

MASHPEE



SENIOR CENTER



OLDER AMERICANS MONTH



COMMUNITIES OF STRENGTH: MAY 2021

Celebrating you!

May, 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 and Darlene Perkins' email is 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.



VACCINE CLINICS

Community Health Center of Cape Cod is hosting two vaccine clinics at the Cape Cod Fairgrounds (1220 Route 151, East Falmouth) during the week of May 9, with the with the Barnstable County Department of Health and Environment and the Cape Cod Medical Reserve Corps. We will be administering the Johnson & Johnson (Janssen) vaccine, and the clinics will be drive through, so you won't need to leave your car. More details about these clinics are below.

- Tuesday, May 11. 10am to 4pm. Walk-in (drive-in), no appointment needed
- Wednesday, May 12. 3pm to 6pm. You can make an appointment [by clicking here](#), or you can drive-in, with no appointment

You can learn more about the Health Center's vaccination efforts at our website [by clicking here](#).

CAREGIVER RESOURCES



Free Workshop Savvy Caregiver at the Osterville Library

Wednesdays, June 2-July 14, 10:00am-12:00pm

The staff of the Family Caregiver Support Program will be conducting the six-week, evidenced based, series **“The Savvy Caregiver”** in June! Although primarily intended for those who care for someone with Alzheimer’s Disease or Dementia, this FREE educational experience is open to all caregivers.

Learn about Dementia-related Diseases
Navigate the Stages of Dementia
Find New Strategies for Self-care

What’s particularly exciting about this workshop is that we are offering it as a HYBRID : Individuals may choose to attend in person or concurrently online over Zoom. We have partnered with the Osterville Library for the in-person portion, utilizing their large conference room, so participants may remain safe and socially distanced.

Pre-registration is required and space is limited. To register call Sarah at Elder Services of Cape Cod and the Islands at (508) 394-4630 or email sarah.franey@escci.org.

visit their website for more information at www.escci.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



Cape Cod Healthcare Dementia & Alzheimer Support Programs

Caregiver Virtual Support Group
Wednesdays, May 12th & 26th, 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.

Family Education Series

A program taught by Suzanne Faith RN and Alan Johnson LICSW is Free of charge and helps to lay the foundation for understanding and caregiving.

If you have taken the class in the past and would like a refresher, you are also welcome to attend any of the modules or the entire series. You will also receive the class manual to print and follow along. If you are unable to print the manual and can arrange to stop by our office you can pick one up there.

Class schedule:

5/11 5:00 – 6:30p.m. Managing challenging behaviors

5/18 5:00 – 6:30p.m. Learning new communication techniques

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

Caring for the Caregiver

The Executive Office of Elder Affairs, Mass Home Care, and the Massachusetts Technology Collaborative announce the launch of the new **Caring for the Caregiver** monthly webinar series

These free webinars are designed to connect family caregivers with valuable information, resources and tips. Each month, expert leaders in Massachusetts will offer accessible and practical tools to educate and support family caregivers. These webinars are intended to support family caregivers who are providing care for someone, including an aging parent, partner with a serious illness, or child with a disability.

For more information about the webinar series please email
MassCaregiver@mass.gov

Contact Kelly at ktakasu@alzla.org or 323-930-6244 to sign up.



















RESOURCES AND INFORMATION



A message from Barnstable County Human Services

Choosing Safer Activities

	Unvaccinated People	Your Activity	Fully Vaccinated People
		Outdoor	
Safest		Walk, run, or bike outdoors with members of your household	
		Attend a small, outdoor gathering with fully vaccinated family and friends	
		Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	
Less Safe		Dine at an outdoor restaurant with friends from multiple households	
		Attend a crowded, outdoor event, like a live performance, parade, or sports event	

Indoor			
Less Safe		Visit a barber or hair salon	
		Go to an uncrowded, indoor shopping center or museum	
		Ride public transport with limited occupancy	
		Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households	
		Go to an indoor movie theater	
Least Safe		Attend a full-capacity worship service	
		Sing in an indoor chorus	
		Eat at an indoor restaurant or bar	
		Participate in an indoor, high intensity exercise class	



May Wellness Words e-newsletter

The Cape Cod Cooperative Extension Nutrition Education Program would like to invite you to sign up for their free monthly Wellness Words e-newsletter. Each newsletter will include an informative article, a nutrient spotlight, a recipe, food safety tips and a crossword or wordsearch. It is full of fun and exciting tips and information.

This month highlights Farmers Markets and Buy Fresh Buy Local chapter.

Farmers' Market Magic

[Click here](#) to sign up for Wellness Words and get ready to enjoy the next issue.

the healthy living Center of Excellence

The Healthy Living Center of Excellence provides evidence-based workshops and programs in both English and Spanish to educate individuals in Massachusetts about the prevention and management of chronic diseases and other health concerns.

ONE ON ONE PROGRAMS

Receive personalized Health Coaching with our One-to-One Programs, via zoom or over the phone.

Falls prevention program- Receive a falls risk screening, education on falls prevention including a review of potential fall risk factors, discuss community resources that are available and set goals. Participants in this program reported fewer falls, increase in physical activity and better communication with their doctor about falls.

