

SANDWICH COUNCIL ON AGING NEWSLETTER

270 Quaker Meetinghouse Road

East Sandwich, MA 02537

Phone 508-888-4737 Fax 508-833-9154

Email: coa@sandwichmass.org

October 2020

Director - Susan Marancik

As we head onward to a new season, I want to thank the COA staff who continue to find new and different ways to offer programming, services and resources. Their creativity and ability to keep everything running smoothly has been inspirational. When they say trying to run a business during a pandemic is like building an airplane while you are flying it, believe me, it's true!

I especially want to recognize our bus drivers, Al, Rick and Ted who each bring a tremendous amount of unrecognized expertise to the residents of Sandwich. Whether you are a senior or the adult child of a parent who is beginning to need some help; our drivers have introduced many passengers to a new kind of independence. Even with limitations, our transportation program has continued uninterrupted throughout the shutdown. All of the staff has stepped up to deliver meals, make wellness calls and connect older adults to activities, exercise and each other. Thanks to their hard work we are able to move to the next small steps in re-opening.

While the building remains closed to the public, we are slowly scaling up operations, first with outdoor events, then with limited services by appointment and later on small in person events. Please come see us at our drive through events and stay tuned via our emails and social media posts for any new events that become available between newsletters.

In October we will continue to offer online programming as well as small outdoor classes and events, like Parking Lot Bingo, as weather permits. Hint: Halloween won't be cancelled! The next step of our reopening will include in person appointments for help with fuel assistance applications. Appointments are limited to fuel assistance related matters and will be subject to all COVID19 guidelines. As the weather grows colder, we plan to offer an indoor movie for very small groups, but at this time there is no set date for that event. As soon as we know we can safely offer the event, we will let you know. In the meantime, keep a list of movies you'd like to see!

Stay in touch, stay well and we will see you soon!





FLU CLINIC 2020

The Sandwich Public Health Nursing Department will be offering flu shots to the residents of Sandwich, aged 19 and older at a **Drive-Thru** Flu clinic.

When: Wednesday, October 7, 9:00am – 1:00pm

Where: Wing School – **Drive-Thru ONLY!**
33 Water Street, Sandwich

Appointments are necessary.
Call (508)833-8020 to schedule your appointment.

Cost: Most insurances will cover the flu shot.
Please bring ALL medical insurance cards including Medicare and MassHealth.
We do *not* need dental, eye, or prescription drug cards.

** Fill out your own insurance form by downloading and printing the form by
<http://www.sandwichmass.org/DocumentCenter/View/6423>
Please have form filled in prior to arriving at your appointment.
Please call for assistance. Thank you!

Adults who will be having surgery, chemotherapy, or radiation treatments prior to the clinic dates should call the office to make an earlier appointment.

Please: Do not come if you feel sick.
Wear a mask.
Wear a short sleeved shirt.
Do not bring pets with you to your appointment.



Medical Equipment



Sandwich Public Health Nurse - Joanne Geake MPH BSN RN

The Medical Equipment Shed is available by appointment for Sandwich Town Residents to borrow needed items. **Appointments are required** for pick-up and drop-off. Please call the Public Health Nursing Office at **508-833-8020** to schedule a time to visit the shed.

Pick-up: Monday and Friday mornings. **Drop-off:** Monday and Friday afternoons.

Please contact the Public Health Nurse at 508-833-8020 for more information.

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 note that due to safety protocols we have fewer vehicles and drivers; call at least 3 days in advance for a ride.

Grocery Shopping - We do not provide shoppers, but can transport individuals to the store. At this time we are still only able to transport one person at a time, so daily schedules may vary. 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. This will continue through the summer.

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

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 is offering 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.

SHINE- Our SHINE counselors are now available for telephone appointments. Please call the office to schedule a time. Tuesday afternoons 12-3pm.

CORD- Options Counseling is available. Steve Spillan, PhD will answer your calls about services that may assist you in staying in the community rather than going into a nursing home. Please call CORD at 508-775-8300 X20 and leave a message for Steve or email him at steve@cilcapecod.org.

Bread donations- We have resumed offering bread donations from Stop and Shop on Mondays from 10:00-2:00. The donation table will be outside only; you can pick up breads and baked goods for yourself or a neighbor. All donations are commercially packaged; please observe social distancing guidelines if others are picking up and wear a facial covering. Please use the touch free hand sanitizing station before making selections.



