

# SANDWICH COUNCIL ON AGING NEWSLETTER

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Late Spring 2020

## Director - Susan Marancik

Spring greetings to all of you! There is no question that we are experiencing an unprecedented time in our lives. I am reminded every day of what a wonderful town we live in. There has been a remarkable outpouring of generosity from across the community – donations of time, food and funding, as well as offers to volunteer and more. Even though the building is closed, the full staff is available via phone and email each day during regular business hours to help you find resources to meet your needs. Our drivers continue to be on our front line providing limited, but essential transportation for shopping, pharmacy, banking and medical needs.

We have moved some programming online including our book club, social and discussion groups and a mindfulness meditation class. We will be adding more classes soon. For those without internet access we are working with Sandwich Community Television (SCTV) to provide specific times of the day with senior focused programming. Look for more details in this newsletter.

To help you stay connected we continue to make telephone reassurance calls. You can call us any time just to chat, get current information on any changes in town policy or get referrals to other services including mental health support services. If you are concerned that your basic needs are not stable due to circumstances caused by the COVID virus; you can call the COA for information on resources to help with food insecurity, housing needs, heat/fuel assistance, transportation, and healthcare coverage.

The whole staff wants you to know how much we miss seeing all of you. We historically celebrate Older Americans Month in May. This year's theme is "Make Your Mark" which is a fitting theme for a year we could never have imagined or anticipated! It was selected to encourage and celebrate the countless contribution older adults make to our communities. Every day you are out there making your mark as volunteers, mentors, grandparents, employees, employers, and advocates. We are saddened that we will not be able to hold our COA volunteer event this year. Nonetheless, we salute all of you who contribute so much time, talent and experience to the Council on Aging, in such a wide variety of jobs!

At this time, we do not know exactly what our re-opening will look like and when we can welcome you back. This newsletter contains information on resources as and programming well as a few activities to keep your mind sharp for when we can return to our regular programs.

Don't forget to exercise each day; even light stretching counts! Be well and we'll see you soon!

# RESOURCES AVAILABLE

**The Council on Aging staff remains fully available.  
Please call the office for assistance (508) 888-4737**

**Transportation** - Limited availability. For essential medical appointments only. Please confirm with your doctor.

**Grocery Shopping** - We do not provide shoppers, but can transport individuals to the store. At this time we can transport one person at a time. Stops can be made at a pharmacy or bank. If you are unable to access food, please call the office for alternate resources.

**Outreach** - Information and referral services are available. Please call the office.

**Cape Cod Medical Reserve Corp Grocery Delivery**-The Medical Reserve Corp. is now providing a free grocery delivery service for seniors.

\*MRC volunteers will pick up your pre-ordered, pre-paid groceries and deliver to you. Please call (508) 566-7161 for more information.

**Grab-N-Go Meals** - Drive through breakfast and lunch are available at the Sandwich High School, Monday-Friday 11am-1:00pm.

**Programming** - We have created several online program options via Zoom. We are working to bring you more possibilities via Sandwich Community TV for those without computers. While we won't be open for our normal programs for a while, stay tuned to learn more about future safe and approved activities! Call the office for more information on all programs.(508) 888-4737

## **Programs available now online:**

COA Book Club

Current Events Discussion Group

Cookbook and Supper Club Group

## **Available on Sandwich Community TV:**

Senior Chair Exercise

Chair Yoga

Coming soon- Pilates

**Coming soon:** History Lecture Series with David Wyant

**Meals on Wheels**-At this time Elder Services of the Cape and Islands is taking new clients for the Meals on Wheels program. Please call (508) 394-4630 for more information.

**Food Pantry** - The Food Pantry has relaxed their guidelines during the pandemic. Contact the COA for assistance in arranging a monthly delivery of fresh food; can include meat fruits and vegetables and shelf stable foods. They also offer contact-less drive through pick up.

**Caregivers** - Please register with the COA if you are caring for a loved one with dementia. In the event that something happens to you, First Responders will notify the COA to make sure your emergency caregiver is contacted. If you don't have a back up plan, please consider your options in case of an emergency need.



