

MASHPEE



SENIOR CENTER



November, 2021



VETERANS DAY



— Honoring All Who Served —



In observance of Veteran's Day and Thanksgiving,
the Senior Center will be closed
Thursday, November 11th and 25th,
as well as
Friday November 26th.

SENIOR CENTER HOURS

Monday through Friday

8:30am - 4:30pm

Call us with any questions at (508) 539-1440

Please drop by to say hello, if you need assistance, have a question, or want to learn more about our minibus service or volunteer opportunities.

Masks are required for all persons entering Town public facilities, including the Mashpee Senior Center. Persons who have a health risk or disability that prevents them from wearing a mask are exempt.

INCLEMENT WEATHER

AS WE APPROACH THE WINTER SEASON, PLEASE NOTE

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 check out the Mashpee Police Department and Mashpee Public Schools' Facebook pages for updated information.

Thank you and stay safe



Friends of Mashpee Council on Aging Thrift Shop

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 note occasionally the Thrift Shop may be closed as a result of volunteer unavailability. Please drop off your donations **ONLY** during open hours.

Hours of Operation

Thursday, Friday & Saturday

10am-2pm



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RESOURCES AND INFORMATION



TOWN OF MASHPEE SEASONAL FLU CLINIC

Wednesday, November 10, 2021
3:00pm-6:00pm

WHERE:

Christ the King Parish Hall
5 Jobs Fishing Road
Mashpee

COST FREE

The Mashpee Board of Health, in cooperation with the Cape Cod Healthcare Pharmacy, the VNA of Cape Cod and volunteers of the Mashpee Council on Aging, will hold these vaccination clinics.

PLEASE NOTE:

- **MASKS ARE REQUIRED INSIDE THE PARISH HALL.**
- COVID-19 vaccinations will NOT be administered at this clinic.

- Individuals enrolled in Medicare B must bring their cards for registration and reimbursement purposes.

FLU VACCINE AVAILABLE TO:

- Uninsured individuals
- Medicare Part B participants
- Participants without Medicare B
- All other insurances

PRECAUTIONS:

The following persons should check with their doctor before taking the influenza vaccine:

- Persons with a history of Guillain-Barre Syndrome within 6 weeks of receipt of the influenza vaccine.
- Women who are or may be pregnant.
- Persons (aged 5 years and older) with asthma or medical conditions which may predispose them to higher risk for complications attributable to influenza, such as chronic pulmonary disease, cardiovascular disease (except isolated hypertension), renal, hepatic, neurologic hematologic, or metabolic disorders including diabetes.
- Persons who are ill and have a fever should delay vaccination until they have been symptom and fever free for at least 24 hours.
- Persons who are taking antibiotics at the time of the clinic **cannot** receive a flu shot.
- Persons with a history of egg allergy who have experienced **only hives** after exposure to egg **should** receive the vaccine.

If you have any questions, please call the Mashpee Board of Health
at 508-539-1426.

PLEASE DO NOT CONTACT THE CHURCH FOR INFORMATION



mashpee chamber
make it your business

Thanksgiving Dinners

Delivered to Mashpee Residents



The Mashpee Chamber of Commerce will organize and deliver Thanksgiving Dinners to home-bound Mashpee residents.

To request meals, please call the Mashpee Chamber of Commerce at **508-477-0792** with contact name, phone number, delivery address, and number of meals requested.

The cut-off for requests is Friday, November 19th.
Meals will be delivered on Wednesday, November 24th by volunteers.
To volunteer, please call the Mashpee Chamber at 508-477-0792

Meals and delivery sponsored by
**The Cooperative Bank of Cape Cod, Roche Bros.,
Bayada Home Health Care, & Club at New Seabury**



REGISTRY OF MOTOR VEHICLES

SENIOR HOURS

The Massachusetts Registry of Motor Vehicles is offering "Senior Hours" every Wednesday from 9:00am to 10:00am, for customers age 65 and older at the South Yarmouth Service Center locations, and by reservation only.