Outreach Corner ~ Rita Wahlstedt, Outreach Coordinator

****FUEL ASSISTANCE**** Recertifications were mailed within the last 2 months.

When you receive the green pre-printed sheet, you must send copies of updated documents along with the signed recert. If you need help reviewing your application prior to mailing, or are interested in more information about the MASS. ENERGY & FUEL ASSISTANCE program, please call the office to schedule an appointment with Rita. While our building remains closed to the general public, fuel assistance appointments are available on a limited basis. All COVID guidelines will be observed including wearing a facial covering and social distancing. Please come prepared as minimal handling of documents is allowed.

If you need a **Current** document list, please call the office.

Fiscal Year 2021 Income Eligibility Guidelines

Number of people in Household	Maximum Gross Household Income
1	----- \$39,105
2	----- \$51,137
3	----- \$63,169
4	----- \$75,201
5	----- \$87,233
6	----- \$99,265
7	----- \$101,521
8	----- \$103,777
9	----- \$106,033
10	----- \$108,289

OCTOBER IS NATIONAL FIRE PREVENTION MONTH: BE READY, BE FIREWISE!

Fire Prevention Month has roots that date back to The Great Chicago Fire of 1871 that killed more than 250 people and left more than 100,000 homeless. Plan escape routes and make sure all those residing within the home know the plan of action.

VOLUNTEER CORNER - Pat Ryan, Volunteer Coordinator



If you've driven by the building recently, you may have noticed the buzz of activity at our front garden. Many thanks to the Volunteers who worked so hard and put in many hours bringing the garden back to life. Special thanks to Pat Greenwood, Alan Holmgren, Sharon Hunt, Martha Johnson, Helen Rowling, Sue Sloniger, and Stacey Tyler.

Fall recipe from Cape Cod Cooperative Extension's Nutrition Educator, Sue Bourque: On a cool Fall evening, try making this hardy Butternut squash soup. <https://extension.umass.edu/nutrition/recipes/butternut-squash-soup>. Butternut squash is an excellent source of vitamin A- an antioxidant vitamin that can help to promote optimal eye health and immune function. Please call the COA for the link to the online live cooking demonstration for this recipe available after October 1st.



Our SHINE counselors are now available for telephone appointments. Please call the office to schedule a time. Tuesday afternoons 12-3pm.

Don't Delay- Medicare Open Enrollment Begins October 15th!

Now is the time to review your Medicare plan options. A quick review could save you money in 2021. Medicare's Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment **begins October 15th and ends December 7th**. Please make sure you review your 2021 Medicare options during this time period so that you have the most cost-effective plan for 2021.

During this Annual Open Enrollment (**October 15 - December 7**), you will have a chance to CHANGE your plan. This change will take effect January 1, 2021. SHINE Counselors can help you understand your plan's changes, screen you for assistance programs and discuss other options you may have. If you do not change your plan during this period you may have to stay with your existing plan for another whole year. (Note: the open enrollment may not affect those with retiree coverage).

THERE WILL BE NO IN-PERSON SHINE APPOINTMENTS: Until further notice all SHINE appointments will be by telephone. Please call the Council on Aging to schedule an appointment with our SHINE counselor for this year's open enrollment, but the appointment will be by telephone. If possible, create a mymedicare.gov account before your appointment. This will expedite the process. Please be sure to have a list (or bottles) of your current medications ready for the appointment and if you are a couple, please ask for 2 appointments. If we are unable to accommodate you during this short period, please call the regional SHINE office in Barnstable Village at 508-375-6762. SHINE is here to help.

The Massachusetts SHINE program has a YouTube channel featuring Educational Videos on Medicare and You. If you are interested in watching any of these videos you can access them on the following link:

https://www.youtube.com/channel/UCS_D1jaKqzgOJIX0tI79qrg/videos

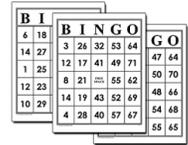
PROGRAMS



Zoom Practice Coffee Hour- Zoom is a great way to stay in touch with family and friends. We are hosting a coffee hour every Wednesday morning at 10:00 am to help you learn and practice. Zoom skills will help you join our fall and winter online programs. Many doctors are using Zoom for telemedicine appointments too. Let us help you get connected for health and wellness and to keep you active and engaged all winter! Call the COA with your email address and we'll send you an invitation to join us.

