

# MASHPEE



## SENIOR CENTER



### MARCH, 2022 UPDATE



#### **SENIOR CENTER HOURS**

Monday through Friday

8:30am - 4:30pm

Please call the Senior Center if you have any questions.

at (508)539-1440

*A fond farewell...*

*As many of our members already know, Lynne Waterman, Mashpee Council on Aging Director, retired on January 31st. The staff wants to thank Lynne for her 33 years of service and dedication to the Town of Mashpee and the Senior Center.*

Lynne's creativity, enthusiasm and passionate commitment to the seniors, first as an Outreach

Coordinator and then as Director, cannot be understated. The staff would like to take a moment to highlight and recognize the legacies that Lynne will leave the Mashpee Senior Center and the Town of Mashpee. Lynne was hired as the first full time Outreach Coordinator in 1988. Her major responsibility at that time was to conduct a survey of approximately 1,500 Mashpee seniors, to find out what their needs were and to establish programs and services to meet those needs. As a result the following programs were started:

- The volunteer ride program
- The telefrend program
- The annual holiday gift program
- The 90 years and older birthday flower delivery program
- The biography program that we did for many years.
- The friendly visitor program for the Mashpee COA which was previously combined with Falmouth.
- The volunteer program, which Lynne developed and managed until the first Volunteer Coordinator was hired, then it was managed jointly.
- Wrote and managed the 2 grants that provided funding to hire two workers to assist Mashpee at risk seniors and also Mashpee seniors who were struggling with grief.
- Lynne was one of the first Outreach Coordinators in the state to go through the process to be certified as a Program Manager with the Massachusetts Councils on Aging Association.

Lynne was also a member of numerous regional boards where her expertise was valued and beneficial to communities beyond the Town of Mashpee.

- For several years, Lynne was the Chair of the Massachusetts Council on Aging Association state wide Outreach Coordinators work group where she planned and ran the quarterly trainings.
- Lynne served on the Board of Directors for Elder Services of Cape Cod and the Islands for two terms.
- Lynne was a member of the Mashpee Cultural Council.
- Lynne was a board member for many years for the Mashpee Human Services committee.
- Lynne served as the Co-Chair of the Cape Cod Senior Center Directors group.
- Lynne was on the board of the Parkinson Support Network of Cape Cod.
- Lynne was a member of the Upper Cape Consortium, a group consisting of the Upper Cape Councils on Aging, UMass Gerontology, and Elder Services of Cape Cod and the Islands, that worked together for many years to help change the adult protective services law in Massachusetts.

Lynne's tenure has provided the Senior Center great growth and outreach. She has always worked hard and devoted herself to the staff, seniors and the community.

Lynne will be greatly missed, but her legacy will live on.

Best regards,

The staff at the Mashpee Senior Center



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## RESOURCES AND INFORMATION



**THE FOLLOWING IS A MESSAGE FROM  
THE FEDERAL COMMUNICATIONS COMMISSION  
CONSUMER AND GOVERNMENTAL AFFAIRS BUREAU**

**Is your mobile phone more than a few years old?**

You may need to upgrade your device before your mobile provider shuts down its 3G network, to avoid losing service. For the FCC's Consumer Guide - Plan Ahead for Phase out of 3G Cellular Networks and Service

[Click Here](#)

or contact your mobile service provider



**AARP TAX AIDE PROGRAM**

**Now - April 15th**

**Mondays & Fridays, 9:00am-10:00am**

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.

**Making appointments**— 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 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.**

## **MARCH ACTIVITIES REMINDERS**



### **HERRING RUN PRESENTATION**

**Wednesday, March 16th**

***\*Time Correction\****

**11:00am-12:00pm**

Join us as we welcome Katelyn Cadoret, Mashpee's Assistant Conservation Agent and learn about Mashpee's three active herring runs and about the importance of the Citizen Science-based Herring Count Program. As the weather warms up, so does the water which means the river herring will start "running." This occurs when these fish return from the ocean and swim up local rivers and streams to the area's freshwater ponds to spawn in the summer to the very same freshwater body where it was born. Herring are vital to the marine ecosystem because they act as a "keystone species" and are an important part of the food chain, feeding many fish and animals such

as ospreys. It is important to protect this vital fish as their numbers have dropped significantly since the early 2000s. **Call the Senior Center at (508) 539-1440 to register.**

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## **SUPPORT GROUPS & RESOURCES**

**Please call the Senior Center to confirm  
the status of group activities**



### **Sight Loss Services Peer Support Group**

**Monday, March 28th**

**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. For more information call Sight Loss Services at 508-394-3904 or

**[CLICK HERE](#)** to visit their website



### **Cape Cod Healthcare**

#### **Dementia & Alzheimer Support Programs**

#### **Mashpee Caregiver Support Group**

**Wednesdays, March 9th and 23rd**

**1:30pm - 3:30pm**

This support group meets at the Mashpee Senior Center on 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.