## **Sandwich Public Health Nursing**

**Joanne Geake MPH, BSN, RN.**

Keep it up...you are all doing a great job! The social distancing, facial covering, handwashing, and staying home especially when you are feeling sick, is working. Please remember that we are still at work during normal hours and are available to answer any questions. If you are feeling ill and are unsure of what symptoms are or what to do,

**PLEASE call (508) 833-8020.**

**Not all storms come to disrupt your life, some come to clear your path.**

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## **Volunteer Corner Pat Ryan, Volunteer Coordinator**

This time of year we are usually planning our Volunteer Recognition Brunch. It is an event we all look forward to as it is our chance to say thank you to all the volunteers who work to help Sandwich seniors remain independent in our community. Each year I am at a loss as to what to say on that day. It is hard to express our gratitude and a mere thank you seems inadequate. You see, from where we sit, you are a steady stream of compassion, humor, and dedication. You have given hope, comfort, a helping hand, and a friendly smile. You have shared your expertise and skill, improving the lives of the seniors living in our town, act by act, day by day. Though we aren't able to express our thanks in person this year, please know how valued you are! We hope to see you soon. In the meantime, take care and thank you from the bottom of our hearts.

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## **3rd Annual Bocce Tournament 2020**

The Friends of The Sandwich Council on Aging and the Samaritans on Cape Cod and the Islands have announced that sadly, the 3rd annual Bocce tournament has been canceled. We all hope that the event will return in 2021.

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## **Alzheimer's Family Support Center of Cape Cod**

AFSC's clinical staff is offering telephone consultations from their home offices to anyone who needs them. Online support and conversation groups are also available online via Zoom. If you'd like to join, just send an email to [info@capecodalz.org](mailto:info@capecodalz.org) or call the AFSC office at (508) 896-5170.



## SHINE

I hope you are all staying healthy through these unprecedented times. Although offices may be closed, SHINE can still be reached by telephone M-F. If you have any questions about your health or prescription coverage, please feel free to give me a call at 508-375-6762.

As you can imagine, things are changing every day. It can be difficult to keep up with all the information. Here are some key coverage updates with regards to Medicare and COVID-19.

### Medicare covers related needs

Medicare covers the [lab tests for COVID-19](#). You pay no out-of-pocket costs.

Medicare covers all [medically necessary hospitalizations](#). This includes if you're diagnosed with COVID-19 and might otherwise have been discharged from the hospital after an inpatient stay, but instead you need to stay in the hospital under quarantine.

At this time, there's no vaccine for COVID-19. However, if one becomes available, it will be covered by all [Medicare Prescription Drug Plans \(Part D\)](#).

If you have a [Medicare Advantage Plan](#), you have access to these same benefits. Medicare allows these plans to waive cost-sharing for COVID-19 lab tests. Many plans offer additional telehealth benefits beyond the ones described below. Check with your plan about your coverage and costs.

**Scammers may use the coronavirus national emergency to take advantage of people while they're distracted. As always, guard your Medicare card like a credit card, check Medicare claims summary forms for errors, and if someone calls asking for your Medicare Number, hang up!**

Also, Medicare supplement plans have continuous open enrollment. If you feel you need additional coverage to your Medicare, to cover Medicare out of pocket costs, plans are available. You can call SHINE for more information.

### FOR MASSHEALTH MEMBERS:

You will not lose your Mass Health coverage during the COVID-19 national emergency if you have received a notice in the mail that your coverage is ending on or after March 18, your coverage is protected and will not end during the national emergency. You do not need to send in any additional paperwork to keep your coverage.

Stay Well.

Tracey Benson, SHINE Program Manager for Cape Cod and the Islands

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## Legal services are available by phone



**Attorney John Kennan** -Wills, trusts, asset protection.

**Attorney Michael Lavender** -Elder law, trusts, estates, and wills.

**South Coastal Counties Legal Services, Inc.** Housing problems, government benefits, health law, guardianship, and consumer.

Please call the COA at 508-888-4737

## **All About Sandwich on your TV! From Sandwich Community TV**

Did you know that you can catch up with all the news in Sandwich on your local channels 13, 14 and 15? Melinda Gallant and her program Cape Conversations and a new show called COVID Diaries speak to many interesting Sandwich folks. They have hosted guests from the Library, Heritage Museums and Gardens, the Fund for Sandwich and the Board of Selectmen. You can learn about Town Meeting and the upcoming elections. Channel 13 will offer these programs and others with a senior focus from 10am-12pm every day and 6pm-8pm every evening! You don't have to be on the internet to get great at home exercise classes and other senior oriented content.

On Channel 15 you can catch the Governor's daily press conference as well as the current government business meetings that are still being conducted by town committees. There are also twice weekly informational public service announcements from the Sandwich Director of Public Health and the Chief of the Sandwich Fire Department with special guests that have so much information to share!