Monday, October 5th 1:00PM – Introduction to Origami. Origami has been around for 1,000 years. Join us for an afternoon practicing this ancient art form with our Craft Instructor, Sharon Hunt. All supplies are included in this free class. Templates will also be available for you take home to practice and teach your grandchildren. Please call to register, class size is limited. This is an outdoor class.

Thursday, October 8th at 10:30AM– Parking Lot Bingo – You'll be playing bingo from the comfort and safety of your own car. If you get bingo honk your horn! Prizes will be awarded. Call to register.



Friday, October 9th and 23rd at 10:00AM - Current Events Zoom Meeting -We use the News Currents platform to discuss topical current happenings here and around the world. Come join the discussion, new members always welcome!

Wednesday, October 14th at 12:30PM- Pop up food event. Details and pricing being finalized. Please call for more information and to register.

Thursday, October 15th at 10:00AM - Real ID presentation by Michele Elicks, MA Department of Transportation Community Liaison. Confused about the new identification card, and when and why you need one? Don't miss this helpful video workshop on license renewal, including everything you need to know on the REAL ID for Massachusetts residents. This free video meeting presentation is facilitated by staff from the Massachusetts Registry of Motor Vehicles. Please call the COA to register by October 9th.

Thursday, October 15th at 1:30PM - The Page Turners Book Club - The October book chosen for our Zoom book discussion is “At Home in Mitford” by Jan Karon. Books are available at the Sandwich Public Library behind the Circulation Desk. Please call the office if you'd like to be included in the Zoom invitation.

Continued on the next page

PROGRAMS

Wednesday, October 21st 1:00PM Mardi Gras Mask Making- Our craft classes continue with a Mardi Gras Mask making class. These elaborate face covering are detailed, beautiful, and fun to make. You are only limited by your imagination. All supplies are included in this free class. Please call to register, class size is limited. This is an outdoor event.

Thursday, October 22nd at 10:00AM - Zoom Cookbook Club Meeting – Let's try our hand at making cheese! The Internet is full of recipes, kits, and videos on how to get started. If you'd like to try your hand at this ancient culinary tradition and then join a Zoom discussion about our experiences, good or bad, please call the office for more information or to register. The following link offers some good information on getting started: <https://www.culturesforhealth.com/learn/cheese/beginning-cheesemaking-recipes-where-to-start>.



Wednesday, October 28th at 1:00PM - Halloween "Boo" Thru! - Come see us in your best Halloween costume; drive through treats and fun surprises. Wear your spookiest mask for safety! Rain date will be on Thursday, October 29th.

Please call and register



BlueCross BlueShield

Blue Cross Blue Shield of Massachusetts wants to help you stay well, with no-cost health education webinars brought to you in partnership with your local Massachusetts Councils on Aging. All are welcome-you don't have to be a Blue Cross member to participate.

Click to register for a webinar on a day and time that works best for you.

Monday, October 5

10:30 a.m.–11:00 a.m.

Calming Anxiety in Times of Uncertainty

Presenters: Jenna Feitelberg & Janet Fontana

[Register Now at bcbsma.info/Oct5](https://bcbsma.info/Oct5)

Anxiety is a normal reaction to stress. In times of uncertainty, our thoughts can take on a life of their own and amplify feelings of worry and anxiety. Join us to learn simple techniques to break the cycle of anxious thoughts, and lessen anxiety. Practice breathing exercises that promote relaxation and help you feel calmer.

Tuesday, October 20

11:00 a.m.–11:30 a.m.

Yoga Chair Stretches and Guided Relaxation

Presenters: Luisa Lewis & Janet Fontana

[Register Now at bcbsma.info/Oct20](https://bcbsma.info/Oct20)

Join us to practice stress-relieving yoga chair stretches to ease tight muscles in your neck, shoulders, and back, followed by a 10-minute guided meditation. Practicing meditation and connecting with others can help us better cope with stress and feel less isolated. No previous yoga or meditation experience necessary. You're welcome to attend this webinar session with or without video.