How to make a reservation (three different ways):

- Call (857) 368-8005, our dedicated phone line for customers over age 65;
- Visit our [myRMV Online Service Center](#) to make an online reservation; or
- Email us at MassDOTRMVSeniors@dot.state.ma.us

Note:

- Massachusetts law requires customers age 75 and older to renew their driver's license in person.

SUPPORT GROUPS & RESOURCES

Sight Loss Services Peer Support Group

Monday, November 22nd

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



AMERICAN PARKINSON DISEASE ASSOCIATION SUPPORT GROUP

AMERICAN PARKINSON DISEASE ASSOCIATION

Mashpee Virtual Support Group

Thursday, November 11th

10am-11:30am (via Zoom)

This virtual support group is for those with Parkinson's disease, as well as for those who are care partners of individuals with PD. Meetings are the 2nd Thursday of the month via Zoom. This month's topic will be **'Benefits of Yoga for individuals with Parkinson's and Caregivers'**.

For more information, please contact the group facilitator, Jeanne Jackson at (508) 367-4267 or email her at jahjackson@comcast.net.



Cape Cod Healthcare

Dementia & Alzheimer Support Programs

Mashpee Caregiver Support Group

Wednesdays, November 10th & 24th

1:30pm - 3:30pm

This support group has resumed its in person meetings 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 at dementiainfo@capecodhealth.org

INDEPENDENCE HOUSE

RELATIONSHIP EDUCATION AND ADVOCACY

Wednesday, November 10th

10:00am - 12:00am

Every 2nd Wednesday of the month, at the Mashpee Senior Center, an Independence House volunteer can confidentially assist you with information and referrals for services if you or someone you know is experiencing domestic, sexual, and elder violence.

Appointments are not necessary; just stop by.



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 at www.caregiver.va.gov



SPAULDING REHABILITATION HOSPITAL OF CAPE COD

Aphasia Virtual Community Group

MEETING SCHEDULE

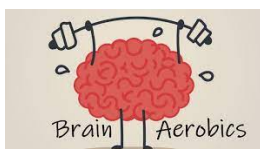
Virtual Meetings held on the first Wednesday of the Month

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

Dates: 11/3, 12/1, 1/5/22, 2/2/22, 3/2/22, 4/6/22, 5/4/22 & 6/1/22. Pre-registration is not required. Call 508-833-4270 or email emoconnell@partners.org for more information

REMINDER REGARDING UPCOMING ACTIVITIES



AEROBICS FOR THE BRAIN

Mondays, November 8th, 15th, 22nd & 29th

Mondays, 1:00pm- 2:00pm (please note the corrected time)

You are familiar with the quote, “move it or lose it” well like our bodies, our minds need to keep fit, too. Join us on Mondays starting October 25th for “Aerobics for the Brain”. This program is six weekly, one hour sessions in which folks participate in “a myriad of activities” such as problem solving, observing patterns, math equations and other games. Have fun, socialize and be challenged. No registration required, just drop in to join a fun social group and help keep your mind sharp and focused.



VISITING NURSE ASSOCIATION
OF CAPE COD

Member Cape Cod Healthcare

Fall Prevention & Brain Health

Thursday, November 18th

11:00am - 12:00pm

Join us at the Mashpee Senior Center as Erin Fay-Azzato, MS Occupational Therapist discusses fall prevention and brain health. Ms. Fay-Azzato has been an Occupational therapist for 30 years, and worked for the VNA for 20 years, specializing in Neuro development and safety.

The presentation will be on fall prevention, physical and cognitive changes that occur as we age (and as a result of the falls) that ultimately effect our mobility and activity level. Ms. Fay Azzato will discuss strategies, recommendations, and equipment that may provide increased safety and allow us to remain safely in our home. Call the Senior Center at (508) 539-1440 to register.