Every Friday and Saturday night at 7pm there will be a classic film to watch without commercial interruption.

Tune in to your local channels at Sandwich Community TV and keep up with what's happening in town, the latest health advisories, and just good, solid entertainment.

Channel 13 10am-12pm daily and Channel 14 6pm-8pm daily.

Sandwich TV is here for all of you during this challenging time. Please check out our website [www.sandwichtv.org](http://www.sandwichtv.org) or call 508.274.6806 for information. Thanks for watching!

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## **U.S. Census**

In April, the U.S. Census count began. You should have received an invitation to participate in the 2020 Census in early April. You will have three options for responding, online, by phone or by mail. If someone visits your home to collect a response for the 2020 Census, we want you to know how to safely verify their identity:

First, check to make sure that they have a valid ID badge, with their photograph, a U.S. Department of Commerce watermark, and an expiration date.

If you still have questions about their identity, you can call [800-923-8282](tel:800-923-8282) to speak with a local Census Bureau representative.

It is crucial that we ALL be counted – to get our fair share of federal resources for the Council on Aging, for health care, infrastructure and more; to ensure fair political representation; and to provide an accurate picture of our community.

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## **Scam warning from the U.S. Department of Health and Human Services Office of Inspector General**

The U.S. Department of Health and Human Services Office of Inspector General is alerting the public about fraud schemes related to the novel coronavirus (COVID-19). Scammers are offering COVID-19 tests to Medicare beneficiaries in exchange for personal details, including Medicare information. \*A physician or other trusted healthcare provider should assess your condition and approve any requests for COVID-19 testing.



# **ACTIVITY PAGES**

*Answers are on the last page*

1. What was name of a women, beloved by King-Kong?
2. Which classic movie is believed to have introduced grotesque to the move genre?
3. Who invaded the small town where Dr. Myles Bennell worked?
4. What were citizen's Kane's first names?
5. What was the boy's background in 12 Angry Men?
6. Who was the drill master in Full Metal Jacket?
7. Peter Sellers played Capt. Lionel Mandrake and Dr. Strangelove. What was his third role in the movie?
8. Rhett Butler doesn't give a what?
9. Who directed the classic 1942 hit, Casablanca?
10. When did the shootout occur at the beginning of Some Like it Hot (1959)?
11. Who wore A Clockwork Orange, the novel on which the movie of the same title was based?
12. Gene Kelly and Donald O'Connor met in which movie?
13. What was the classic movie, directed by George Roy Hill, starring Paul Newman, Robert Redford, and Eileen Brennan?

# Herbs & Spices

N	N	I	M	U	C	R	E	P	P	E	P	N	F
E	C	I	P	S	L	L	A	R	V	E	T	F	A
E	F	M	H	L	I	T	O	E	E	T	L	E	A
B	O	R	T	G	L	S	N	G	U	H	A	N	A
A	T	H	Y	M	E	E	A	R	R	S	S	N	I
S	D	O	M	M	I	S	M	N	E	T	T	E	N
I	M	M	A	O	L	E	G	C	N	A	N	L	N
L	N	R	L	L	R	S	R	A	F	R	O	S	O
E	Y	E	O	I	D	I	L	L	A	A	M	E	G
L	A	S	C	A	B	F	R	R	E	N	A	V	A
C	I	T	R	E	G	N	I	G	L	I	N	O	R
G	E	M	T	U	N	N	H	A	Y	S	N	L	R
T	T	P	A	P	R	I	K	A	A	E	I	C	A
A	I	O	R	E	G	A	N	O	B	I	C	O	T

- THYME
- NUTMEG
- BASIL
- TURMERIC
- TARRAGON
- BAY LEAF
- CUMIN
- PEPPER
- OREGANO
- GINGER
- STAR ANISE
- FENNEL
- CINNAMON
- ROSEMARY
- DILL
- ALLSPICE
- SALT
- PAPRIKA
- CLOVES
- SAGE

Play this puzzle online at : <http://thewordsearch.com/puzzle/35/>

**Trivia answers:** 1. Ann 2. The Cabinet of Dr. Caligari 3. The Body Snatchers  
 4. Charles Foster 5. Spanish American, 6. Sgt. Hartman 7. President Merkin  
 Muffley 8. A damn 9. Michael Curtiz 10. On St. Valentine's Day 11. Anthony  
 Burgess 12. Singin' in the Rain 13. The Sting

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