

# MASHPEE



## SENIOR CENTER



### March, 2021

# Update

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## 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@mashpeema.gov](mailto:lnelson@mashpeema.gov) and Darlene Perkins' email is [pperkins@mashpeema.gov](mailto:pperkins@mashpeema.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.

## COVID-19 VACCINE UPDATE

### New Information from the Commonwealth of Massachusetts

Beginning March 12th, the Commonwealth's preregistration system will make it easier to request and schedule an appointment at one of the 7 mass vaccination locations.

#### **Mass Vaccination Locations:**

- Springfield, Eastfield Mall.
- Natick, Natick Mall.
- Foxboro, Gillette Stadium.
- Danvers, Doubletree Hotel.
- Boston, Fenway Park (through 3/27) and Hynes Convention Center (starting 3/18)
- Roxbury, Reggie Lewis Center.
- Dartmouth, Former Circuit City.

Eligible people can preregister for a COVID-19 vaccine appointment at mass vaccination locations **ONLY**. More locations will be added to the system in April.

Once you sign up for preregistration, you'll receive weekly status updates. You can opt out at any time if you find an appointment elsewhere.

Due to constrained federal supply, it will take several weeks to be notified about available appointments at mass vaccination locations. Once an appointment is available, you'll be contacted with the opportunity to book the appointment and have 24 hours to accept it.

To learn more on how to pre-register,

[Click Here](#)



## Navigating the Massachusetts COVID-19 Vaccine Registration System PrepMod

Barnstable County Department of Health and Environment created this video to walk people through the state of Massachusetts online COVID-19 vaccine registration process located at: [www.maimmunizations.org](http://www.maimmunizations.org)

**WATCH VIDEO**

## Transportation Policy for COVID-19 Vaccine Appointments



MassHealth is providing free transportation to vaccine appointments to any individual that has any type of MassHealth coverage or the Health Safety Net. This includes people with MassHealth Limited, Children's Medical Security Program (CMSP) and MassHealth Family Assistance (FA). In addition, members can request transportation services directly through MassHealth's Customer Service, rather than needing to request services through a health care provider.

To learn more, [Click Here](#).

## 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.

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**presents presents a free livestreamed concert, "Simple Gifts," on  
Sunday, March 14th at 4:00 PM.**

Jung-Ho Pak will conduct the musicians in Aaron Copland's "Appalachian Spring."

The concert will be live-streamed on the Music Performance Trust Fund Facebook page at [www.facebook.com/MusicPerformanceTrustFund/live](https://www.facebook.com/MusicPerformanceTrustFund/live) (requiring a Facebook account) and on YouTube at [https://youtu.be/j\\_F8iq3WPcM](https://youtu.be/j_F8iq3WPcM).

There is no charge to watch the concert and no tickets are needed. Please note that this is a one-time only live event and will not be recorded, so we encourage everyone to mark your calendars for Sunday at 4:00 PM and plan to watch it live.

Jung-Ho says that Aaron Copland's popular "Suite from Appalachian Spring" is the perfect gift for Cape Symphony fans, explaining, "Copland was one of our country's finest composers, and his use of the Shaker song 'Simple Gifts,' a celebration of the simple joys found in daily life, is an American classic."

It really is the ideal music: with its beautiful message of simplicity, Aaron Copland's work resonates for us all during these challenging times. "Suite from Appalachian Spring" is also ideal because it requires 13 musicians, allowing us to maintain distance on the stage. We'll be observing all appropriate safety protocols".

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Cape Cod Vet Center's  
**Vietnam War  
Veterans Day Ceremony**

**Monday March 29th, 2021  
11:00am**

**Barnstable Adult Community Center  
825 Falmouth Road Hyannis, MA 02601**



If you served between 1955-1975, are the widow of a veteran who served during this time period or are a Gold Star Family Member of a Vietnam Veteran, please join us!



For safety during COVID, this  
will be a **drive through** event.



[www.vetcenter.va.gov](http://www.vetcenter.va.gov)

For any questions or further information, please contact the Cape Cod Vet Center at 508-778-0124.

Thank you, and we hope to see you on March 29<sup>th</sup> at 11:00!  
Thank you for your service and welcome home!

**CAPE ORGANIZATION FOR THE RIGHTS  
OF THE DISABLED**



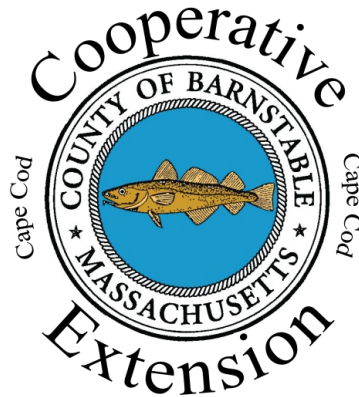
**Mobile Food Pantry for people with disabilities**

**Has the COVID-19 pandemic left you with a shortage of food?** CORD's Mobile food pantry has been operating throughout the pandemic and will continue to bring food to those of you who need it.



