

MASHPEE



SENIOR CENTER



SENIOR CENTER HOURS

Monday through Friday

8:30am - 4:30pm

Please call the Senior Center if you have any questions.

at (508)539-1440

Senior Center will be closed
Monday, May 30th
in observance of Memorial Day.



The Mashpee Senior Center is pleased to welcome
Heidi McLaughlin
as the new Council of Aging Director.

Ms. McLaughlin has been a Mashpee Town employee since 2002 and recently served as the Assistant Director of the Mashpee Recreation Department.

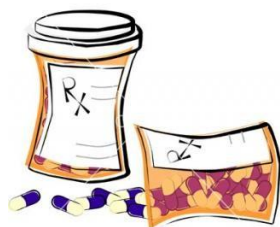
She will be joining the Senior Center starting Monday, May 2nd.



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RESOURCES AND INFORMATION



A MESSAGE FROM THE TOWN OF MASHPEE National Prescription Take Back Day April 30, 2022

Please take a moment right now and look in your home for any unused, expired or unwanted prescription medications and safety dispose of them in the kiosk at the Mashpee Police Station lobby (don't forget pet medications). This service is free, no questions asked and is available 24 hours a day, 7 days a week.

Make a difference in reducing access to prescription medications for someone struggling with addiction, it could save a life.

The Mashpee Substance Use Task Force., www.itsnevertooearly.com

**Note: The police station is only able to accept pills.
Any liquids, aerosols, patches or sharps can be taken to Cape Cod and Falmouth Hospital.**

**Mashpee DPW office will only accept sharps at 350 Meetinghouse Road.
Thank you.**

To learn more click on the following link: [Read more](#)



**ELDER SERVICES OF CAPE COD AND THE ISLANDS
LUNCH PROGRAM AT THE SENIOR CENTER
Spring into Spring
Tuesday, May 17th, 11:30am**

Elder Services of Cape Cod and the Islands is thrilled to announce the reopening of their lunch program at the Mashpee Council on Aging! Please join us for our reopening event: "Spring into Spring". We will be honoring this fabulous season with a luau theme and a menu consisting of several traditional Hawaiian favorites. This event will be held on Tuesday May 17th at 11:30 am at the Mashpee Senior Center. Reservations are required as seating is limited and is available to those 60 or older, and on a first come first serve basis.

Please call (508) 477-0910 by Friday 5/13 to RSVP.

The event is free of charge, but we kindly request a \$3.00 donation to help our Meals on Wheels and Dining programs.



THE FOLLOWING IS A MESSAGE FROM CAPE COD EXTENSION

2022 Upper Cape Household Hazardous Waste Collection Schedule

Household hazardous waste (HHW) collections protect our local drinking water. Most chemicals are too toxic to throw away in regular trash or dump down the drain, so FREE collections for residents are being held to take that waste off your hands and keep it out of our water supply.

Collections are open to town residents. We define residents as people who own a home, own a second home, are tenants, or landlords in the town. Proof of residency includes one of the following: license with in-town address, tax bill, or utility bill. Not a resident? You can still participate for a fee. Don't have transportation? We can help!

For more information contact Kalliope Chute, Hazmat Environmental Specialist at (508) 375-6699 or visit Cape Cod Extension's website [HERE](#).

Click on button below for list of accepted hazardous items and 2022 Schedule.



**THE FOLLOWING IS A MESSAGE FROM
THE SOUTH SHORE COMMUNITY ACTION COUNCIL**

FUEL ASSISTANCE PROGRAM

With the extension of the winter shut-off moratorium by the Department of Public Utilities, the Fuel Assistance application period has been extended to **Friday, May 13th.**

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 Mashpee Senior Center is an outreach site for the fuel assistance program. Please call the Senior Center at (508) 539-1440 for more information or to make an appointment to fill out an application.



VOLUNTEER PROGRAM
Opportunities at the Mashpee Senior Center

Now that programs have resumed at the Center, we anticipate that volunteer opportunities will soon follow. Whether you've volunteered in the past or are looking to try something new, we urge you to consider becoming a volunteer. The Center is always looking for people who would like to share their expertise. Perhaps you'd like to share your skill or talent, lead a craft group, teach a class in Spanish or demonstrate fly fish tying, the possibilities are limitless.

To learn more you are invited to contact Kathy Urquhart, COA Volunteer Coordinator, to discuss the limitless opportunities. Her office hours are Tuesday, 9-4 and Friday 9-1 and can be reached by phone: (508)539-1440 or by email: coavolunteercoordinator@mashpeema.gov.

**Thursday, May 18th
10:00am-11:15am**

This program which formerly met in Mashpee, MA and is facilitated by Jeanne Jackson, is now virtual for all to join the 3rd Wednesday of the month.

Each month will feature a speaker providing a different aspect of Parkinson's care or life with Parkinson's.

Join Jeanne Jackson and fellow Parkinson's community members for conversation, education, and support each month.

This group is designed for people with Parkinson's and care partners.

Registration is required.

