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Fall 2020

“Autumn – the year’s last, loveliest smile.”
William Cullen Bryant

Good Neighbor Day
September 28, 2020
#ReachOutMA
Info on page 26

Photo by Donna Bragg
LSVT BIG & LOUD FOR PARKINSONS
The LSVT BIG & LOUD™ program is a team approach using Occupational, Physical and Speech Therapy to successfully treat the motor symptoms of Parkinson’s disease.
LSVT BIG & LOUD™ successfully treats the motor symptoms of Parkinson’s disease. The Pavilion Rehabilitation and Nursing Center offers this interdisciplinary approach using Occupational, Physical and Speech Therapy.

LSVT BIG improves motor function:
- ALL patients report improved communication
- 90% of patients improve vocal loudness

LSVT LOUD improves speech and vocal loudness:
Speech Therapy
offers this interdisciplinary approach using Occupational, Physical and

Improved balance
90% of patients improve vocal loudness
ALL patients report improved communication

Faster walking with bigger steps
Improved balance
Improved trunk rotation

For more information regarding the LSVT Parkinson’s Treatment program available at The Pavilion Rehabilitation and Nursing Center, please contact Cindy Parker-Marney, Director of Admissions/Marketing at: 508-775-6663
Or Visit us at:
876 FALMOUTH ROAD in HYANNIS
PavilionSG.com

Looking for home comfort and savings?

We’d like to help.

Sign up for a no-cost Home Energy Assessment.

We can help you update:
- Lighting, no cost
- Insulation, 75-100% off project costs
- Heating and cooling equipment, rebates available
- And more . . .

CapeLightCompact.org
1-800-797-6699

mass save

Ronnie Mulligan REALTOR®, ABR®
Cell: 508-633-0613
rmulligan@kinlingrover.com
SUPPORT OUR VETERANS
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to a charity of your choice if you list or buy a property through me.

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MEDICAL ALERT SYSTEM
$29.95/MO
BILLED QUARTERLY
PLUS SPECIAL OFFER
CALL NOW! 1.877.801.7772
WWW.24-7MEDALARM.COM

The Federated Church of Hyannis
All are welcome!
Worship Time - 10am Sundays
320 Main Street, Hyannis, MA 02601
508-775-0298 • www.federatedchurch.org

Paulo’s Painting, Carpentry & House Washing Paulo Silva
PO Box 1035, S. Yarmouth
774-268-1332
www.paulopainting.com

Compassionate Support for Elders and their Families
cmpcapecod@gmail.com
508-771-1075
www.cmpcapecod.com
Dear Friends,
I hope this finds you safe and well! Despite the challenges we have faced over the past six months, we must count our blessings that we live in such a special place where we can enjoy the splendor that surrounds us. I don’t know if there is anywhere more beautiful than Cape Cod, no matter the season. As fall approaches, I hope you can continue to spend time outdoors - the fresh, clean air is truly good for our spirits and our souls.

Living through COVID-19 has taught us many things but now more than ever it is important to live in the moment, reprioritize and refocus our time and attention on what really matters, and be grateful for what we have. We are also incredibly fortunate to live in such a supportive community where so many resources have been made available to help our residents through this difficult time. Our Grab & Go food program this spring distributed 15,124 meals to our older residents, providing much-needed assistance to our community. The intergenerational SMILE program helped bring some joy and lifted our spirits amid all the fear and uncertainty. Hopefully you’ve been able to participate in our virtual program offerings. If you’re not on Zoom, you should be! Please reach out to us if you need assistance and we will help you get set up. You won’t believe how easy it is and it’s a great way to stay connected!

It’s hard to believe it’s been six months since we closed the doors to the BACC. The world has changed in many ways since we were last together and so too have our lives. I have experienced some significant changes with my recent appointment as the Community Services Director. In my new role, I oversee the Recreation, Golf, and Council on Aging Divisions, so I won’t be venturing too far away from the BACC! It’s truly been the honor and privilege of a lifetime to serve as the Council on Aging Director for the past 12 years. We have been through so much together and thanks to your trust and partnership, the Council on Aging Division and Barnstable Adult Community Center have grown and improved in so many ways. Although my emotions are bittersweet, I’m thankful for all the memories we’ve shared that I’ll forever carry with me and beyond excited that I will remain closely involved with the Council on Aging Division and staff and will still get to see you all on my frequent visits to the BACC! I could not be more proud to be passing on the reins to Donna Burns. Having served as our Assistant Director for the past seven years, you are all familiar with Donna and her always smiling face and positive attitude. Donna is one of the most caring, compassionate and competent people I have ever met and had the pleasure to work with. I could think of no one more perfect to take on this role, especially at this challenging and uncertain time when an even-keeled temperament and familiar face is so reassuring and important. Congratulations to Donna!

In other transitions, our long-time Outreach Coordinator, Claudia Borden, has retired after two decades of dedicated service with the Council on Aging Division. We are extraordinarily grateful to Claudia for the guidance and support she provided to so many of our older residents over the years. Having spearheaded our Brown Bag nutrition program and mailbox sticker program, among many other initiatives, and being a tireless advocate for older adults, Claudia leaves behind a valuable legacy that we will continue to build upon in our ongoing commitment to providing a strong safety net for our most vulnerable older residents. We wish Claudia the best in her next chapter!

Finally, I want to extend my gratitude to our dedicated Council on Aging staff. It’s been truly humbling and inspiring to work with such a professional, hard-working, and committed team. I am truly indebted to each of them for their support and for sharing so much of their wisdom and expertise with me. They have inspired me in so many ways. I also want to share my immense gratitude to our Council on Aging and Friends of the Barnstable Council on Aging boards for being such trusted advisors and always being there to help support the great things we do for our community. Until I see you again, please stay safe and take good care of yourselves and always feel free to reach out!

My best,

Maddie
MESSAGE FROM DONNA
Message from Donna | FBCOA | Keep in Touch

Dear Friends,
I sincerely hope you have managed to stay healthy throughout this unexpected isolation. It has been lonely at times for me and I miss the Center and seeing you out and about terribly...but we soldier on.

Those of you who contributed items for the Calendar Raffle may have been wondering where we’re at on this. All your items are safely stored and we will continue with the raffle as soon as we can. Of course I will notify you.

Please be well,
Stephanie Dannemann
President, FBCOA

Hello Friends,
I sincerely hope you have managed to stay healthy throughout this unexpected isolation. It has been lonely at times for me and I miss the Center and seeing you out and about terribly...but we soldier on.

