

MASHPEE



SENIOR CENTER



September, 2021



**In observance of Labor Day, the Senior Center will be closed
Monday, September 6th.**

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.



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.

Hours of Operation

Thursday, Friday & Saturday
10am-2pm

Please drop off your donations **ONLY** during open hours.



Table of Contents

- The Mashpee Senior Center
- FOMCOA Thrift Shop Hours
- Resources and Information
 - Vaccine Clinic
- Support Groups & Resources
 - Savvy Caregiver
 - Sight Loss Services Peer Support Group
 - Parkinson Disease Support Group/Optimism Walk
 - Cape Cod Healthcare Dementia and Alzheimer Support Program
 - Coping during COVID-19 Pandemic
 - VA Caregiver Support
 - Spaulding Rehab Aphasia Virtual

- The Importance of Exercise
- Town of Mashpee Police Department Tip of the month
- Scam Alert
- By Appointment
 - SHINE
 - Legal Services
 - Dept. of Veteran Services
- Directory of Service Providers
- Outreach Programs and Information
 - Home Safety as You Age Presentation
 - Gratitude Journal & Meeting
 - Friendly Visitor Program
 - File of Life

- Community Group
- September Activities Reminder
 - Home Composting 101
 - VNA Nutrition/Healthy Eating Presentation
 - ESCCI Senior Dining Program
- Housing
 - House Navigator
 - Capewide Rent/Mortgage Assistance
- Substance Use Information
 - Gosnold Family Support Groups
 - Substance Use Hotline

- Fuel Assistance
- Police Reassurance Program
- Brown Bag Program
- VNA Town Nurse Wellbeing Check
- SNAP
- Telefriend
- Free Incontinence Product Distribution
- Fuel Assistance Recertification
- Transportation Options
 - Mashpee COA Minibus Service
 - CCRTA

RESOURCES AND INFORMATION



COVID-19 Vaccine Clinic Wednesday, Sept 8th 3:00pm - 5:00pm

Mashpee Fire & Rescue Department, in cooperation with the Mashpee Community Health Center of Cape Cod, are hosting a COVID-19 Vaccine Clinic at:

**Parish Hall
Christ the King Church
5 Job's Fishing Road, Mashpee**

The Pfizer vaccine will be administered, and anyone 12 years of age and older is eligible to participate. Anyone receiving a first dose of the vaccine at this clinic will be automatically scheduled for a second dose three weeks later on Wednesday, September 29, 2021 from 3-5:00 PM at Christ the King Church.

To make an appointment, please [Click Here](#). Appointments are strongly encouraged, but walk-in vaccinations will be available.

For additional information about COVID-19 response and testing from the Health Center, please visit www.chcofcapecod.org/coronavirus. You can also call the Health Center at (508) 477-7090 for more information.

SUPPORT GROUPS & RESOURCES

SAVVY CAREGIVER WORKSHOP

presented by

Elder Services of Cape Cod & the Islands

Tuesdays, October 5 through November 9th

9:30am-11:30am

Are you caring for someone with a dementia-related illness?

Join us at the Mashpee Senior Center for six – 2 hour sessions starting October 5th. Connect with other care givers and navigate the stages of dementia. Space is limited. Registration is required.

To reserve your spot contact Sarah Franey, Elder Services Family Caregiver Support Manager, at 508-394-4630. Extension 227



Sight Loss Services Peer Support Group

September 27th, 2021

10:00am - 11:30am

This support group meets on the 4th Monday of each month at the Senior Center from 10:00am - 11:30 am. 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

Mashpee Virtual Support Group Meditation and Sound Therapy

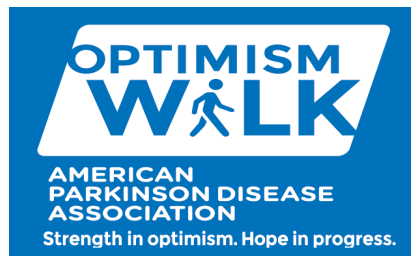
September 9th, 10-11:30 (via Zoom)

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

APDA/PSN Cape Cod Optimism Walk

September 19th, 2021

What is an Optimism Walk? • An important (and fun-filled!) fundraising event that offers a short non-competitive walk with family-friendly activities! • Each Optimism Walk is part of a nationwide movement to mobilize and inspire people to step up and help put an end to Parkinson's disease. Be a part of it! For more information click on Optimism Walk.