If you or a member of your household has a disability and you need food, please contact Gretchen at 508-775-8300 ext. 2124.

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## March is National Nutrition Month

National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, we invite everyone to focus on the importance of making informed food choices, developing sound eating and physical activity habits. Click on the link below for a presentation on nutrition.

[More information](#)

To learn more about Cape Cod Cooperative Extension's Nutrition Education and Food Safety Programs,  
[click here](#).

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**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](mailto:hac@haconcapecod.org)**

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## **Cape Cod Healthcare Dementia & Alzheimer Support Programs**

### **Caregiver Virtual Support Group**

**Wednesday, March 24th, 1:30pm - 3:30pm**

This support group meets the 2<sup>nd</sup> and 4<sup>th</sup> 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.

### **Caregivers Educational Series**

**March 16th & March 23rd - 1:00pm-2:30pm**

This Zoom educational series will be offered to caregivers looking for more information on understanding Alzheimer's disease & dementia. These classes are free of charge.

The class schedule is as follows:

**3/16** - Managing challenging behaviors

**3/23** - Learning new communication techniques

To register for either program, call (774) 552-6080 or email  
[dementiainfo@capecodhealth.org](mailto:dementiainfo@capecodhealth.org)



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

#### **Concerned about Medicare Costs? There may be help!**

Medicare premiums, deductibles and co-payments can add up quickly. Luckily, there are several programs that can help a beneficiary with Medicare cost-sharing. Click on the link below to see a list of these programs.

[\*\*Click Here\*\*](#)

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.



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## New Social Security Website for those helping others.



Are you or someone you know helping an older adult navigate online information? The Social Security Administration has created a new website, *Information for People Helping Others*, which provides helpful resources in one place for anyone in a position to help another person access our programs and services.

***You'll find the website here.***

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## SUBSTANCE USE INFORMATION

### Help is Here

Massachusetts Substance Use Helpline at 1-800-327-5050  
or [www.helpline-online.com](http://www.helpline-online.com)

In an emergency, please call 911.

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



**Compassionate Substance  
Use Disorder Treatment at  
Community Health Center of  
Cape Cod**

Substance use can tear lives and families apart. Community Health Center of Cape Cod is here to help with a comprehensive, structured and safe outpatient treatment program. The Health Center offers an office-based substance use disorder treatment program that serves people who need assistance with recovery from substance use in a compassionate environment.

The Health Center has a medication for opioid use disorder (MOUD) program for substance use disorder using Suboxone or Vivitrol. During weekly visits with a combination of certified physicians, registered nurses, behavioral health clinicians and support staff, the team will help you with recovery, supporting you physically and emotionally. This MOUD service is open to the public and individuals over the age of 18 can participate in this program, even if they are not a Community Health Center of Cape Cod patient. The Health Center also offers a full array of behavioral health services, available to primary care patients at the Health Center.

Substance use disorder treatment services at Community Health Center of Cape Cod include:

- Access to a structured, safe and empowering environment
- Consultation to discuss and develop an integrated treatment plan which could be most helpful for you
- Comprehensive care that includes substance use services, and integrated behavioral health group sessions and primary care follow-ups for primary care patients of the Health Center
- Medication-assisted treatments that are closely monitored with weekly nurse visits
- Personalized pathways to recovery with the consistent guidance of the substance use specialty team

To schedule an initial appointment or to learn more about our program, please call 508-477-7090 ext. 3106.

*Visit the Health Center online at [www.chcofcapecod.org](http://www.chcofcapecod.org).*

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## **VOLUNTEER OPPORTUNITIES**

### **Calling All Mashpee Council on Aging Volunteers**

We are all looking forward to that day when we will be able to resume some of our “normal” activities. Those of you who have volunteered here at the Mashpee Senior Center in the past know how essential volunteers are to the work that we do. As we anticipate and prepare for that day, Kathy Urquhart, our Volunteer Coordinator, will be reaching out to you. You may also call her when she is in the office on Friday, 9:00am-1:00pm, at (508) 539-1440.

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**Volunteering and contributing is one way of getting outside ourselves for a little bit and to have a sense of purpose.**

Below are some suggestions for serving in safe ways during the pandemic.



## CAPE ORGANIZATION FOR THE RIGHTS OF THE DISABLED

**The mobile pantry needs you!** Cord has been operating the pantry since 2016 with one part-time staffer. To get more food out during the pandemic, they need your help. Please contact Gretchen at 5098-775-8300 ext. 214 to help with packing bags of food and with deliveries. They offer a stipend for using your own vehicle to enforce social distancing and reduce contact with others.