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Please be well,
Stephanie Dannemann
President, FBCOA

KEEP IN TOUCH WITH THE BACC!
Front desk: 508-862-4750  Web site: www.townofbarnstable.us/coa
Weekly E-newsletter: Ask to be added to the list: judith.reppucci@town.barnstable.ma.us
Facebook: To get the latest news and information, “like” us at www.facebook.com/barnstableadultcommunitycenter

04  Fall 2020 Issue | Website: www.townofbarnstable.us/coa | Phone: 508-862-4750
**Thrive**, a partnership of the Barnstable Council on Aging and Liturgical Publications, is published bimonthly. This publication is made possible in part by a grant from the Massachusetts Executive Office of Elder Affairs. To maintain successful and supportive services, the Barnstable Council on Aging is committed to educating itself in the diverse needs, concerns and lives of older adults in our community. Our programs and services are open to all regardless of race, ethnicity, religion, gender or sexual orientation.

The BACC offers many health, wellness, and informational presentations and workshops. We advise that individuals participating in these programs do so with the understanding that the Town of Barnstable or its employees do not assume any legal responsibility for any advice or services rendered by such providers and any advice or services offered by outside providers should not be presumed to be endorsed or sponsored by the BACC.

SEPTEMBER/OCTOBER 2020

**Barnstable Adult Community Center**
825 Falmouth Road,
Hyannis, MA 02601
Phone: 508-862-4750

Please note that due to the current crisis, our staff is available, but the building is closed to the public.

For your convenience, free Wi-Fi is available throughout the facility. To connect, check your Wi-Fi settings and click on **TOBWIFICUEST**.

REGISTRATION INFORMATION

**IMPORTANT! PLEASE NOTE**

These virtual programs are being offered free of charge at this time. All classes are held online. If you don’t have access to a computer, you may listen toll-free on any telephone. You’ll be sent the proper number on registration.

Unless otherwise noted, you must register for all instructor-led programs online at: **www.townofbarnstable.ma.us/coa.**

It is EXTREMELY IMPORTANT to include your email address and telephone number to receive the information and a link you’ll need to join programs.

The Barnstable Adult Community Center building may be closed, but we are always here for you. We encourage you to reach out to us at 508-862-4750. Although working remotely, Monday through Friday, 8am-4:30pm, staff is checking messages, and all calls will be returned. We are in this together.

Our E-news is sent at least once a week, and contains lots of information and resources for the older adult community. If you’d like to have it sent to you, please email: judith.reppucci@town.barnstable.ma.us

Also, you’ll want to “like” and follow us on the Barnstable Adult Community Center Facebook Page, where you’ll find updates, helpful links, and even video entertainment and resources from our instructors and others to keep older
Your kids want to leave home. Your parents want to stay there.

Boston Medical Center HealthNet Plan Senior Care Options (HMO SNP) — a health plan to keep seniors with MassHealth healthy, independent, and in their own homes.

Here is where healthy happens. We care about here.

Call us today for a FREE in-home assessment 774-205-2278

ORTHOTIC SOLUTIONS
Covered by Insurance for People with Diabetes with Rx

Call us today for a FREE in-home assessment 774-205-2278
VIRTUAL ENRICHMENT PROGRAMS
These virtual programs are free. Please follow directions below to register online.

### ARTS & CRAFTS

<table>
<thead>
<tr>
<th>Make Flower Jewelry Beads</th>
</tr>
</thead>
<tbody>
<tr>
<td>Design your own colorful flowers made from polystyrene plastic. Combine them with assorted beads and wire to create amazingly beautiful earrings or pendants. Materials list will be emailed at registration.</td>
</tr>
<tr>
<td>Instructor: Kim Rumberger</td>
</tr>
<tr>
<td>W  9/30  11am-12pm</td>
</tr>
<tr>
<td>Tu  10/6  7-8pm</td>
</tr>
</tbody>
</table>

### BAKING

<table>
<thead>
<tr>
<th>Baking with Brandy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Delicious delights made from scratch. Brandy will be baking a surprise specialty in September and a Halloween pie in October. Tune in and bake.</td>
</tr>
<tr>
<td>Instructor: Brandy O'Toole</td>
</tr>
<tr>
<td>W  9/23  3-4pm</td>
</tr>
<tr>
<td>M  10/28  3-4pm</td>
</tr>
</tbody>
</table>

### EXERCISE

| As is the case with all fitness programs, when participating in our online exercise videos, please be advised to use common sense. To reduce and avoid injury, check with your doctor before beginning any fitness program. By performing any fitness exercises, you are performing them at your own risk. The Barnstable Council on Aging will not be responsible or liable for any injury or harm you sustain as a result of our fitness programs, DVDs, online fitness videos, or any online information shared on our website. Thanks for your understanding. |

### Important! Please Note:
All classes are held online. If you don’t have access to a computer, you may listen toll-free on any telephone. You’ll be sent the proper number on registration.

These virtual programs are being offered free of charge at this time.

Unless otherwise noted, you must register for all instructor-led programs online at: www.townofbarnstable.ma.us/coa. Links to join a program and a telephone number will be sent upon registration. Please make certain to include your email and telephone!
GARDENING AND NATURE

Heaps of knowledge on gardening and the outdoors is on YouTube. To check them out, go to www.youtube.com, then search for the organizations listed below. Once you’re at the appropriate YouTube homepage, you may select from a variety of videos, including the suggestions we’ve included under each:

Garden Answer
- Layered bulb pot for longer lasting spring blooms
- Five super fast crops to plant in fall!

Joe Gardener (search joegardenerTV)
- How to use leaves as garden mulch
- How to turn fall cleanup into compost

Tower Hill Botanical Gardens
- Native plants for New England gardens
- How to plant bulbs in five easy steps

Wild Care Cape Cod (search WildCare)
- Attracting native songbirds – pandemic edition!

HEALTH AND WELLNESS

Nutrition in the Time of Covid
Optimal nutrition plays an important role in maintaining your health, particularly during these uncertain times, and it’s even more important that you make sure you’re getting proper nutrition; eat healthy, stay healthy!
Presented by: Barnstable County Extension nutritionists
Tu 10/6 1-2pm

WELLNESS WEBINARS

Stay healthy during the current challenging times with these free Blue Cross Blue Shield of Massachusetts health webinars offered in partnership with the Barnstable Council on Aging.

