March/April 2021

Barnstable older adults were “feeling the love” thanks to the efforts of local children. Hundreds of handmade Valentine’s Day cards brought smiles and joy!
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 LOUD improves speech and vocal loudness:
- ALL patients report improved communication
- 90% of patients improve vocal loudness

LSVT BIG improves motor function:
- Faster walking with bigger steps
- Improved balance
- Improved trunk rotation

Dr. Sean Horrigan
Neurologist Consultant

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
Pavillonsg.com

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Compassionate Support for Elders and their Families
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508-771-1075
www.cmpcapecod.com

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Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpiseniors.com Barnstable COA, Hyannis, MA 03-1143
Greetings,

As I write this message, it is late February. The day is a balmy 45 degrees, and the sun is shining brightly in a brilliant blue sky. Most of the snow from the February storms has melted, and I was happily reminded that the promise of spring harkens just around the bend. On a glorious day like this, the world is a place of positivity and possibilities. Warm days on our beautiful beaches, mop headed hydrangeas of all hues in Cape Cod gardens, friends, family and cookouts on the Fourth of July. A return to some semblance of that life we were forced to abandon last winter. And a gradual return to all that we hold dearer than ever before. Dare we hope that the new vaccines would help our lives return to normal?

The promise of the vaccine reinforces this hope for a return to a more normal way of life. As we all know, there have been difficulties as the Commonwealth rolls out the vaccine to the public. It is easy to understand people’s frustration over the process and the fear that some older people feel. They worry that perhaps they will be overlooked and miss their opportunity to receive the vaccine as soon as they are eligible. The truth is that never before has our nation faced such an overwhelming health crisis, which has reached into every corner of our nation. The playbook is being written in real time, and there are sure to be missteps, readjustments, and mistakes to be corrected. This is an imperfect process, and there are problems that can only be fixed with time. The greatest challenge has been vaccine supply. Clinics cannot be scheduled without a certainty that vaccine will be available to distribute. As more vaccine is produced, and at a greater pace and volume, accessibility to the states will increase. More vaccines mean more clinics, and people will be vaccinated at a greater rate. It may seem an impossibly big request, but what is required is patience. Patience may be tough to muster, especially given our fatigue with COVID and the terrible price that everyone has paid over the past year.

Here on the Cape, patience has also been thin, as older adults felt overwhelmed by the process. But there is good news on the horizon. There are regional plans to expand accessibility to vaccine clinics here which will make it easier for older adults to receive the vaccine. As more vaccines are made available, there will be local clinics available for folks who do not have the ability to drive long distances to a clinic. This good news still must be tempered by a call for patience, as this is dependent on vaccine supplies. But there is a promise from our state and local officials that everyone who wants one will receive a vaccine. No one will be forgotten or denied, and the staff of the Barnstable Council on Aging will do all that we can to keep you informed of what is going on with vaccine availability in our region.

I want to share another example of the kindness that exists in our community. Hundreds of older adults in our Barnstable community were “feeling the love” on Valentine’s Day thanks to the efforts of local children. Hundreds of beautifully decorated handmade Valentine’s Day cards were delivered to the Barnstable Adult Community Center by Mickie Davies, Coordinator of the Barnstable Recreation Division Remote Learning Program. Many more were delivered to the BACC as word of this special program spread throughout our community and beyond.

Not only were these cards beautifully and creatively decorated, but they also contained lovely messages of love, hope and encouragement. The cards were a wonderful and appreciated surprise to the hundreds of older adults who received these special works of love and care. The cards were given to Brown Bag recipients, Grab and Go participants, and all older adults who receive Meals on Wheels. We hope that these generous, kind and thoughtful card makers know that this wonderful project brought a huge smile and deep sense of gratitude to each older adult who received their very, very special Valentine’s Day card.

Please call us at (508)862-4750 with any questions or concerns, and we will try to get you the information or assistance you need. We will all get through this together!

Wishing you well, and reminding you that we still need to be safe. Please wear a mask, wash your hands, and keep a safe physical distance. Remember, spring is right around the corner!

Donna

Donna-Marie Burns, Director
JOIN A CIRCLE OF FRIENDS

Are you feeling a bit lonely? Join a circle of friends.
It’s the most common concern we hear from the community — that many of us miss the opportunity to socialize with others!

While it’s still important to be safe and maintain that six-foot physical distance, there are other ways that we can keep up those important social connections.

Stay connected! Let us know, and you can be part of a telephone circle of friends. Please call Jacqi Easter at 508-862-4757 for more information, or to sign up. There is no need to be bored or lonely – call today!

FBCOA

Hello Friends,

I have been on the FBCOA board for several years, and now I am excited about taking on the responsibilities as President. Of course, I hope to help and assist in any way.

I have been a volunteer behind the desk at the Barnstable Police Station for the past ten years, and am a long-time member of the Barnstable Newcomers Club. I’m interested in the arts, theater and music and am an active member of my new apartment building. I have completed the Inside Barnstable town government course and learned about the different departments. I am a participant in the St. Peter’s Handbell Choir in Osterville, which I enjoy...so delightful to hear the music from the bells. I lived in Buckinghamshire, near Windsor Castle, London in the past and had an active life there, and I even lived in Mallorca, Spain for several years.