Cape Cod Healthcare Dementia & Alzheimer Support Programs

Caregiver Support Group
Wednesdays, September 8th & 22nd, 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
dementiainfo@capecodhealth.org



Coping During the COVID-19 Pandemic

The Cape Cod COVID-19 Response Task Force has collected helpful wellness resources for you during COVID-19. Please check back regularly as we add to these resources.

Each month we will highlight tools to help manage this crisis and identify for you web videos, articles, discussions, and resources we have found helpful. These tools apply to those of all ages, children, adolescents, young adults,

adults, and elders. Click below for more information.

CAPE COD COVID-19 RESPONSE TASK FORCE



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**

Meeting Schedule 2021-2022

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 asphasia and their families.

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

Dates: 9/1, 10/6, 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

SEPTEMBER ACTIVITIES REMINDERS



Home Composting 101 Monday, September 13th 1:00pm

You've heard of your carbon footprint but did you know there is a food-print as well? A food print refers to the environmental pressures created by the food demands of individuals and organizations. Food waste is a major contributor to greenhouse gas emissions. Join us on Monday September 13th at 1:00pm as we welcome Kari Parcell and learn about home composting and other ways to reduce your food-print. Kari is the Cape and Islands regional solid waste and recycling expert. In addition to her work with the state and county, she is an adjunct professor at Mass Maritime Academy teaching "Sustainable practices in Solid Waste Management." She is also the recipient of MassRecycles 2020 "Municipal Recycling Award" for her outstanding recycling, reuse, and waste reductions programs she has helped to implement on Cape Cod.

If you are interested in attending this informative presentation please, call the Mashpee COA at 508-539-1440 or [Click Here](#) to register via email.



Visiting Nurse Association of Cape Cod Nutrition/Healthy Eating Presentation Wednesday, September 22nd 11:00am-12:00pm

Join Emily Pacetti, Food Service Clinical Manager, with a background in gerontological nutrition, as she discusses healthy eating habits for healthy aging, including important nutrients for brain health, muscle mass and tips for cooking for one or two.

To register contact the Mashpee Senior Center 508-539-1440 or email Julie at coaactivitycoordinator@mashpeema.gov.



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



Housing Navigator is live!

Connecting people to home

Founded as a nonprofit in 2019, Housing Navigator Massachusetts, Inc. addresses a glaring digital divide around one of the most important choices we make - where to live.

Everyone should have solid information for making choices about one of the most important decisions of where to live. Housing Navigator is changing that. Their free online tool makes it simple to search for affordable rentals statewide. The site is up and running, showing information on 2000+ affordable properties across our commonwealth.

[Click Here to Access and Share the Site!](#)

[Sign Up Here For Newsletter](#)

[For more information or questions, click here](#)



. 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.



A MESSAGE FROM STEPHANIE LATTANZO, RN-BSN

**Public Health and Wellness Town Nurse
Visiting Nurse Association of Cape Cod**

The Importance of Exercise

Exercise is an important part of overall health and wellness at any age but is especially beneficial as we get older.

Benefits such as improved strength and balance can help to reduce the risk of falls and physical injury. Improved sleep, better mood, and increased energy are among some of the other great reasons to get and stay active. Physical activity can also help you manage and prevent osteoporosis, certain types of cancers, high blood pressure, heart disease, stroke, type 2 diabetes, and arthritis. In addition, regular physical activity is an important part of achieving and maintaining healthy body weight.

Participating in regular physical activity could help you stay independent longer or even gain some independence back if you feel you have lost it.

Whatever your motivation for exercise, always focus on safety so you can continue for years to come. For most older adults walking, swimming, riding a bike, and gardening are considered safe. However, you should always consult your physician before starting an exercise program. Nia.nih.gov has many helpful resources and safety tips. Especially the information related to safety with outdoor exercise.

If you are finding it difficult to get moving regularly, it may be helpful to make a plan with a friend or family member to help keep you accountable. Participating in an exercise class or scheduling a walk can help make your workout more fun. Always listen to your body, increase activity slowly, and try to select activities you enjoy.