Enhance Wellness- Receive a personalized health action plan that identifies your health risks and the steps needed to improve your overall health and well-being. Participants in this program have experienced a decrease in depression and improvements in their physical activity and overall health.

Healthy IDEAS- The Healthy IDEAS works with you one on one to identify symptoms of depression and explores the link between mood and activity. Participants in this program experienced fewer symptoms of depression, decreased physical pain, better ability to recognize and self-treat symptoms and improved well-being through achievement of personal goals.

For more information or to register for a program contact Healthy Living Center of Excellence at hlice@esmv.org or call (978) 946-1211.

You can also visit their website
<https://healthyliving4me.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.

Call (508)771-5400 or email hac@haconcapecod.org

SUBSTANCE USE INFORMATION

Gosnold Family Support Groups



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

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

Help is Here

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

In an emergency, please call 911.

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



**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**

Dehydration occurs when the body loses water and essential salts. Older adults are particularly prone to dehydration due to a decline in total body fluid, lower thirst

response, decreased kidney function, other health conditions and certain medications. Dehydration is more likely if someone is experiencing nausea or diarrhea, exposed to heat and humidity or engaging in strenuous physical activity. Symptoms of dehydration include: thirst, less frequent urination, dry skin, fatigue, headache, dizziness, confusion, dry mouth, increased heart rate and breathing.

Try these tips from the National institute on Aging to get enough fluids:

- Do not wait until you are thirsty to drink water or other fluids.
- Take sips of water, milk or juice between bites during meals.
- Have a cup of low fat/low sodium soup or broth to increase fluids.
- Drink a glass of water before exercise or heat exposure.
- Do not stop drinking fluids due to concerns of urinary control, speak with your doctor about treatment.
- If you have been told to limit fluids due to a health condition, please speak with your doctor about your fluid goal and how to avoid dehydration.
- If you drink alcoholic beverages, do so in moderation (no more than one drink daily for women and two for men).
- If you find it difficult to consume enough water, try adding flavor with fresh or frozen fruit.

To learn more about dehydration you can check out the following websites:

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/dehydration-and-heat-stroke>

<https://www.nia.nih.gov/health/getting-enough-fluids>



Mashpee Police Department's Tip of the Month

**There is no excuse for abuse and we all have a right to
be safe!**

Mashpee Police Department's Special Police Officer and Domestic Violence Victim/Witness Advocate Tara Carline provides Mashpee residents with support services related to:

**Domestic Violence
Victims of Crime
Juvenile Incidents
Elder Concerns
Substance Abuse
Mental Illness
Harassment**

For help or information, please contact **Tara Carline**
at **508-539-1480 ext. 7253**

SCAM INFORMATION

Classic Facebook Phishing

While cyber threats continue to advance in new and intimidating ways, classic phishing methods are still a favorite among bad guys. Let's take a look at a recent Facebook-themed phishing attack and see if you can spot the red flags:

The email appears to come from Facebook and starts with "Hi User". The body states that there is an issue with your account that you must log in to resolve. The email includes a link to "verify" your account and ends with the line "This link will expires in 72 hours, We appreciate your attention to this matter." If you click the link, you are taken to a phony look-alike Facebook login page. Any information that you enter on this page is delivered straight to the bad guys.

How many red flags did you see? Remember the following tips:

- Question everything. For example, your name is part of your Facebook profile, so why is the email addressing you as "User"?
- Look for a sense of urgency. In this example, the email gives you 72 hours to verify your account. Remember, the bad guys rely on impulsive clicks.
- Pay close attention to the grammar and capitalization. For example, the words "This link will expires in..." should be "This link will expire in...". Also in that same line, the word "We" is in the middle of a sentence, so this should be lowercase.

Tricky PDF Files

Cybercriminals have a new favorite phishing lure: PDF files. A PDF is a standard file type that presents text and images in their original format regardless of which program you use to open the file. Unfortunately, this makes the use of PDFs a great way for cybercriminals to get creative and trick victims into clicking on malicious links.

One common tactic for phishing with PDF files is to include an image that looks like something that you should interact with. The PDF may include a fake captcha image with the "I am not a robot" checkbox. Or the PDF may include an image of a paused video with a play button over the display. If you try to click the captcha checkbox or play the phony video, you'll actually be clicking a link to a malicious website.

Don't fall for these tricks! Remember the following tips:

- Never click or download an attachment in an email that you were not expecting.
- Remember that cybercriminals can use more than just links within emails to phish for your information. Always think before you click!
- If you receive a suspicious email, be sure to contact your IT department or follow the specific procedure for your organization.

If you have any questions, concerns or think you may have been scammed, please contact the Mashpee Police Department and have an officer assist you.

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

Need help with prescription drug costs?

Prescription Advantage may be your answer!