Here I am, enjoying Cape Cod, having met a lot of very nice people. Once we are able to, I look forward to our future scheduled events. In the meantime, keep safe everybody.

Kathy Strudwick.
President FBCOA

Join the Friends for just $10 annually. Register here:

Name: ____________________________________________
Address: _________________________________________
Phone: ____________________________________________

Please make checks payable to: FBCOA, and mail to: 825 Falmouth Road, Hyannis, MA 02601.

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
March/April 2021

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 via the parking lot. To connect, check your Wi-Fi settings and click on TOBWIFICEST.

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.

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 members are 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 and their families. If you’d like to have it sent to you, please email: judith.reppucci@town.barnstable.ma.us

You may also 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 adults engaged and informed.
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VIRTUAL ENRICHMENT PROGRAMS
Please note that you must register for these online programs. Please follow directions below.

**ART**

Painting 101
Master the techniques for mixing and playing with color as you learn about the elements and principles of art making, and develop your creativity and individual style. Working from life and with abstract concepts, discover interesting ways to create a painting. Classes include discussions of the creative process, art history, critiques, and demonstrations.
*Material list available once registered for the class.*
Instructor: Melissa Morris
**W 3/10-4/14 1-3pm**  
**$48**

**COOKING**

Cooking with the County
It’s easy to prepare foods that are healthy, easy, affordable -- and delicious! Pick up some culinary tips to keep yourself tastefully healthy and fit.
Presenter: Kim Concra Cape Cod Cooperative Extension
**Th 4/22 1-2pm**  
**Free**

**EVENTS**

Vietnam Veterans Day of Recognition
*(Please note: this is a drive-through event.)*
Vietnam Veterans from the Cape and Islands are invited to join us. Family members, veterans of all eras and civilians are welcome. To maintain everyone’s safety, this is a socially distanced event and all participants will stay in their cars at all times.
More details to follow.
Presenter: Cape Cod Vet Centers
**M 3/29 11am-12:30pm**  
**Free**
VIRTUAL ENRICHMENT
Exercise

EXERCISE

As is the case with all fitness programs, when participating in our online exercise videos, please be advised to use commonsense. 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 or Barnstable Channel 18. Thanks for your understanding!

Cardio Dance
Our objective: fun dance moves with songs that get your heart rate pumping! Familiar steps will put you at ease and some trickier patterns will keep you thinking as you find your mind and body coordination and work to the beat.
Instructor: Liz Saunders, Wiser Health & Fitness
Th 3/11-4/29 9:45-10:30am $36

Chair Yoga
This gentle form of yoga is practiced sitting on a chair or using a chair for support. This class is especially suitable for people with balance or coordination issues, and those with disabilities, but all are welcome.
Instructor: Bonnie Silva
Tu 3/2-4/27 1-2pm $36

Challenge Accepted
This lively interval training class for active adults focuses on building muscle and core strength, agility, balance and range of motion. You may modify as needed. Abs and mat work concludes the class. All levels welcome.
Instructor: Liz Saunders, Wiser Health & Fitness
W 3/3-4/28 9:30-10:25am $36

Drums Alive
Whatever your fitness level, drumming stimulates the heart, mind and body. Get moving to the music as you dance and have fun! No Class: 4/20
Instructor: Maria Zombas
Tu 3/2-4/27 11:30-12:30pm $36

Gentle Movement and Stretching
Continue to move your connective tissues, muscle groups and joints as you age, and you'll maintain your flexibility! This class gently works from your neck to your toes, allowing for a released and flexible body. Sessions include floor work, support stretches and standing movement.
You will need a mat, towel, elastic strap and solid chair. A full-length mirror is helpful.
Instructor: Holly Silva
M 3/1-4/26 10-11am $36

Meditation with Kay
Whether you've never meditated before or are a longtime meditator, or anywhere in between, a systematic practice grounded in tradition can help you achieve your full potential. The benefits of meditation are physical too. Unite the mind and breath and turn them inward.
Instructor: Kay Outwin
Tu 3/2-4/27 2-3pm $20

Meditation with Pete Cormier
Take 40 minutes to yourself. Meditate, relax and rejuvenate.
Instructor: Pete Cormier
W 3/3-4/28 9-9:40am Free

Sit Down and Shape Up
This class is done in a chair...but there won't be much sitting back and relaxing going on. This program keeps your core and mind engaged with functional movement which includes a full range of motion performed at your own pace. Who knew sitting down would be so energizing?
You will need a comfortable sturdy seat (preferably without arms) and water. Weights are optional.
Instructor: Liz Saunders, Wiser Health & Fitness
F 3/5-4/30 11-11:30am $36

Valentine’s Day Grab & Go Bags
Yoga with Bonnie
Enjoy this time for yourself with breathing, stretching and movement to keep your body healthy and active.
Instructor: Bonnie Silva
W 3/3-4/28 1-2pm $36