Six Strategies for a Healthy Immune System
W 9/23 10:30–11am
Presenters: Lisa Farnham & Tricia Silverman

Calming Anxiety in Times of Uncertainty
M 10/5 10:30–11:00am
Presenters: Jenna Feitelberg and Janet Fontana

Yoga Chair Stretches and Guided Relaxation
Tu 10/20 11–11:30am
Presenters: Luisa Lewis and Janet Fontana

Total Joint Replacement
Shoulders, knees, hips, ankles — all parts that can be replaced! Learn what to expect from replacement surgeries, how to prepare for one and what to expect during recovery.
Presented by: Kindred Healthcare
W 10/21 10-11am
ENRICHMENT
Outdoors | Virtual Programs and Lectures

OUTDOOR ADVENTURES

Outdoor Adventure Club with Dianne Francis
*Masks and social distancing required.*

**Sandy Neck**
Tu 9/22  10:30am-12pm
*Meet at upper parking lot near restrooms*

**Apple Picking at Crow’s Farm**
Th 9/24  10:30am-12:00pm
Meet at 192 Old King’s Highway (Rt.6A), Sandwich

**Harwich Cranberry Bog**
Th 10/8  10:30am-12pm
*Meet at 1601 Factory Road, Harwich*

**Canal Walk**
Th 10/15  10:30am-12pm
*Meet at public lot near Fisherman’s View Restaurant, Sandwich*

**Mashpee River**
Tu 10/20  10:30am-12pm
*Meet in parking lot across from Kettle Ho, Cotuit*

**Weekly Walks for Fitness**
W 9/23-10/28  10:30-11:30am
*Barnstable Adult Community Center parking lot, 825 Falmouth Road, Hyannis*

**Forest Bathing**
The Japanese practice of forest bathing is not exercise, hiking or jogging, but is instead a simple way of connecting with natural world. Open your senses, shed your worries and love what is around you. *Meets at Crocker Neck Conservation Area.*
*Presented by: Lynnette Walker*  
Th 10/22  11am-12pm

PROGRAMS AND LECTURES

**Script to Screen**
Older adult and Cape Cod resident Sandra Bolton wrote, produced, and directed her short comedic film *Now Hiring* without funding. You’ll enjoy her story about two unemployed people whose lives intersect, and how she brought it to the screen.
*Presented by: Sandra Bolton*  
Tu 9/15  11am-12pm

**Burials at Sea**
Thinking of burial at sea? Don’t miss this highly informative virtual presentation. Time will be available at the end for questions.
*Presented by: Capt. Brad White of New England Burials at Sea, Christopher Goulet, Sr.*  
W 9/16  7-8pm

**Nutrition in the Time of Covid**
Optimal nutrition plays an important role in maintaining your health. In these uncertain times, it’s particularly important to make sure you’re getting proper nutrition; eat healthy, stay healthy!
*Presented by: Barnstable County Extension nutritionists*  
Tu 10/6  1-2pm

**Savvy Seniors:** Just for older adults, this program on identity theft will help you detect and avoid a variety of different mail, phone, and online scams.
*Presented by: Donna Bragg*  
Th 10/8  1-2pm

**Sandy Neck Beach Tour**
Join Natural Resource staffer, Donna Bragg as she shares amazing photographs she’s taken over the years of the flora, fauna, beach and wildlife at our beautiful Sandy Neck beach area.
*Presented by: Donna Bragg*  
Th 10/13  1-2pm

Do you have a great idea for an online class?

Online classes are sweeping the nation, and they are very easy to present. From health and fitness, to gardening and do-it-yourself tutorials, there are many people in our community who have an interest in your subject! If you are a history buff, an artist, a musician or an expert on any interesting and appropriate topic, we would love to hear your Zoom class ideas!

Please contact our Program Coordinator, Susan Griffin at (508)862-4761 or susan.griffin@town.barnstable.ma.us
VIRTUAL ENRICHMENT
Virtual Programs and Lectures | Let’s Get Social

PROGRAMS AND LECTURES (CONTINUED.)

Investigating Family Roots-
An Introduction to Genealogy
Interested in family history? Whether you’re just beginning to investigate your family history, or need either tips or a brief refresher, you’ll want to take advantage of this special one-time session. Discussion topics include vital records, using the census, internet research, immigration and organization.
Facilitator: David Martin
M 10/19  1:30-3pm

CarFit
This virtual program illustrates ways motorists can achieve a better fit in their vehicle for optimum safety and comfort while driving. A certified CarFit technician will demonstrate how to properly adjust mirrors, seat belts, wheel tilt, seating position and more.
Presented by: John Paul, AAA
M 10/19  3-4pm

Travel on Safari with Dianne
Dianne enjoyed her trip to Tanzania so much, she wants to keep talking about it. She’ll share photos and memories of her unforgettable experience.
Presented by: Dianne Francis
Tu 10/20  3-4pm

Competitive Electric Supply: Gain consumer tips on getting a fair deal on your electricity bill and spotting misleading prices and deceptive sales tactics from competitive electric suppliers.
Th 10/22  1-2pm

Death Café
A Death Café aims to increase the awareness of death in order to help people make the most of life. There is no agenda, objective or theme; rather than a grief support or counseling session, the group is a confidential and respectful discussion. Let’s have a refreshing drink, a slice of cake and a great conversation!
Presented by: Amanda Murphy of Wellness Paths and Kathy Budreski, RN, CPM
W 10/28  1-2pm

LET’S GET TOGETHER — ONLINE!

Even though it is safer to be at home, it does not mean that we cannot be social – it is good for you to maintain social contacts. And it definitely does not mean that you cannot visit with all of your friends and staff from the BACC! If you have a computer or a phone, you can join in on group chats. Touch base with old friends, share stories, and get the latest information about what is new at the BACC.

Each week, we will send out the Zoom link or toll free phone number to anyone that wants to join us. A BACC staff member will facilitate the social events to keep things moving smoothly and also so that we may catch up with all of you! Call us at 508-862-4750 for more information, or to be added to the list for that week.

Hope to chat with you soon!

Coffee Chat
Start your day off with pleasant conversation and your favorite cup of coffee or tea. If you munch on a piece of toast, no one will judge!
Tuesdays and Thursdays  9:30-10:15am

Lunch Bunch
Let’s meet for lunch and get together virtually for a “chat and chew.” Eating lunch is optional, but if you want to grab a sandwich or cup of soup, that is fine. Friendly conversation is the main course at this lunch event!
Monday and Wednesdays  Noon-12:45pm
**Senior Learning Network**

**Writing a Memory -Toy and Miniature Museum**
The National Museum of Toys and Miniatures in Kansas City educates, inspires, and delights adults and children with the world's largest collection of fine-scale miniatures and one of the nation's largest antique toy collections. Come ready to participate with a memory, picture, or actual toy to share.