EXERCISE PROGRAMS

Medical releases must be on file to participate in Zoom classes

ZOOM YOGA - Instructor Sherill Dykeman

In an effort to support our seniors and provide ongoing classes while the senior center is closed, the Sandwich COA is working with the fitness instructors to provide online access via Zoom!

Checks are payable to the COA and mailed to: Sandwich COA, 270 Quaker Meetinghouse Rd, East Sandwich, MA 02537. Please note on check which session.

OCTOBER

Mondays

Gentle Floor Yoga 9 am

10/5, (make-up 10/13) 10/19, 10/26 Fee \$24

Chair Yoga 11 am

10/5, (make-up 10/13) 10/19, 10/26 Fee \$24

** no class October 12th*

Thursdays

Gentle Floor Yoga 9 am

10/1, 10/8, 10/15, 10/22, 10/29 Fee \$30

Chair Yoga 11 am

10/1, 10/8, 10/15, 10/22, 10/29 Fee \$30

NOVEMBER

Mondays

Gentle Floor Yoga 9 am

11/2, 11/9, 11/16, 11/23, 11/30 Fee \$30

Chair Yoga 11 am

11/2, 11/9, 11/16, 11/23, 11/30 Fee \$30

Thursdays

Gentle Floor Yoga 9 am

11/5, 11/12, 11/19 Fee \$18

Chair Yoga 11 am

11/5, 11/12, 11/19 Fee \$18



Mindfulness Meditation - Instructor Pete Cormier

Wednesdays at 1:00 through October; anyone can join, no cost.

Click here or enter the URL into your browser) for the Zoom invite:

<https://us04web.zoom.us/j/763485651?pwd=YmllM1R3YjF2UnF2NC83UklqNUVxUT09>

Click here for a pre-recorded meditation you can listen to anytime-

<https://petecormier.com/guided-meditations/>



Walking Group

Join a COA staff member for a local walk and a chance to socialize with friends (at a safe distance!). We'll be going Tuesday-Wednesday at 9:00 in groups of 6 (weather permitting).

Please call the office for all the details and to sign up.



Autumn

Word Search

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

ACORN
APPLE CIDER
AUTUMN
BONFIRE

FAMILY
HAYRIDE
LEAVES
PUMPKIN

SCARECROW
SMORES
TURKEY
THANKS



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 or call the AFSC office at (508) 896-5170.

Spaulding Healthy Caregiver Support Group - Now on Zoom

Tuesday, October 6th 1:00-2:30

To RSVP or for more information: Email Mary Jo French at mfrench5@partners.org



Veteran's Agent

To speak with a Veteran's Agent
please call 508-778-8740 and you will be referred to a local agent.

Osteoporosis Prevention Exercise Class

Join us **online** for Osteoporosis Prevention exercise classes.

Classes are structured to help individuals diagnosed with Osteoporosis or who are at risk for Osteoporosis, maintain strength, flexibility, and function.

The classes are led by trained Senior Corps volunteers.

Please call the office to sign up.

Start date will depend on interest.

Please note: If you do not have a Medical Release on file, you must have one signed by your physician prior to participating.

This class is sponsored by Elder Services of Cape Cod and the Islands

New Elder Law Guide and Podcast Now Available

The 2020 edition of the Elder Law Education Guide ("Guide"), the Massachusetts Bar Association's 11th Annual resource guide on a wide range of legal issues affecting the lives of older adults, is now available for FREE at www.massbar.org/elderlaw. New for this year is the inclusion of a **COVID-19 Checklist**, which offers important recommendations on the forms and decisions older adults should have ready in case they are sidelined with COVID-19 or any other potentially serious illness.

Legal Services



Attorney John Kennan - 4th Wednesday of the month - Wills, trusts, estate planning.

Attorney Michael Lavender – 2nd Wednesday of the month - Elder law, trusts, estates, and wills. Zoom and phone consultations.

South Coastal Counties Legal Services - 2nd Tuesday of every other month - Housing problems, government benefits, health law, guardianship, and consumer issues.

Attorney Mello's office 3rd Monday of the month: Financial security, health care choices, trusts, will and estate management.

Please call the COA for more information or to schedule an appointment (508) 888-4737



Sandwich Community TV

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.

Senior focused content is on 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 their website www.sandwichtv.org or call 508.274.6806 for information. Thanks for watching!

