If you enable macros, a malicious file is installed that allows cybercriminals backdoor access to your system. The bad guys can use this access to install more dangerous malware, such as ransomware.

Follow these tips to stay safe from this social engineering attack:

- This attack tries to spark feelings of alarm and frustration by claiming that you will be charged for something you didn't sign up for. Don't let the bad guys toy with your emotions.
- Remember that cyber attacks come from real people and real people can lie over the phone, just as they do in phishing emails.
- If you're concerned that a warning could be legitimate, look up the company and try contacting them another way—not by using the phone number that they provided in an email.

Credential Scam With a Clever Twist

If you try logging in to an account, but get a "wrong password" error what do you do? You'll probably try typing the same password again. But if that doesn't work do you try another one of your passwords? Then another, and another? Cybercriminals have a clever new scam that takes advantage of this exact behavior.

You receive an email with a link to view an important document. If you click the link, the document looks blurred-out and is covered by a fake Adobe PDF login page. If you enter your email and password, you'll get an error stating that your password is invalid. This page allows you to try a few more times before eventually blocking you from viewing the document. But the truth is, there was never a document to view. Instead, the cybercriminals saved your email address and every password you tried to use. They can use this information to try to log in as you on other websites.

Don't be fooled! Remember these tips:

- Remember that any site, brand, or service can be spoofed.
- Never click a link in an email that you were not expecting. If you're not sure, reach out to the sender by phone to confirm the legitimacy of the email.
- Always use a password that is unique to that specific account. This way, if your credentials are stolen, the cybercriminals can't access your accounts on other

websites.

QuickBooks Used as Bait for a Quick Scam

An easy way for cybercriminals to get your attention is to claim that you owe a large amount of money. Pair this claim with a QuickBooks-themed phishing email and malicious malware, you get a dangerous cybersecurity threat.

The cybercriminals send a well-made spoof of a QuickBooks email that even includes an invoice number. The email message states that you owe over one-thousand dollars for the order but it gives no further details. Attached to the email is what appears to be an Excel file with the invoice number as the filename. The bad guys are hoping you'll open the attachment looking for more information. If you do open it, you'll actually be opening a dangerous piece of malware specially designed to target your financial and banking information. This malware can lead to unauthorized charges, wire transfers, and even data breaches.

Here's how you can stay safe from scams like this:

- Never click a link or download an attachment in an email that you were not expecting.
- Remember that bad guys can disguise anything, even file types.
- If you think the notification could be legitimate, navigate to the official QuickBooks website and log in to your account to confirm.

BY APPOINTMENT



SHINE

(Serving the Health Insurance Needs of Everyone)

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

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

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

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

The following is a message from the Barnstable County Regional SHINE office

**Getting Ready to Sign Up for Medicare?
Come to a**

Welcome to Medicare Virtual Fair

June 23, 2021

Open from 3:00 PM to 7:00 PM ET

This free virtual, online fair is for people turning 65 or becoming eligible for Medicare because of disability. There will be expert presenters on Medicare eligibility, enrollment, costs, and coverage options from the State Health Insurance Assistance Programs (SHIPs).

If you have questions about the Welcome to Medicare Virtual Fair, email info@shiphelp.org and visit www.shiphelp.org to register.

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, July 27th. 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.

To learn more visit their [website](#)

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. _____ MO. _____ YR.

Name: _____
Address: _____
Dob: _____ Phone #: _____
Dob: _____ 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@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.

<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). 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. 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).

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

- 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.