*Presented by: National Museum of Toys and Miniature and the Senior Learning Network*

**Tu 9/22 1:45-2:45pm**

**Poetry 101 Longfellow House-Washington's Headquarters National Historic Site**
View the home of the 19th century poet which also served as headquarters for General George Washington during the Siege of Boston. Explore the process of closely reading a piece of literature to understand it more deeply as you listen to one of Longfellow's lesser-known poems and gain the skills to appreciate poetry.

*Presented by: Longfellow House and the Senior Learning Network*

**Th 9/24 1:45-2:45pm**

**The Salamander State**
Did you know that North Carolina has more species of salamander than any other state? Learn about these secretive and beautiful creatures, their fascinating life cycles, their neat adaptations, and some of the common species.

*Presented by: North Carolina Museum of Natural History and the Senior Learning Network*

**Tu 9/29 1:45-2:45pm**

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**Drive-Thru Grab and Go**

**Drive thru Grab and Go**
Summer days may be a fading memory, but fall is a great time to get out of the house for a ride! Swing on by the BACC parking lot to pick up our new Grab and Go. Our staff member will be happy to see you, and will bring the food items right to your car. Don’t drive? Give us a call, and we will deliver to your door! This program is FREE, thanks to the generosity of the Friends of the Barnstable Council on Aging.

**Coffee and Donuts**
Get out of the house and stop by the BACC for a fresh cup of coffee and a delicious donut. What a great way to start the day!

*Presented by: National Museum of Toys and Miniature and the Senior Learning Network*

**Mondays 9-10am,**

**Grab a Bag Lunch to Go**
Lunch is on us! Every week will be a different lunch, but always something fresh and tasty.

*Presented by: North Carolina Museum of Natural History and the Senior Learning Network*

**Tu 9/29 1:45-2:45pm**

**Sweet Treat Thursday**
Everyone loved this, so by popular demand we will continue providing a different sweet treat each week. A different and delicious sweet treat each week!

*Presented by: North Carolina Museum of Natural History and the Senior Learning Network*

**Tu 9/29 1:45-2:45pm**
SMILE PROJECT

When we look back on these challenging times, we hope that what will be foremost in our minds is the many ways that our community supported each other.

The young students of the UKSD Empowerment and Leadership Club touched all of our hearts with their beautiful art work and messages of love, hope and positivity. We have distributed these wonderful works to so many older adults in our community, and these young students from the Barnstable Public School system lifted the spirits of so many. This act of kindness has bridged that generational divide and truly cast a bright light during such a dark time. You have inspired us, and truly made a positive difference in our community!

Thank you!

BARNSTABLE LIBRARY SERVICES

Hours and services may change; please confirm with the libraries.

Centerville Public Library
5 Main St.
Centerville, MA 02632
508-790-6220 www.centervillelibrary.org
Curbside pick-up (call for days and hours).

Cotuit Public Library
871 Main St.,
Cotuit, MA 02635
508-428-8141 www.cotuitlibrary.org
Reference services available.
Curbside and limited inside pick up.

Hyannis Public Library
401 Main Street Hyannis, MA 02601
508-775-2280 www.hyannislibrary.org
Limited opening; call for hours.
Home delivery available for shut-ins.

Marstons Mills Public Library
2160 Main St,
Marstons Mills, MA 02648
508-428-5175 www.mmpl.org
Curbside pick-up; call for hours.

Osterville Village Library
43 Wianno Avenue
Osterville, MA 02655
508-428-5757 www.ostervillevillagelibrary.org
Open to the public seven days a week (call for hours).

Sturgis Library
3090 Main Street P.O. Box 606
Barnstable, MA 02630
508-362-6636 www.sturgislibrary.org
Open Monday-Friday (call for hours).
Curbside pickup available.

Whelden Memorial Library
2401 Meetinghouse Way
West Barnstable, MA 02668
508-362-2262 www.wheldenlibrary.org
Curbside pick-up; call for hours
FOOD DELIVERY

The Cape Cod Medical Reserve Corps (MRC), in service to the Barnstable County Incident Command COVID-19 response, is providing a free service delivering prepaid groceries to older adults and people at higher risk for infection.

The new program is called Critical Delivery Service. Volunteers pick up pre-ordered, prepaid groceries from food stores offering curbside pickup options, and deliver to residents in all 15 towns of Barnstable County.

Call 508-556-7161, Monday through Friday, from 8am to 4:30pm to speak with an MRC Volunteer. You will provide your name, address, and phone number, and be able to discuss options of stores where you can order.

BCOA Grab and Go Grocery Bags

If you are running low on food, or unable to go to the grocery store, we can help! We have a large array of shelf stable foods and other grocery items available. If you are able to drive to our site, we will bring a bag to your car, and place the bag in your car. Bags will be distributed on Fridays from 10 – noon. If you would like a bag, please call 508-862-4757, and leave us a message. If you are unable to drive to us, we will deliver a bag to you! Just leave us a message at 508-862-4757.

NUTRITIONAL RESOURCES

MEALS

Cape Cod Family Table Collaborative
Meals Friday, 4-6pm
Hyannis Youth and Community Center
141 Bassett lane, Hyannis
(also available Tuesdays, 4-6pm at various other sites on Cape Cod; check the organization’s Facebook page under Family Table Collaborative)

Faith Family Kitchen
Meals Mon, Wed, and Friday 5:30-6:30pm
Faith Assembly of God
154 Bearse Way, Hyannis

Meals on Wheels
Elder Services of Cape Cod and the Islands
Free meals to older adults over 60.
508-790-2746

LOCAL SUPPORTS

Cape Cod Hunger Network
For local nutritional supports.
www.capecodhungernetwork.org

Barnstable Council on Aging Food Pantry
Emergency food bags are available
508-862-4765

Barnstable Council on Aging
Brown Bag Monthly Delivery
Free for qualified recipients
For information, call 508-862-4757
UNABLE TO PAY YOUR MORTGAGE OR RENT? FACING EVICTION?