Available on Sandwich Community TV Channel 13:

Classic Movies - Check your local station guide for times and titles. They will be posted on the COA Facebook page as they are scheduled.

Generally on Saturday and Sunday evenings at 7:00 pm.

Exercise - Senior Chair Exercise, Chair Yoga, Pilates

Transportation Options



Transportation provided by the Sandwich Council on Aging.

Monday to Friday between 9:00am – 2:00pm. All transportation is based on driver availability.

*Transportation will not be provided for any person who has been under local or any other form of anesthesia, or any person who may need medical assistance during transport. Therefore, we may provide a trip to the medical appointment, but not a return ride.

*We ask that at least **3 DAYS** advance notice is given for all rides so that we may schedule a driver.

*The COA provides rides to COA programs, medical appointments, and local errands. Please book local appointments between 9:00am and no later than 2:30pm.

For out of town appointments please book between 9:30am and 1:30pm.

*The **Shopping Bus** goes to Stop and Shop, CVS, Aubuchon, and various banks. Seating is limited. Please call ahead to reserve.

***Please note that from July 1st – September 30th** transportation to Plymouth, Bourne and towns beyond Barnstable will only be offered on Tuesdays, Wednesdays, and Thursdays due to summer traffic.

If using a **wheelchair** you must have a companion with you-the driver cannot accompany you into your home or an appointment.

Call the COA for all transportation reservations 508-888-4737

Suggested Donations- Sandwich, Mashpee \$5.00, Bourne, Hyannis \$10.00, Falmouth, Yarmouth \$15.00, Plymouth, Wareham \$20.00



CCRTA DART Bus provides door to door service.

They require 24 hour notification 1-800-352-7155

Cape Cod Regional Transportation Rides to Boston: Travel from Cape Cod direct to Boston Hospitals on a wheelchair accessible bus. **Monday – Thursdays (no holiday service)**
Pickup locations Mid and Upper Cape 8:00am Barnstable (Burger King Rt.6 & 132) 8:15
Sagamore (bridge commuter lot) Reserve by 11:00am the day before. Cost is \$30 round trip; \$15 one way. Reservations must be made by calling 1-800-352-7155. Medical appointments should be made between 10:00am and 2:00pm. Bus leaves Boston no later than 3:00

Mass Health Members may be eligible to obtain a PT-1 for transportation. Talk with your Primary Care Physician in regards to obtaining one. PT-1's can be used for any of your Mass Health providers.

Cape Cod Regional Transit Authority Fixed Bus Routes- CCRTA has fixed bus route service in Sandwich. The route begins at the Sagamore Park and Ride Lot and makes various stops on its way to Hyannis. You can access this service at the specified stops or flag the bus down between stops. Cost for senior citizens age 60 and over and disabled of any age is \$1.00 per one way ride.

You must have exact change as driver will not make change. CCRTA vehicles are hand-capped accessible. The COA is a stop on the route!

The Friends of the Sandwich COA wish to thank you for your dues, your donations, your donations to the Building Needs Fund and your support during 2020-2021.

FRIENDS OF THE SANDWICH COUNCIL ON AGING, INC.

In lieu of flowers, please consider making a tax-deductible contribution in memory/honor of a loved one or to support a service provided by the Sandwich Council on Aging. This coupon is for your convenience in making a gift that will enhance services for Sandwich senior citizens today and tomorrow. Families of those honored will be notified of your contribution.

A Living Memorial / Honor

I am enclosing \$ _____ (please make check payable to Friends of Sandwich COA)

and mail to PO Box 107, Sandwich MA 02563

Check one: () In Memory of () In Honor of

Name: _____

Send card to: Donor's Name (your name)

2020 Membership

I/we wish to join/renew membership to the Friends of the Sandwich Council on Aging

Name _____

Mailing Address _____

Town _____ Zip Code _____

Phone # _____ E-mail _____

Individual/Family Membership \$10 Business Membership \$25

In addition to your becoming a member of the Friends, financial gifts to the Building Fund, bequests and participation in activities will also be appreciated

Enclosed is \$ _____ (please make check payable to Friends of Sandwich COA)

Mail to Treasurer, PO Box 107, Sandwich, MA 02563 or drop off at the COA Office

2021 Memberships run from November 2020 to October 2021