Wellness Clinics

Starts Tuesday 12/14/2021

Second Tuesday of the month 1pm- 1:45pm

Come join us for monthly wellness clinics from the VNA! This ongoing group will meet on the second Tuesday of every month. An open discussion on various health topics will take place followed by an opportunity to get your blood pressure taken. December's Wellness Clinic will focus on Physical Activity in Older Adults. The clinic will include an open discussion with guidance for exercise in older adults as well as a blood pressure clinic led by an Exercise Physiologist and Activities Specialist from the VNA of Cape Cod. Drop in and have your health questions answered.

Exercise for Arthritis (8 week program)

Tuesdays starts December 14, 2021

2:00 pm. - 3:00 pm

Do you suffer from arthritis? Does joint pain and stiffness keep you from doing the things you love? This 8 week exercise program is designed to improve joint mobility and strength to keep you moving! Have fun in a group environment while gaining endurance, balance, strength, and flexibility. Join us and the VNA for this for this 8 week program that starts Tuesday December 14th (immediately following the Wellness Clinic). A medical release is required for participation in this program. **Please contact Amy at the VNA 508-957-7423 to register.**

ELDER SERVICES OF CAPE COD AND THE ISLANDS

Senior Dining Program

Monday-Friday – 11:30am

Elder Services of Cape Cod and the Islands has restarted the Senior Dining program at the Mashpee Council on Aging. The dining program will return to its regular schedule, Monday through Friday 11:30am - 12:30pm at the Senior Center. Please arrive no earlier than 11:15am. As a reminder, reservations are required and must be made 48 hours in advance. To make a reservation please call the Mashpee nutrition site at (508) 477-0910. For more information about Elder Services please go to www.escci.org. Come join us for some great food from our new caterer and a chance to see some friends!



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

Affordable Housing Lottery

The Bradford Lookout Marketplace and Flats, Plymouth, MA



SEB Housing is currently working with The Bradford Lookout Marketplace and Flats, DHCD, and the Town of Plymouth to provide affordable housing rental units. A Public Info Session will be held **November 15th** at 6:00pm via YouTube at <https://youtu.be/ZMcv6WdSV8E> and via Conference Call at (425)436-6200 (CODE:862627)

Completed Applications and Required Income Documentation must be delivered, or postmarked, by 2:00pm on **December 17, 2021**. Applications postmarked by deadline must be received no later than 5 business days from the deadline.

MAXIMUM Household Income Limits:

\$70,750 (1 Person), \$80,850 (2 people),

\$90,950 (3 people), \$101,050 (4 people)

For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to www.sebhousing.com or call (617)782-6900, extension 1 or postal mail SEB Housing, 257 Hillside Avenue, Needham, MA 02494.

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.



SCAM ALERT

[Beware of Pop-up Ads](#)

James Bond is one of the longest-running film series in history. Since fans have been waiting since 2015 for another installment, the new film, No Time to Die, is making headlines. Cybercriminals have wasted no time and are using the film's release as phish bait in a new scam.

The scam starts with an ad or pop-up window that claims you can stream No Time to Die for free. If you click on the ad, you are taken to a malicious website that plays the first few minutes of the film. Then, the stream is interrupted and you are asked to create an account to continue watching. Of course, creating an account includes providing personal information and a payment method. Unfortunately, if you complete this process the cybercriminals can charge your debit or credit card for as much money as they'd like. Plus, you won't actually get to watch the film.

Here are some tips to avoid scams like this:

- Be suspicious of ads, emails, and social media posts that offer free services for something you

would typically have to pay for.

- Only use well-known, trusted websites to stream movies, shows, and music.
- Never trust an online ad. Use a search engine to look up reviews, articles, and the official website for any product or service that catches your eye.

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.

SHINE has resumed their in-person appointments at the Mashpee Senior Center. Call the Senior Center at (508) 539-1440 to schedule an appointment.

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.

A MESSAGE FROM THE REGIONAL SHINE OFFICE Serving Health Information Needs of Everyone Program (SHINE)

Open Enrollment 2021

The time is now to review your Medicare coverage!