Contact Jeanne

at (508) 367-4267 or email her at jahjackson@comcast.net; or APDA I&R Center at 800-651-8466

to join the group and receive Zoom information.



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

**Mashpee Caregiver Support Group
Wednesdays, May 11th & 25th
1:30pm - 3:30pm**

This support group meets at the Mashpee Senior Center on the 2nd and 4th Wednesday of the month and provides an opportunity for caregivers to share their experiences in a confidential supportive environment and receive information and guidance regarding care planning strategies.

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



**SIGHT LOSS SUPPORT GROUP
May 23rd, 10:00 am — 11:30 am**

This support group meets at the Mashpee Senior Center on the 4th Monday of each month, and 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 visit their website:



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



SPAULDING REHABILITATION HOSPITAL OF CAPE COD
Aphasia Virtual Community Group
Virtual Meeting
Wednesday, May 4th, 10:00am -11:30am

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.

May's Topic:

May Memories

Share a picture or a memory from your youth.

A lot has changed since we were kids!

If Individuals with aphasia, their families and friends are interested in getting together with the group on-line, this group meets the first Wednesday of the month. Please send your email address to DBRISCOE@partners.org

Pre-registration is not required.

For more information call 508-833-4270 or
email emoconnell@partners.org

supportive environment for participants to develop informal mutual support and social relationships. They also offer participants an opportunity to learn about dementia and develop methods and skills to cope with challenges.

These support groups are offered for 6-8 weeks by phone and/or webinar.

For more information , or to register, call their 24/7 Helpline 800-272-3900
Or visit their website by clicking below.

[Visit Website](#)

ACTIVITY REMINDERS



Mashpee Senior Veterans Service Social

Monday, May 2nd

1:00pm-3:00pm

Are you a Mashpee senior veteran? Which US branch did you serve in: the Army, Coast Guard, Marine Corps or Navy? Whether you served in peacetime or in times of conflict, you are all connected and have stories to tell. Join us the first Monday of every month, grab a snack, share stories and connect with other senior veterans. For Mashpee veterans 60 and older.

The Following is a Public Health & Wellness Message from



VISITING NURSE ASSOCIATION
OF CAPE COD

Member Cape Cod Healthcare

Combating the Blues

According to a report from the National Academies of Sciences, Engineering, and Medicine, more than one third of adults over 45 years old feel lonely and almost one fourth of adults over the age of 65 are considered socially isolated. Being isolated can

significantly increase the risk of premature death and other major health concerns. The CDC reports that social isolation in older adults is associated with a 50% increased risk for dementia, 29% increased risk for heart disease, and 32% increased risk for stroke. Luckily, there are community resources and lifestyle changes that can help.

- **Local Community Centers:** Senior Centers and Community Centers provide services including transportation services, congregate meals, fitness classes, recreational activities, day programs, outreach services, and more. Joining different programs and resources are a great way to make new friends in a safe, fun, welcoming environment.

- **Support Groups:** There are many organizations dedicated to advocacy in areas that affect us. Whether it's for a health condition, bereavement, or making a lifestyle change, being around others you can relate with is a great way to combat loneliness.

- **Learn a new hobby:** It's never too late to learn something new! Take a seminar, learn to play a new game, or learn a new skill. Find a book club, knitting club, or other activity you enjoy

- **Physical Activity:** The US Department of Health and Human Services Physical Activity Guidelines for Americans recommend that older adults should do at least 150-300 minutes of moderate intensity physical activity a week. Aerobic, strength, balance, and flexibility training have proven to boost your mood and keep you independent.



MASHPEE POLICE DEPARTMENT'S Tip of the Month

Protect Yourself From Scammers

Know that seniors are a scam target.

-Seniors are more willing to trust than younger people. Seniors also possess most of the financial wealth in the United States. Scammers target seniors because they are trusting and can quickly get their hands on cash assets.

Be suspect of any call from "out of the blue."

A sudden telephone call with alarming information or from someone saying you have won a big prize mostly likely is a scam.

Get the facts before you rush into action.

Before giving any personal information such as your Social Security or credit card number, make sure you have all the facts. Don't be pressured into doing anything that somehow doesn't seem right.

Trust your instinct and don't be afraid to HANG UP.

-Don't trust anything your caller ID says.

-Be slow to fall in love with anyone you've met on the internet or social media.

Romance scams cost victims more than any other kind of scam.

-When they say "gift card," hang up.

The easiest way to spot a scam is when you are told to purchase a gift card.

**Any questions please contact
Special Police Officer and Advocate Tara Carline at**



You've Got Mail and Malware: New Email Scam

You may have seen a suspicious email that appears to come from a trusted source, such as a friend or a popular brand. But have you ever seen a suspicious email that appears to come from you? In a new scam, cybercriminals use your own email address to send phishing links to other users.

The scam works by using the newest version of malware called QakBot. To begin the scam, cybercriminals send you an email that contains a phishing link. If you click on the link, QakBot will be installed on your computer. The newest version of QakBot can record your keystrokes, steal your login credentials, and even access your email accounts.