**Housing Assistance Corporation of Cape Cod (HACC)** is ready to help. Their standard rental assistance application is 100% online and serves the entire Cape. All of its rental and mortgage assistance programs are accessed with just one secure, online application. This includes state, federal and privately funded programs such as RAFT (Residential Assistance for Families in Transition) ERMA (Emergency Rental and Mortgage Assistance), private homeless prevention programs and funding and the new Workforce Housing Relief Fund.

HACC is committed to keeping our community safely housed. Part of this means rapid access to rental and mortgage assistance. The staff is trained to work remotely with clients to determine the programs that best fit their particular situation, and can help clients navigate systems already in place. If you or someone you know needs help with their rent or mortgage, please contact Housing Assistance today.

Telephone: 508-771-5400
Email: hac@haconcapecod.org
To apply online, go to: haconcapecod.org/programs/homeless-prevention

**South Coastal Counties Legal Services, Inc. (SCCLS)** is a non-profit charitable corporation that provides a broad range of legal services to residents age 60 and over including assistance in housing, health care, medical and consumer issues.

Attorneys and paralegals represent poor and older adult clients and victims of crime with high priority legal problems.

Hyannis telephone: 508-775-7020/800-742-4107
Address: 460 Main Street, Hyannis

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MA ATTORNEY GENERAL’S ELDER HOTLINE: HERE TO HELP YOU!

MA Attorney General’s Office has a statewide, toll-free hotline to help older adults with a range of issues. Call the Elder Hotline at 888-AG-ELDER or 888-243-5337. TTY is 617-727-4765.

The Elder Hotline is open Monday through Friday from 10am-4pm. The hotline is staffed by senior volunteers.

**How the Elder Hotline can help you:**
Senior volunteers with the Elder Hotline can help you find answers to your questions, resolve disputes with businesses, and assist with other issues including:

- Abuse and exploitation of elders
- Debt and debt collection practices
- Health insurance
- Home improvement
- Landlord, tenant, and housing issues
- Long-term care
- Identity theft and scams
- Retail disputes
- Telemarketing

---

MA Attorney General’s Elder Hotline is a part of the state’s efforts to combat elder abuse. The Elder Hotline assists seniors with a range of issues, including fraud, financial exploitation, and elder abuse. The hotline is staffed by senior volunteers who can help you find answers to your questions, resolve disputes with businesses, and assist with other issues including:

- Abuse and exploitation of elders
- Debt and debt collection practices
- Health insurance
- Home improvement
- Landlord, tenant, and housing issues
- Long-term care
- Identity theft and scams
- Retail disputes
- Telemarketing

**How the Elder Hotline can help you:**
Senior volunteers with the Elder Hotline can help you find answers to your questions, resolve disputes with businesses, and assist with other issues including:

- Abuse and exploitation of elders
- Debt and debt collection practices
- Health insurance
- Home improvement
- Landlord, tenant, and housing issues
- Long-term care
- Identity theft and scams
- Retail disputes
- Telemarketing

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**Website:** www.townofbarnstable.us/coa | **Phone:** 508-862-4750
ONLINE SUPPORT GROUPS

These groups are meeting online.

To register or obtain more information please contact the numbers below:

Nathan’s Circle
For adults who have experienced the loss of loved one to addiction. Sponsored by the Cape Cod Neighborhood Support Coalition
Contact Kerry Bickford at 508-771-4336
Online the first and third Wednesday.

Seasons of the Heart/Coping with Grief and Loss
Discussion on the nature of grief and bereavement. Presented by the VNA of Cape Cod
Contact Rebecca Chesbro at 774-487-0786
Online First and third Wednesday of the month, 2-3:30 pm

Cancer Caregivers Support Group/Cape Cod Healthcare
Contact Judi Pregot at 508-862-5302
Connect with other caregivers for those newly diagnosed with cancer.
Online Third Thursday of the month, 2-3:30pm

Oral Head and Neck Cancer Support Group/Cape Cod Healthcare
Contact Judi Pregot at 508-862-5302
Online First Monday of the month, 2-3:30pm

Transgender Social Support Group
Open to trans, non-binary, questioning and other gender diverse-identified people ages 18 plus.
Contact Ann at aburke@fenwayhealth.org
Via Zoom on the first and third Wednesday of the month, 5:30-7pm

TRANSPORTATION UPDATE

Due to concerns about public safety and COVID-19, our transportation program is not operating at this time. The CCRTA is operational and running all of their routes. If you are need of assistance in paying for or finding a ride to an appointment or necessary errands, we can help. Please call Jen at 508-862-4752 for more information. If possible, please call at least 72 hours in advance of your scheduled appointment.

Dial a Ride Transportation (DART) with the CCRTA: The CCRTA provides a demand response ride service that is wheelchair accessible, door-to-door, and ride-by-appointment. DART service is available to all Cape Cod residents, and operates Monday through Saturday, with limited service on Sunday. No service on holidays. For more information, or to schedule a ride, call the CCRTA toll free 800-352-7155, Monday through Friday from 8am-5pm.

Boston Hospital Transportation: The CCRTA provides round trip transportation to Boston hospitals from Cape Cod on a wheelchair accessible van.

Reservations: Reservations must be made in advance no later than 11am the day before. Medical appointments should be scheduled between 10am-2pm, Monday through Friday. Morning pick up at 8am at the Route 6, Exit 6 commuter parking lot, and the van leaves Boston by 3pm. The fare is $30.00 round trip and $15.00 one-way. Cash or checks (payable to the CCRTA) are accepted. For reservations call 800-352-7155, Monday through Friday, from 8am-5pm. How to more information, see www.capecodrta.org
**HEALTH & WELLNESS BINGO CARD 1**

Every time you complete something on the BINGO card below, mark that square.
If you achieve a BINGO, send your name to judith.reppucci@town.barnstable.ma.us or call us at 508-862-4750
Five winners from each card will receive a free goody bag!