By now, some of you may have reached or are getting close to the gap or “donut hole” with your Medicare Prescription Drug Plan (Part D). In 2021, you will reach the Medicare Part D gap when the negotiated **retail** cost of your medications add up to the \$4,130 threshold. Once in the gap, you become responsible for 25% of the negotiated retail cost for both brand name and generic medications. This may be a more costly out-of-pocket change. Prescription Advantage, which is a state-run program, can assist you in this gap and/or put a cap on your out-of-pocket cost for medications. Eligibility is based on **income only** and there is **no asset limit!**

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

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

There is **no charge** for joining Prescription Advantage if you have an annual income at or less than \$38,640 for a single person or \$52,260 for a married couple. However, there is a \$200 per person annual enrollment fee for those with higher incomes.

If you are a member of Prescription Advantage, you are also allowed to change your prescription plan one time outside of the Medicare Open Enrollment.

You may also join if you are 65 years or older and **not eligible for Medicare**. If you are not eligible for Medicare, Prescription Advantage will be your primary prescription drug plan and there is *no income limit*.

Medicare also has a program, called “Extra Help”, which can assist with the cost of your Medicare Part D plan’s premium, deductible and co-pays. Please call the Senior Center to make an appointment with a SHINE counselor for more information on these programs or assistance with any Medicare issue. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs.

**South Coastal Counties Legal Services, Inc.
(SCCLS)**

Legal Assistance



The South Coastal Counties Legal Services, Inc, Elder Law attorneys will provide legal services to Mashpee older adults who are economically or socially disadvantaged. Priority areas include housing, government benefits, Medicare, Medicaid, reverse mortgage counseling and general health law concerns. Consultation by a SCCLS attorney is free.

They are conducting telephone appointments for Mashpee older adults on Tuesday, May 25th. To schedule an appointment, please call the Mashpee Senior Center (508) 539-1440.

**Department of Veteran's Services
Cape Cod District**

Their Mission is to provide information and assistance to veterans and their families in obtaining any and all Federal, State and local benefits which they may be entitled. They will make every effort to assist the veteran and/or to refer them to the appropriate resources to meet their needs. They service 15 towns on Cape Cod and have 7 office locations to assist veterans throughout the Cape.

If you are a veteran or a spouse of a veteran, please visit their [website](#) or contact them at (508)778-8740 for assistance and information.



**Veterans Outreach Center
Cape & Islands**

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.

To learn more, visit their [website](#)

OUTREACH PROGRAMS AND INFORMATION



EMERGENCY PREPAREDNESS PROGRAM/HURRICANE SEASON DRIVE BY EVENT

Tuesday, June 8th from 11:00am - 1:00pm

Emergency Preparedness



Are you prepared for an emergency? Do you have an emergency bag? If so, do you know where it is? Join Lori Nelson, Mashpee COA Outreach Coordinator and Lt. Mike Evaul, Mashpee EMS Officer, as they discuss how to be prepared for all emergencies this coming hurricane season. Some materials to start your own emergency preparedness bag will be handed out as you drive through. Registration is required. Mashpee seniors only.

To register call Lori at the Mashpee Senior Center at (508) 539-1440 or [click here](#) email to Lori Nelson

Lock Boxes



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 and she will give you a File for Life at no cost.

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.

Income Eligibility Guidelines

Number in Household	Maximum Gross Income
1-----	\$39,105
2-----	\$51,137
3-----	\$63,169
4-----	\$75,201

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. 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.

VNA Town Nurse Wellness Check

A VNA nurse is available to provide free medical wellbeing checks to Mashpee seniors who are at risk. The VNA nurse will conduct an overall assessment of the home environment and will check vital signs. Someone experiencing mild memory loss, a history of frequent trips to the hospital, no support system, and/or multiple medications/conditions would fit the criteria for a medical wellbeing check. If you would like a visit, call Outreach Coordinator Lori Nelson at the Mashpee Senior Center at (508) 539-1440. Lori will explain more to you, and if you fit the criteria, she will refer you to the nurse.

SNAP

Do you need help buying fresh, nutritious food? You may be eligible for the



Supplemental Nutrition Assistance Program (SNAP), also known as food stamps. Did you know that the average monthly amount in SNAP benefits received by Mashpee residents is \$136. Would you like information on income, and documentation needed to apply? If interested on applying for SNAP call the Mashpee Senior Center to speak with Part time Outreach

Coordinator Darlene Perkins at (508)539-1440 ext. 3506 or go on line to

<https://www.mass.gov/doc/snap-application-for-seniors-1/download>

Telefriend Program

The Mashpee Senior Center has volunteers who would be happy to call Mashpee older adults who want to talk or need a social connection. If you would be interested in a having a volunteer call you to chat, please contact Outreach Coordinator Lori Nelson at (508) 539- 1440, who will tell you more about this no cost service.

Free Incontinence Product Distribution:

The distribution of incontinence products at the Mashpee Senior Center is provided each month. This program is for Mashpee seniors in need (both men and women). 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. 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/>.

Directory of Service Providers For Older Adults

On the Council of Aging website page, is a directory of service providers for older adults. Please click the link below for more information:

[Town of Mashpee - Council on Aging](#)

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

Mashpee Council on Aging/Senior Center

26 Frank E. Hicks * Mashpee, MA 02649

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

Website: www.mashpeema.gov/council-aging

e-mail: coa@mashpeema.gov

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.