By September 30th, each Medicare beneficiary receives an Annual Notice of Coverage which includes important information regarding Medicare costs and benefits. You can compare your Medicare benefits and health insurance options at no cost with your local SHINE counselor. A visit or phone call with a certified SHINE volunteer may reduce your out of pocket medical and/or prescription drug costs. In addition, meeting with your SHINE counselor during open enrollment can help you identify public programs that can help with premiums, copayments and health coverage based on income and assets.

Open enrollment is October 15 – December 7

Certified SHINE counselors can help you understand health care coverage, review cost increases, and find out what's new with Medicare.

Have the following information available for review with a SHINE counselor:

- 1. Medicare A/B card**
- 2. Medigap or Medicare Advantage Card**
- 3. Prescription Drug Plan Member Card (if you have a Part D plan)**
- 4. List of medications and dosage which can be obtained from your local pharmacy**

5. My Medicare account username and password (if you have an account created) – this will save time as all medications and dosage information are stored and can be updated.

For those who prefer to view Medicare plan choices and costs online please visit www.Medicare.gov, then, click on find a provider and click on the health and drug plan tab.

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 is **Tuesday, November 23th, 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 Tuesdays of the month.
November 9th & December 14th, 1:00pm-4:00pm**

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 Veteran's Services

1st and 3rd Fridays of the month

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 Mashpee Senior Center on the 1st and 3rd 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.

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



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 an outreach site.

. The Mashpee Senior Center is an outreach site.

**You may contact Darlene Perkins, Part-time Outreach Coordinator,
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@marshpeema.gov and she will give you a File for Life at no cost.

Police Reassurance Program

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

Greater Boston Food Bank Brown Bag Program for Seniors

The Mashpee Council on Aging in partnership with the Greater Boston Food Bank continues to offer the food assistance program called The Brown Bag. This program is offered to Mashpee seniors who may need a little extra support. Participants receive a bag of groceries on the first Friday of each month. Please be assured there is no cost to you; this is a free program. A typical grocery bag weighs about 15 pounds and contains roughly \$40 worth of carefully planned nutritious food items such as: milk, cheese, ground turkey, yogurt, spinach, carrots, dried fruit, spaghetti, peanut butter and cereal based on availability.



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

VNA Town Nurse Wellness Check

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



SNAP

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

TRANSPORTATION OPTIONS



Mashpee Council on Aging (COA) Minibus Service

**To schedule a ride,
call the Mashpee Senior Center at (508)539-1440**

The minibus operates on Mondays, Wednesdays and Fridays between the hours of 9:00 am – 1:30 pm. Trips can be scheduled to grocery stores, pharmacies, medical/dental appointments, the post office and the bank. (Ride requests for this service must be made a minimum of 48 hours in advance).

Trips for medical/dental appointments within the towns of Sandwich and Falmouth are also offered on a limited basis during the minibus operating days and hours. (Ride requests for this service must be made two weeks prior to your appointment date).

- All passengers are required to wear a facial covering from the time of boarding until the time of exiting the bus.

To reserve your ride, call the Mashpee Senior Center at (508) 539-1440 and leave the following information: Your name, address, telephone number, along with the date, time and destination of your request. The driver will get back to you to inform you that your ride is confirmed.

The Cape Cod Regional Transit Authority (CCRTA) has been providing public transportation services since 1976 to residents and visitors for all 15 Cape Cod communities. CCRTA services include: Year round **Fixed Route**



Bus Service routes. **Dial-A-Ride Transportation (DART) Service** is a daily general public service that is door-to-door, ride-by-appointment, transportation service. This service is available to all Cape Cod residents for any purpose. In addition, **Boston Hospital Transportation** is a transportation service to Boston area hospitals that runs Monday through Friday (no holidays), by reservation. For more information about the CCRTA please call toll free (800)352-7155; local number (508) 385-1430; or TTY(800)439-0183 or visit its

website: <http://www.capecodtransit.org/>.

CLICK HERE

for

THE FALL/WINTER RIDERS' GUIDE

September 7, 2021 - January 21, 2022

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

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