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skip the evening news.</td>
<td>Eat a handful of nuts — they’re loaded with magnesium, vitamin E and other nutrients.</td>
<td>Drink an extra glass of water.</td>
<td>Reach for a piece of fruit instead of a sugary snack.</td>
</tr>
<tr>
<td>7</td>
<td>Start a journal.</td>
<td>Go to bed 30 minutes earlier than usual.</td>
<td>Spend a day on vacation from social media.</td>
</tr>
<tr>
<td>14</td>
<td>Watch a sunrise or sunset.</td>
<td>Send an encouraging email or text to three people.</td>
<td>Meditate, pray or reflect.</td>
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<tr>
<td></td>
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<td></td>
<td>Eat an egg—it’s good for you!</td>
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<td><strong>21</strong></td>
<td><strong>22</strong></td>
<td><strong>23</strong></td>
<td><strong>24</strong></td>
</tr>
<tr>
<td>Think of something you've dreaded doing and complete it.</td>
<td>Listen to a recording on a subject that interests you.</td>
<td>Say a mantra that brings you comfort, such as “All will be well.”</td>
<td>Eat an orange very slowly, segment by segment. Savor the taste, touch, sight and smell as you take each bite.</td>
</tr>
<tr>
<td><strong>28</strong></td>
<td><strong>29</strong></td>
<td><strong>30</strong></td>
<td></td>
</tr>
<tr>
<td>Try a guided meditation on YouTube.</td>
<td>Pull out a cookbook or go online for a recipe you've never made and try it out.</td>
<td>Write down ten things you like about yourself.</td>
<td>Play your favorite song. Dance to it!</td>
</tr>
</tbody>
</table>
HEALTHY HABITS BINGO CARD 2

Every time you complete something on the BINGO card below, mark that square.
If you achieve a BINGO, send your name to judith.reppucci@town.barnstable.ma.us or call us at 508-862-4750.
Five winners from each card will receive a free goody bag!

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make a super salad, loaded with nuts, fruits, vegetables and protein.</td>
<td>Enjoy a portion of fatty fish for high-quality protein and healthy fat</td>
<td>Try a healthy food that's new to you.</td>
<td>Take a walk after dinner</td>
<td>Clean a closet and donate a bag of clothes</td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>Try a new recipe.</td>
<td>Eat five different fruits/vegetables today.</td>
<td>Stretch during the commercial break of your favorite show.</td>
<td>March in place for 15 seconds. Repeat 5 times.</td>
<td>Drink three 8-ounce glasses of water.</td>
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</tr>
<tr>
<td>12</td>
<td>Walk with a friend.</td>
<td>13</td>
<td>Call or video chat with a friend to complete a workout.</td>
<td>14</td>
</tr>
<tr>
<td>15</td>
<td>Watch the sunset while getting fresh air.</td>
<td>16</td>
<td>Go for a walk and eat ice cream afterwards.</td>
<td></td>
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<tr>
<td>19</td>
<td>Sit in a chair and complete 10 bicep curls while marching your feet.</td>
<td>20</td>
<td>Take a break on your walk to enjoy the moment.</td>
<td>21</td>
</tr>
<tr>
<td>22</td>
<td>Call a friend or family member to share your activity goals.</td>
<td>23</td>
<td>Eat only health snacks for a day.</td>
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<tr>
<td>26</td>
<td>Turn on your favorite music and dance for 10 minutes.</td>
<td>27</td>
<td>Limit your tv/screen time to one hour.</td>
<td>28</td>
</tr>
<tr>
<td>29</td>
<td>Swing on a swing — or rock on a rocking chair!</td>
<td>30</td>
<td>Have an online chat with someone you love.</td>
<td></td>
</tr>
</tbody>
</table>
OUTREACH
Outreach Appointments | Fuel Assistance

OUTREACH APPOINTMENTS

It’s uncertain when the BACC will be open again, but the Outreach department will still be assisting older adults with Fuel Assistance renewal and 41C Real Estate tax forms. Please note, however, that we will be using a drive-by system on an appointment-only basis.

In this newsletter you will find the income guidelines and a list of the paperwork you will need for both Fuel Assistance and Real Estate Assistance programs. Once you receive your application and get your paperwork ready, please call the Outreach Department at the new number of 508-862-4757, for an appointment.

At the appointment, we’ll meet you outside the building. You’ll hand over the paperwork, then leave and await our call. Please make sure you sign the application before you hand it over.

Your information will be reviewed, necessary copies will be made, and the complete package including originals will be returned to you. If there is missing information we will contact you to obtain the necessary information.

Again please note the new Outreach number: 508-862-4757 for Jacqi Easter. You may also contact the BACC’s main number at 508-862-4750.

FUEL ASSISTANCE CHECKLIST

Paperwork required for filing or renewing Fuel Assistance 2020-2021

Proof of Income for every one in the house.

- Social Security benefit letters
- Any pension statements
- Interest and/or dividends statements
- Annuity income
- Wages
- Any other income

Housing costs
If you rent:

- A copy of your lease showing the amount of rent

If you own

- A copy of Real Estate taxes
- A copy of home owners or rental insurance for the entire year

Utility costs

- Heating bill, (gas, electric, oil receipt, propane, wood)
- Electric bill

Other items needed

- Bring Identification
- Bring all the social security cards for everyone living in the home.
- Birth Certificates for everyone
- The birthdates for every one in the home.
OUTREACH
Paperwork Checklist

PAPERWORK REQUIRED FOR FILING REAL ESTATE SENIOR 41-C FORMS 2020-2021

__ Birth Certificate (only if first timers)
__ Proof of Income for all of 2019- including
  __ Social Security Benefit Statement for 2019
    - how much received for 2019 (called a 1099 form)
  __ Federal Income Taxes 1040 for 2019
    - if you filed
  __ Pension statements, yearend 2019 (1099 form)
  __ All interest and/or dividend statements (1099-int and /or 1099-div)
    - this includes checking and saving accounts interest for the year.
  __ Any wages, salaries or Income earned in 2019

__ Proof of all Assets as of July 1, 2020 including
  __ Bank books
    - pass book saving, update to include July 1, 2020
  __ Bank statements, checking and savings from all accounts
    - must include the date of July 1, 2020 may be a June/July statement for 2020
  __ All Stocks and Bonds statements
    - must include the July 1, 2020 date, may be a June/July statement or July 1 thru 31, 2020 statement.
  __ CD’s and/or Certificates etc.
    - must include July 1, 2020 date
  __ Any Real Estate owned other than your primary residence.

Income and assets guidelines for 2020-2021 limits:

<table>
<thead>
<tr>
<th></th>
<th>Income</th>
<th>Assets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
<td>$35,658</td>
<td>$61,580</td>
</tr>
<tr>
<td>Married</td>
<td>$51,926</td>
<td>$84,654</td>
</tr>
</tbody>
</table>

We're here to help!
For more information on any of our support and advocacy programs, please call the Barnstable Council on Aging Outreach Department at 508-862-4757.
For SHINE appointments, please call 508-862-4762.
TIME TO ORGANIZE

Now is a good time to organize your essential papers and other information.