Mashpee Police Department's Tip of the Month

September is National Suicide Awareness Month

If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States.

<https://suicidepreventionlifeline.org/>

**National Suicide Prevention Lifeline:
1-800-273-TALK or text TALK to 741741**

Mental illnesses are health conditions involving changes in emotion, thinking or behavior (or a combination of these). Mental illnesses are associated with distress and/or problems functioning in social, work or family activities. (apa@psych.org)

Mental illness is common - nearly 1 in 5 (19 percent) U.S. adults experience some form of mental illness in a given year.

Local Resources to Seek Support

Bay Cove Crisis Line 833-229-2683

NAMI (National Alliance on Mental Illness) 508-778-4277

Substance Use Hotline 1-800-327-5050 or [HELPLINE-ONLINE.COM](https://www.helpline-online.com)

Samaritans on Cape Cod & the Islands Crisis Line 508-548-8900

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



Message from the Massachusetts Senior Medicare Patrol Program (SMP)

Warning on Internet Equipment Swap Out Scam

If you receive a call from an individual who says they are representing a telephone, cable or internet service provider informing you that you need to update or replace and because you are a senior you are eligible for a discount HANG-UP! The MA SMP Program has received reports that consumers being called with offers of deep discounts on equipment if they pay immediately over the phone. Don't fall for this scam! If you

receive such a call or if you believe you are eligible for new equipment, call your provider using a trusted phone number. Never give out sensitive bank information, your credit card number, or your Medicare number to anyone you don't know and trust.

Report suspicious calls to the MA SMP Program's Report-A-Scam phone line, 978-946-1243 or at ReportAScam@MASMP.org



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.

Please note starting September 16th, SHINE will resume 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 Open Enrollment 2021 and Your Serving Health Information Needs of Everyone Program (SHINE)

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** and state certified SHINE counselors are available at your senior center by appointment to help you understand health care coverage, review cost increases, and find out what's new with Medicare.

SHINE appointments fill up fast during this busy period so contact your local senior center to avoid making last minute decisions or staying in a plan that no longer works for you.

Plan to have the following information available for your SHINE appointment:

- 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. **Tuesdays, September 28th and 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. September 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 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



Home Safety as You Age Presentation
Tuesday, September 28th
10:00am – 11:00am

Join Mashpee EMS officer, Lt. Brenden Ramsey and Lori Nelson, COA Outreach Coordinator as they share important and relevant information aimed at improving safety

in the home for Mashpee older adults. This information will help you stay safe while aging at home. Important topics to be covered are: File of Life, emergency lock box, personal emergency response system (medical alert), Mashpee police reassurance program, emergency alert sign up, silver alert program, fire/carbon monoxide detectors, important emergency numbers and emergency preparation/safety plan. You will hear many suggestions and ideas to stay safe and remain in your home as long as possible.

If you are interested in attending, call Lori at the Mashpee COA at 508-539-1440 or email her at lnelson@mashpeema.gov.



Gratitude Journal and Meeting

Tuesday, October 5th & Tuesday, November 2nd
1:00pm-2:00pm

The last couple of years have given us a lot to think and worry about. A great way to change the negative is stop and think about what we are grateful for. Even our darkest days can have a positive thought. Let's come together and spend 30 days looking for what we are grateful for. This group will meet once in October and November to write a gratitude journal. On October 5th, participants will meet at the Mashpee Senior Center to receive their journal and write our first thought of gratitude. November 2nd, we will meet to share what this journal has meant to the participants and read from their journals if they like.

To reserve your journal and register to start your Journal of Gratitude, please contact Darlene Perkins, Part-time Outreach Coordinator, at 508-539-1440 or [Click Here](#) to email her.



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 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.



Fuel Assistance Recertification

It's that time of year again

If you receive Fuel Assistance, be prepared to recertify for the 2021-2022 season. You will receive a letter and new application in the mail during the summer. Every year you need to requalify for the next year.

You will need to follow the same procedure. Fill out the application and submit copies of the following documentation for all members living in the same household:

- Income
- ID
- Utility bills
- Rent/ mortgage
- House insurance
- Real estate taxes

For more information, please contact Darlene Perkins, Mashpee COA Part-time Outreach Coordinator, at 508-539-1440 or email her at pperkins@marshpeema.gov.

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/>.

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.