To register, please call (774) 552-6080 or email [dementiainfo@capecodhealth.org](mailto: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](http://www.caregiver.va.gov)

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## SPAULDING REHABILITATION HOSPITAL OF CAPE COD

**Aphasia Virtual Community Group**

**Virtual Meetings held on**

**the first Wednesday of the Month**

**10:00am -11:30am**

### Next meeting

**Wednesday, March 2nd**

**10:00am-11:30**

### Theme

### ***Think Spring***

***Share what you are looking forward to with (hopefully) nicer weather on the way!***

**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](mailto:DBRISCOE@partners.org)**

### **ANNUAL MEETING SCHEDULE**

**Who may attend:** Individuals with aphasia, their families and friends.

**Dates:** 3/2/22, 4/6/22, 5/4/22 & 6/1/22

Pre-registration is not required. For more information call Eileen O'Connell at 508-833-4232 or email: [emoconnell@partners.org](mailto:emoconnell@partners.org)

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alzheimer's association®



**NEW ENGLAND  
FAMILY CONFERENCE**

**MARCH 4-5, 2022**

**A FREE virtual conference for individuals living  
with dementia and family caregivers**

**FEATURING**

**March 4th: A One-Day Conference for Individuals Living with Dementia**

Sessions include:

*Life After a Diagnosis: A Panel of Individuals Living with Alzheimer's and  
Living with Alzheimer's Educational Series*

**March 5th: A One-Day Conference for Family Caregivers**

Sessions include:

*Viviendo con Alzheimer: experiencias del cuidado familiar (Presented In Spanish)*

*Keynote: Caregiver Conversations: Journey of Hope, Panel of Caregivers*

*Legal & Financial Issues to Consider with Alzheimer's Disease*

*Caregiving, Ambiguity and Finding The Tools To Thrive and Flourish*

*The Journey of Grief Throughout Caregiving: It Begins with the Diagnosis*

To register, visit [alzfamilyconference.org](http://alzfamilyconference.org) or  
call our 24/7 Helpline at (800)272-3900



**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](http://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



### **The following is a message from the Barnstable County Department of Health and Environment about Emergency Preparedness**

The Barnstable County Department of Health and Environment – through the Regional Emergency Planning Committee, the Cape Cod Medical Reserve Corps, the Barnstable County Incident Management Team, and the Health Agents Coalition – provides emergency preparedness services to Cape Cod towns, residents, businesses and non-profit organizations.

To learn more about Emergency Preparedness, including how to assemble your own emergency disaster supply kit

[Click Here](#)

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# **Thank you and stay safe**





**Healthy Habits for Older Adults:  
Eat well, Live well  
from the  
Barnstable County Cooperative Extension**  
To learn more about their Nutritional Educational Program for older adults  
[Click Here](#)



## **MASHPEE POLICE DEPARTMENT'S Tip of the Month**

### **IT'S TAX SEASON**



#### **Beware of Tax Scams**

A tax scam is when someone uses tax season to steal private information. Many tax scams try and steal your personal information so they can file your taxes before you do, and claim your tax refund for themselves. The IRS is warning of a likely increase in scams during this time. Criminals often try impersonating IRS agents via text, e-mail and phone calls. Their goal is to steal money or sensitive personal information.

**If you receive a phone call from someone claiming to be an IRS agent you can know right away that it is a scam.**

Common Characteristics of a Scam:

- They will try and make you panic
- They will try and get you to download something
- They will try and get you to click on links
- They will want you to pay in prepaid cards, gift cards, or wire transfers
- They will demand immediate action and try to rush you
- Their site won't be secure
- They will contact you in a way that the IRS won't, like through emails, phone calls, or texts
- Their promises will sound (and be) too good to be true.

Visit [www.consumer.ftc.gov/features/scam-alerts](http://www.consumer.ftc.gov/features/scam-alerts) to learn more on how to spot and scam and how to protect yourself from being scammed.

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



### **Cybercriminals Ship Out Another Scam**

The COVID-19 pandemic continues to impact supply chains for countless industries around the world. Cybercriminals often use wide-reaching problems like shipping delays to their advantage. In a recent scam, cybercriminals use the possibility of a delayed or missed shipment as phish bait.

The scam starts with an email that appears to come from a reputable shipping company. The email urges you to click on a link to download an important shipping confirmation document. If you click the link, you'll be taken to a login webpage that asks for your email and password. Unfortunately, the email was actually sent by cybercriminals and the link leads to a well-designed phishing webpage. Any information that you enter on the webpage will be sent straight to the cybercriminals.

To stay safe from similar scams, remember the following tips:

- Watch out for a sense of urgency. These types of scams rely on impulsive actions, so always think before you click.
- Never click on a link or download an attachment in an email that you were not expecting.
- If you are expecting a shipment and receive a related email, confirm that the email is legitimate before clicking any links in the email. Look for details such as the order number, the purchase date, and the payment method.