If QakBot is installed on your computer, cybercriminals can use your email account to send phishing emails to users in your email threads. Using the "Reply to All" functionality, QakBot will send the phishing emails to users you have already interacted with. Since the phishing emails will look like they came from your email address, they will appear more trustworthy and will be difficult to spot.

Follow the tips below to stay safe from these types of scams:

- Watch out for a sense of urgency in emails or messages that you receive. Phishing attacks 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, even if the email seems to come from someone you know.
- Watch out for emails that contain only a short message and a link. If you're unsure if the link is safe, reach out to the sender by phone to confirm the email is legitimate.



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

The Friends of Mashpee Council on Aging thrift shop, a warm, friendly gem, is located in Mashpee's municipal complex, across from the Town's Senior Center at 26 Frank E. Hicks Drive. This 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.

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

SUBSTANCE USE INFORMATION



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.



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.

Appointments are available every Thursday, 12:00pm-3:00pm

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

Medicare Savings Programs

Do you want to save money on your Medicare Coverage? Medicare Savings Programs (also known as “MassHealth Buy-In” programs) are programs that help older residents and people living with disabilities save money on their Medicare coverage.

If you are a Massachusetts resident with limited income and assets, who is eligible for Medicare, you may qualify for a Medicare Savings Program. If you qualify, a Medicare Savings Program will pay your monthly Medicare Part B premium (\$170.10), which is now deducted from your Social Security benefit. In some cases, it may also pay your out-of-pocket Medicare Part A and B costs.

The income and asset limits for the Medicare Savings Programs have increased for 2022. If you qualify for a Medicare Savings Program, you will also automatically qualify for Extra Help, a program that will help pay for your prescription drugs under Medicare.

You are	Your income at or below	And your assets at or below
Single Individual	\$1,869/month	16,800
Married Couple	\$2,518/month	25,200

For more information, contact the Mashpee Senior Center to make an appointment with a SHINE counselor or the regional SHINE office (508-375-6762). You can also contact MassHealth directly to request a MassHealth Buy-In application (1-800-841-2900) or download one from: <https://tinyurl.com/MassMSP>



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, May 24th, 10:00am-11:30am

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.

DEPARTMENT OF VETERANS 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, Veteran's Services provides in person appointments at the Senior Center on the 1st and 3rd Fridays of the month.

Friday, May 6th and 20th

1:00pm - 4:00pm

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.

**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 May 13th, 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. This year's program was extended to May 13th. 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
to make an appointment to fill out an application.**



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.



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 or LNelson@mashpeema.gov and she will give you a File for Life at no cost.

Police Reassurance Program

The Mashpee Police Reassurance Program is a beneficial service offered to Mashpee older adults who live alone. The program provides support to Mashpee seniors to ensure their safety and wellbeing. The program requires the senior to call the Mashpee Police Department every day between 6:00 am and 10:00 am. The dispatcher has a list of all the members of the program and will make a note if the older adult has not called in. If an older adult has not called in by 10:00 am, Dispatch will call their residence directly. If Dispatch is unable to make contact with the older adult or there is a busy signal, an officer will be sent to the residence for a wellbeing check. If you or a family member is interested in registering for the Reassurance Program, please contact the Mashpee Council on Aging Outreach Coordinator, Lori Nelson at (508) 539-1440.

Greater Boston Food Bank Brown Bag Program for Seniors

The Mashpee Council on Aging in partnership with the Greater Boston Food Bank continues to offer the food assistance program called The Brown Bag. This program is offered to Mashpee seniors who may need a little extra support.

Participants receive a bag of groceries on the first Friday of each month. Please be assured there is no cost to you; this is a free program. A typical grocery bag weighs about 15 pounds and contains roughly \$40 worth of carefully planned nutritious food items such as: milk, cheese, ground turkey, yogurt, spinach, carrots, dried fruit, spaghetti, peanut butter and cereal based on availability.



if you are interested in participating in the Brown Bag Program and If you receive other types of financial benefits, you may be eligible for the Brown Bag Program. For example, if you receive fuel assistance or SNAP (former food stamps) benefits, you are eligible for the Brown Bag Program. Contact Outreach Coordinator Lori Nelson at (508) 539-1440 for more information.

VNA Town Nurse Wellness Check

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



SNAP

Do you need help buying fresh, nutritious food? You may be eligible for the Supplemental Nutrition Assistance Program (SNAP), also known as food stamps. Did you know that the average monthly amount in SNAP benefits received by Mashpee residents is \$136. Would you like information on income, and documentation needed to apply? If interested on applying for SNAP call the Mashpee Senior Center to speak to Darlene Perkins at (508)539-1440 ext. 3506 or go to

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

Telefriend Program

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

Free Incontinence Product Distribution

The distribution of incontinence products at the Mashpee Senior Center is provided each month. This program is for Mashpee seniors in need (both men and women). If you are interested in this program, please call Outreach Coordinator Lori Nelson at

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

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.

Mashpee Council on Aging | 26 Frank E. Hicks Drive, Mashpee, MA 02649

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