This list provides suggestions on the types of papers that should be kept together and updated at least every six months. Not everything on the list will relate to you, but do make sure that those that do are together, then mark them clearly and place them somewhere that's easily accessible to those who might need them. Try to keep the papers up to date. Also, if you change insurance or close a bank account, be sure to note the changes.

**Important Papers File (to be updated annually)**

**Medical Information** (if for two designates, indicate the proper person):
- Doctors (include dentist, eye, hearing, specialists, etc.)
- Name, type of doctor, phone number address
- Medications being taken, pharmacy used
- Copy of Medicare card A+B and Part D
- Copy of health insurance cards and policies
- Healthcare proxy
- Life insurance policies
- Funeral and Burial Contracts

**Financial Information**
- Property deeds, mortgage information, lease/rental information
- Titles for vehicles or loan information
- Social Security Benefit letter (current)
- Pension information
- Bank Account types and numbers
- Investment accounts types and numbers
- Stocks and Bonds types and account numbers
- Income tax returns (3 years) with 1099 forms
- Credit card accounts and numbers
- Safe deposit box information and key location
- Professionals, lawyers, accountants
- Insurance Policies, house, car, health, long term care
- Agencies, agents, account numbers, phone numbers for each

**Personal Information**
- Certificates, birth, marriage, divorce, death
- Will, living will, Power of attorney
- Next of kin and other family
  - Name, address, phone, how they are related
- Passports
- Citizenship papers
- Any Military records
  - Discharge papers
  - Financial concerns
  - Burial concerns
- Names, addresses, phone numbers of all children
  - Birth certificates

We're here to help!
For more information on any of our support and advocacy programs, please call the Barnstable Council on Aging Outreach Department at 508-862-4757.

For SHINE appointments, please call 508-862-4762.
MEDICARE OPEN ENROLLMENT | SHINE
Don’t delay — Medicare’s Open Enrollment begins October 15!

MEDICARE ENROLLMENT: OCTOBER 15-DECEMBER 7, 2020

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 15 and ends December 7. 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. You can still call the Barnstable Council on Aging and make an appointment with a SHINE counselor for this year’s open enrollment, but the appointment will be by telephone or online. 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 two appointments.

For questions or to make an appointment, please call [508-862-4762](tel:508-862-4762). Please leave one message. All calls will be returned within 48 hours. A message left on a Friday will not be returned until Monday. Please be patient, during Open Enrollment, we experience a very heavy call volume. We will return all calls as soon as possible.

If we are unable to accommodate you during this short period, please call the regional SHINE office in Barnstable Village at [508-375-6762](tel:508-375-6762). SHINE is here to help.
Barnstable Council on Aging/Caregiver Support Program invites caregivers and members of our community to join Barnstable Connects. Barnstable Connects is a dementia-friendly program that provides engaging activities for member of our community with memory impairments. The program focuses on keeping our bodies in motion, cognitive exercises and of course a little fun. The activities are led by trained dementia-friendly leaders.

**Caregiver Conversations:** Barnstable Council on Aging would like to welcome caregivers to an idea exchange conversation. The conversations will be held twice a month and are hosted by the Barnstable Council on Aging. Conversations will include positive approaches to caregiving, peer supports and guest speakers to educate us on resources in our community.

**BSCOA Engagement/Activity Packets:** Barnstable Council on Aging/Caregiver Support Program is introducing Monthly Engagement/Activity Packets for persons with memory impairment and their caregivers. The packets include reminiscing ideas, music sheets, art projects, cognitive games, engaging tasks and caregiver resources.

For more information about all of these programs, please contact Stacey Cullen- Program Coordinator 508 862 4765 or stacey.cullen@town.barnstable.ma.us

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**The Savvy Caregiver Program**

The Savvy Caregiver Program is a FREE six-session training for family and friends who are active caregivers; caring for those living with Alzheimer’s disease or related dementias.

**Thursdays, October 1-November 5**

10:00am – 12:00pm

Online via Zoom

Meet and Greet talk on September 24 to go over Zoom instructions

For more Info or to register

*Zoom link to meeting will be sent at registration*

To register, call: 508-862-4765 or stacey.cullen@town.barnstable.ma.us

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*Funding for this program was provided by a grant from the Administration for Community Living in collaboration with the Massachusetts Executive Office of Elder Affairs and Elder Services of the Merrimack Valley. Program presented by BCOA staff.*
FAREWELL TO CLAUDIA

Long-time Council on Aging Division Outreach Coordinator, Claudia Borden is retiring after two decades of dedicated service with the Town of Barnstable. We are extraordinarily grateful to Claudia for the guidance and support she provided to so many of our older residents over the years. Claudia spearheaded our Brown Bag nutrition program and Mailbox Sticker program, among many other initiatives, and was a tireless advocate for older adults. She leaves behind a valuable legacy that we will continue to build upon in our ongoing commitment to providing a strong safety net for our most vulnerable older residents. We wish Claudia all the best in her next chapter!

As most of you know, I retired from the Senior Center mid-July and I wanted to take this moment to thank all of you for letting me into your lives. Nothing I have done these past 20 years could have been done without the support and help from all the wonderful co-workers and volunteers.

I shall miss you all but am leaving you in great hands, be well, be safe,

Claudia

AARP TASK FORCE/ENDING LONELINESS AND BUILDING COMMUNITY

Monday, September 28, 2020

Even before Coronavirus, loneliness and social isolation were labeled a critical public health issue. Stay-at-home orders have magnified this issue and raised public awareness of its negative impact. To build connections and community, many local organizations are collaborating to help you stay healthy and connected during this pandemic and beyond.

The AARP Massachusetts Task Force to End Loneliness & Build Community is launching the #ReachOutMA campaign on Good Neighbor Day — September 28th. The Taskforce will share information on how social isolation and loneliness affects your health, with tips for how to connect with older adults and community members of all ages.

There will also be an online summit on October 1, to share insights from community research done with support from the UMass Gerontology Institute.

Learn more at: www.aarp.org/ma. or visit the AARP Foundation website at: www.connect2affect.org.
WHY PRE-PLAN YOUR MEMORIAL? Like many things, costs will continue to increase, so locking in now is a wise decision. Yes, perhaps it’s a long way away, but all the more reason to get your plan together now. When you’re ready to get started, we’re here to help.