### **Fake QR Codes**

QR codes have become increasingly popular in recent years, especially due to social distancing efforts and a need for contactless services. They are commonly used to access restaurant menus, discount codes, and to make payments. Unfortunately, cybercriminals have taken advantage of this tool, creating fake QR codes that trick you into providing your personal information.

Since custom QR codes are easy to generate, cybercriminals can easily create fake codes for various malicious purposes. For example, cybercriminals could place a fake code in a coffee shop, encouraging you to connect to free Wi-Fi. Or, they could place the fake code on a parking meter, enticing you to make a quick and easy payment. However, if you scan these fake QR codes, the cybercriminals may steal your payment information or redirect you to a malicious website.

Follow these tips to stay safe from QR code scams:

- Cybercriminals use the convenience of QR codes to trick you into acting impulsively. Always think before you scan.
- Be cautious of QR codes without labels, or codes that promise outrageous deals. Remember that if an offer seems too good to be true, it probably is!
- Don't share payment information or personal details via QR codes. Instead, navigate directly to a safe website to make the payment or share the details.



### **The Following is a Message from the Friends of Mashpee Council on Aging Aging Thrift Shop**

Do you need help finding a gift for someone that fits your budget? During this new year please know that the Friends of the Mashpee Council on Aging (FOMCOA) thrift shop is here to help you with your shopping. Our volunteers are here to help seniors or anyone who needs to watch their pennies.

Located in Mashpee's municipal complex, across from the Town's Senior Center at 26 Frank E. Hicks Drive is a gem of a thrift store. Originally located on Great Neck Road North, this warm, friendly thrift shop boutique has been in its present location for several years. Since 1984, the Friends of the Mashpee Council on Aging has operated this thrift shop and its mission is to help Mashpee seniors through funding items and projects. Run by a rotating staff of volunteers, the shop features new and gently used seasonal clothing, shoes, china, crystal, jewelry, handbags and linens in great condition and reasonably priced. A convenient dressing room makes it easy to try on items. You won't find small appliances or furniture here. The Thrift shop usually holds weekly and end of season sales. It attracts repeat customers, who often drop in weekly to chat, browse and buy.

#### **Hours of Operation**

Thursday, Friday & Saturday 10am-2pm

#### **Donations**

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 drop off your donations ONLY during open hours listed above.**

**Please note occasionally the Thrift Shop may be closed as a result of volunteer unavailability.**

## **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](mailto: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](http://gosnold.org)

## 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.



## 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.

**Call the Mashpee Senior Center at (508) 539-1440 to schedule an appointment with a SHINE counselor.**

**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  
REGIONAL SHINE OFFICE**

SHINE NEWS – Are you happy with your 2022 Medicare health Insurance plan? Now that you are a few months into 2022, let's think about your 2022 Medicare health and prescription plans. Have you had some out-of-pocket expenses you did not anticipate? Were your co-payments more than you thought they should be? Are you struggling with premium expenses? Do you just need someone to explain what you have for coverage?

SHINE counselors can help explain your policies, so you have a better understanding of what your financial obligations are. We can also look to see if you qualify for any assistance programs to help alleviate some of the out-of-pocket expenses.

We are here to help. Don't hesitate to give us a call if you have any questions regarding your Medicare coverage or to see if you qualify for assistance with Medicare expenses.

You can make an appointment with a SHINE counselor at your local senior center or call the Regional SHINE Office, Barnstable County- Dept. of Human Services, at 508-375-6762.

**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](http://www.Medicare.gov),**

**then, click on find a provider and click on the health and drug plan tab.**

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## 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, March 22nd, 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 Tuesday of the month.**

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.**

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## DEPARTMENT OF VETERANS SERVICES

**Friday, March 4th and 18th**

**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 1<sup>st</sup> and 3<sup>rd</sup> 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.

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## 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  
at (508) 539-1440 or email her at [pperkins@mashpeema.gov](mailto:pperkins@mashpeema.gov)  
to make an appointment to fill out an application.**

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## 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](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. 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



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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.



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.

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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 to Darlene Perkins at

(508)539-1440 ext. 3506 or go 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. 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.

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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 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.

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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. 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)

CCRTA has been providing public transportation services since 1976 to residents and visitors for all 15 Cape Cod communities. CCRTA services include:

**Fixed Route Bus Service** - year round routes. To learn more [Click Here](#)

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

**Boston Hospital Transportation** is a transportation service to Boston area hospitals that runs Monday through Friday (no holidays), by reservation. To learn more [Click Here.](#)

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/>.

### 2022 WINTER/SPRING SCHEDULES

January 22, 2022 through June 24, 2022

[CLICK HERE](#)

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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](#)

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.