To learn more visit their website at <https://www.cordcapecod.org>



## Cape Cod Medical Reserve Corps

### Volunteers Needed!

The Cape Cod Medical Reserve Corps is looking for both medical and non-medical volunteers. Click link below for more information.

**Volunteer to help emergency response efforts during COVID-19**



## Elder Services of Cape Cod and the Islands

Elder Services of Cape Cod and the Islands, Inc. (ESCCI) is a private, not-for-profit community-based organization dedicated to serving older adults in the twenty-two towns of Barnstable, Dukes, and Nantucket counties. Since 1972, They have been a central source of information and services enabling older adults to enhance their quality of life and maintain their independence.

There are multiple ways that you can give of your time and talents to help their

consumers. Opportunities include driving for Meals on Wheels or working at one of our Senior Dining Centers, assisting with Money Management, advocating for residents in nursing or rest homes, and providing office support. In addition our Senior Corp RSVP places volunteers age fifty-five and older with other Cape and Island organizations which address a serious community need.

Senior Corps RSVP places volunteers age fifty-five and older with other Cape and Island organizations which address a serious community need. Senior Corps opportunities include tutoring and mentoring students in math and literacy skills through our Three R's Program, providing protection, monitoring, and education for our fragile environment through our Senior Environment Corps, or helping our community in a variety of ways by volunteering with one of our 90 Service Partner agencies throughout the Cape and Islands.

To learn more about ESCCI volunteer opportunities , visit their website, <https://www.escci.org/> or [Click Here](#)

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## **Mental Health During Covid-19**

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

Covid-19 has created a variety of challenges for seniors. Many are struggling with social isolation and reporting symptoms of anxiety and depression. With the overwhelming emphasis currently placed on physical health, it can be easy to overlook the importance of your mental and emotional wellbeing. Below are the World Health Organization's (WHO) recommendations for taking care of your mental health.

- Keep informed. Listen to advice and recommendations from your national and local authorities. Follow trusted news channels.
- Minimize newsfeeds. Try to reduce how much you watch, read or listen to news that makes you feel anxious or distressed. Seek the latest information at specific times of the day, once or twice a day if needed.
- Social contact is important. If your movements are restricted, keep in regular contact with people close to you by telephone and online channels.
- Alcohol and drug use. Limit the amount of alcohol you drink or don't drink alcohol at all. Avoid using alcohol and drugs as a way of dealing with fear, anxiety, boredom and social isolation.
- Have a routine. Keep up with daily routines as far as possible, or make new ones.
- Get up and go to bed at similar times every day.
- Keep up with personal hygiene.

- Eat healthy meals at regular times.
- Exercise regularly.
- Allocate time for working and time for resting.
- Make time for doing things you enjoy.

If you are experiencing symptoms such as hopelessness or helplessness, sleep changes, loss of interest in normal activities, excessive worry, persistent sadness, frequent tearfulness, unintentional weight changes and increased fatigue, it is important to notify your doctor.

## Mashpee Police Department's Tip of the Month



### Phone Scams

More than 70% of reported fraud attempts start with a phone call.

**Recognize:** An unsolicited call from a government agency or big company. Threats of harm if you don't provide personal information. Product of travel offers that sound too good to be true.

**Respond:** Don't answer calls from unknown numbers. Don't provide sensitive data to unknown callers. Don't follow instructions like "Press 1 to get off a call list".

If you are concerned that you have been scammed, please contact:

#### Federal Trade Commission:

Call 877-382-4357 or visit <https://www.ftccomplaintassistant.gov>

#### Federal Communications Commission:

Call 888-225-5322 or visit <https://consumercomplaints.fcc.gov/>

Any questions please contact  
Mashpee Special Officer and Advocate **Tara Carline** at  
**508-539-1480 ext. 7253**

## 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.

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

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## **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.

Cape Cod Veteran VA COVID Vaccination Information:

VA vaccinations in Hyannis (508-771-3190) are only available to veterans who are presently enrolled in the VA Health Care.

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## 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



### Transportation Options - Thursday, March 18th at 10 am

Transportation on Cape Cod for older adults can be challenging. If you do not drive a vehicle, how do you get around? What transportation services are available to Mashpee older adults? Lori Nelson, Outreach Coordinator will discuss resources on transportation, including the COA minibus service, the Cape Cod Regional Transportation Authority, etc.

To register please call Lori at (508) 539-1440 or email her at

[LNelson@mashpeema.gov](mailto:LNelson@mashpeema.gov)

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## 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.



### 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](mailto:LNelson@mashpeema.gov) and she will give you a File for Life at no cost.

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## 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

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## 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.

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## 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.

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## 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.

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### **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>

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### **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 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.

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### **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.

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## **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@mashpeema.gov](mailto: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](http://www.mashpeema.gov/council-aging)

e-mail: [coa@mashpeema.gov](mailto: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.