7/4 USS Constitution Turn Around Cruise $150
7/9 King Tut Exhibit Boston
7/14 Newport Playhouse “On Golden Pond” $119
7/19 “Ain’t Too Proud” Providence, 2 PM $73
7/19 Cape Cod Canal Live Music Cruise $110
7/23 King Tut Exhibit Boston
7/28-29 Tanglewood on Parade $189
8/3-5 Hudson River Valley Getaway $679
8/6 "Summer: The Donna Summer Musical" $168
8/12 MFA Monet Lasting Impressions $79
8/15 Tanglewood John Williams & Pops $110
8/21 Block Island Lobster Bake & tour $315
8/31-9/2 Lake Winnipesaukee Summer Getaway $679
9/9-10 Bar Harbor & Acadia National Park $685
9/10 Sunset Swallow Cruise & Griswold Museum $325
9/11 Boston Duck Tour with lunch $120
9/13 Cape Cod Canal Live Music Cruise $110
9/18 Cape Cod Canal Live Music Cruise $110
9/19 Cape Cod Canal Live Music Cruise $110
9/19 Cape Cod Canal Live Music Cruise $110
9/23 King Tut Exhibit Boston
9/28-29 Tanglewood on Parade $189
9/30-10/2 Lake Winnipesaukee Summer Getaway $679
10/6 Fall in MA, apple picking, dinner $105
10/8 Castle in the Clouds & lunch cruise $135
10/10 Green Mt Flyer VT foliage train $370
10/11 Oktoberfest lunch & entertainment $139
10/13-16 Pocono Mountain Fall Foliage $949
10/14-16 Fall in MA, apple picking, dinner $105
10/17 Clark Art Museum, Red Lion Inn $135
**please see our website for full trip listings!**

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160 West Main Street
Hyannis, MA
508-775-0684

729 Route 134
South Dennis, MA
508-385-7116

260 Main Street
West Harwich, MA
508-432-0593

Gary M. Livingston REALTOR®
CELL: 774-368-3847
OFFICE: 508-420-1130 Ext. 1581
EMAIL: glivingston@kinlingrover.com
WEB: garylivingston.kinlingrover.com

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Osterville, MA 02655

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508-457-7461

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Barnstable COA, Hyannis, MA 03-1143
**HURRICANE AWARENESS**

Extra steps to prepare for emergencies during COVID-19

1. **Include face coverings, disinfectants & hand sanitizer in emergency kits**
2. **Sheltering at a hotel or relative’s house may be safer than a large shelter, especially if you are in a high risk population**

Visit mass.gov/mema for more hurricane preparedness resources including emergency plans, emergency kits, staying informed and safety tips for specific threats & hazards

Source: Massachusetts Emergency Management Agency (MEMA)

Code Red is the Barnstable Police emergency notification and alerting system available to Town of Barnstable residents and visitors. Once registered, you’ll be notified of public safety concerns pertinent to your geographic area. If you are not receiving messages now, you can register at www.barnstablepolice.com/emergency-notification-system
Managing Dementia Care in the Time of COVID-19

with TEEPA SNOW

FREE ZOOM VIDEOCONFERENCE
Saturday, August 29, 2020
8:30AM – 4:30PM

To register for this FREE event,
Call 508-896-5170
or email info@capecodalz.org

FREE CONTINUING EDUCATION CREDITS

Alzheimer’s Family Support Center
Until there’s a cure, there’s community.

SERVING ALL OF EASTERN MASSACHUSETTS, CAPE COD & THE ISLANDS.
BARNSTABLE NEIGHBOR TO NEIGHBOR

Using a network of volunteers, BN2N is a 501(c)(3) nonprofit organization that will provide services such as: transportation; light household and yard tasks; shopping for food and supplies; assistance with devices such as smart phones, TVs, tablets, etc., and socialization.

All residents of Barnstable, age 60+ are eligible for services with a membership fee. We will also offer reduced-fee memberships for eligible residents unable to afford the full membership fee.

Due to the Covid-19 virus, the launch of BN2N has been delayed. The steering committee organizing BN2N has continued to meet virtually since March, making plans for our launch. We plan to begin services as soon as it is safe to do so.

For questions, please call: 508-418-9220 or email: bn2n2020@gmail.com
Website: barnstableneighbor.org

VOTE BY MAIL INFORMATION

Voting by mail is available to all voters for all elections in 2020. You do not need an excuse to vote by mail this year. You may request that a ballot be mailed to you, or you may download a ballot request form on the MA. Sec. of State website: www.sec.state.ma.us

To ensure timely delivery of your ballot, it is recommended that you submit your application for a November ballot no later than October 20. Applications received after October 28 cannot be accepted.

Any written request is acceptable, as long as it is signed. You can write a letter to your local election office that says you want a ballot. Make sure to include your name, address, and where to mail your ballot. You can also request an application by calling 1-800-462-VOTE(8683) or emailing: elections@sec.state.ma.us

Once you have completed your ballot, you may mail your ballot, or in hand delivery of mail in ballots may be placed in the Town Clerk's SECURE drop box located on the steps of Barnstable Town Hall (facing the Village Green), 367 Main Street, Hyannis. After it has been sent, you may track your ballot at www.TrackMyBallot.com

For questions, or more info, contact the Massachusetts Secretary of State's Office at 1-800-462-VOTE (8683). In Barnstable, call the Town Clerk's office at 508-862-4044.
Catherine Jones
SENIOR REAL ESTATE SPECIALIST
774-836-8201
CATHERINE@PROPERTYCAPECOD.COM

Are you 65 or older and on MassHealth Standard?

Get more covered health benefits and extra care for $0
with Tufts Health Plan Senior Care Options (HMO-SNP).

1-866-664-2140 (TTY: 711)*
www.tphpmp.org/sco

Tufts Health Plan

*7 days a week, 8 a.m.-8 p.m. (Apr. 1-Sept. 30; Mon.-Fri., 8 a.m.-8 p.m.) Tufts Health Plan Senior Care Options is an HMO-SNP with a Medicare Contract. Enrollment in Tufts Health Plan Senior Care Options depends on contract renewal. The HMO-SNP is available to anyone who has both MassHealth Standard (Medicaid) and Medicare Parts A and B. The SCO is available to anyone who has MassHealth Standard only. Tufts Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCION: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-870-5934 (TTY: 711). ATENÇÃO: Se fala português, encontram-se disporões serviços linguísticos, gratuitos, ligue para 1-855-870-5934 (TTY: 711).
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