Zumba Gold with Christina
Zumba Gold is a Latin-inspired dance workout. Classes move between high- and low-intensity dance moves designed to get your heart rate up and boost your cardio endurance, strengthens your core, and improves flexibility. With an emphasis on moving to the music and having a good time, no rhythm is required! No Class: 4/21
Instructor: Christina Arabadzhieva
W 3/3-4/28 9:30-10:15am $36

HEALTH & WELLNESS

Healing Sounds
It's time to let the light shine with this gift of sound which is said to open pathways of ancient knowledge. This beautiful form of meditation and relaxation is just what we need during these times!
Presenter: Kathleen Warren
W 3/10 & 4/14 2-3pm $5

Lighten up
Do you think losing weight and getting healthy is hard? It's doesn't have to be. Gain the understanding and support you need to get the results you want with a coach who will help you create a mentally, emotionally and physically healthy life from the inside out.
Presenter: Maria Zombas, Certified Weight Loss Coach
Th 3/11-4/4/1 10-11am $20

Health Talk: Spring Awakening and Preparing the Garden
Working outside is a great way to get physically active and beautify your yard, but it’s important to protect yourself and take proper precautions. Make sure you’re safe as you step into the garden this spring, and learn helpful safety tips to keep you gardening all year round.
Presenter: Kindred Healthcare
W 3/17 10-11am Free

Planning for Medicare
This presentation is geared towards individuals approaching eligibility for Medicare. Gain an understanding of health insurance information outside of employer sponsored coverage, with explanations of Medicare, the Medicare enrollment timeline, Medigap and Medicare Advantage plans. Programs available to early retirees, and COBRA will also be covered.
Presenter: Blue Cross Blue Shield
Th 3/25 2-3pm Free
M 4/26 3-4pm Free

Health Plan Options for Seniors
This presentation is similar to the Planning for Medicare presentation listed above, but is geared more towards existing Medicare enrollees, with less emphasis on understanding the basics of Medicare and more of a focus on the differences between Medigap and Medicare Advantage plans. It explains when you can switch plans and clarifies the workings of Medicare Part D plans.
Presenter: Blue Cross Blue Shield
W 3/31 3-4pm Free

Options Counseling
Learn about options counseling and transition coordination, a free and unbiased community service which offers information on alternatives to nursing homes for those with disabilities and others. Make informed choices on long-term supports and settings, and see how you may return to the community should you choose to do so.
Presenter: Steve Spillane, PhD and Jeri DiCostanzo, Cape Organization for Rights of the Disabled (CORD)
F 4/9 11am-12pm Free

Health Talk: Update on Lyme's Disease and Treatment
Cape Cod and the Islands are among the areas which experience the highest numbers of Lyme disease cases. Inform yourself on proper treatment and learn how to prevent this debilitating disease.
Presenter: Joanne Burbank, Kindred Health
W 4/21 10-11am Free
What Happens to our Trash, Hazardous Waste and Recycling?
Barnstable County and the Town of Barnstable provides the citizens of Barnstable with an environmentally sound, cost-effective way to dispose of recycling. The panel discussion covers the process, recyclable items, proper disposal of hazardous materials and the true cost of keeping our environment safe and clean.
Presenters: P.J. Kelliher and Tracy Regazio, Solid Waste Division-Barnstable DPW, Kari Parcell, Regional Waste Reduction Coordinator/CCI, and Kalliope Chute, HM Environmental Specialist, CC Cooperative Extension
Th 3/25  1-2pm   Free

Walk-a History of West Barnstable
Take a walk with a historian down Meetinghouse Way (Route 149) in West Barnstable. The tour points out the homes of Captain Josiah Crocker and Cranberry King A. D. Makepeace. We'll visit a trout farm along the way and end the tour at the 1717 Meetinghouse, the oldest Congregational Church in the United States. If time allows, we'll visit the graveyard to meet some pretty interesting people, including “Mad Jack Percival.”
Presenter: Nancy Viall Shoemaker
Tu 3/30  1pm   Free

What Happens When you call 911?
In the event that you need to make an emergency call for help, do you know what to do? Make sure you understand the process with help from and EMT and dispatch officers.
Presenter: Hyannis Fire Department
Th 4/22  11am-12pm  Free

MA Office of Consumer Affairs: Online Safety
This safety presentation focuses on fraud and theft online and shows how to protect yourself when using a smart device, social media or online banking. We'll cover phishing emails, which trick you into giving personal information, and go over recognizing scams. Take measures to prevent identity theft – we'll show you how!
Presenter: Robin Putnam, Office of Consumer Affairs and Business Regulation
Th 4/29  10-11am  Free
Cotuit Library Virtual Diversity Book Club
Eleanor Humphreys from the Cotuit library leads this book club which reflects the group’s for creating a more just and equitable world by advocating for and fostering discussions about diverse communities.

January 11, 2021
*Pachinko*, by Min Jin Lee Korean

February 8, 2021
*How to Be an Antiracist*, by Ibram X. Kendi

March 8, 2021

The free meetings are held virtually on the second Monday of each month, from 4-5pm. For more information, please contact Eleanor Humphreys at 508-428-8141.
COASTAL CONNECTIONS FREE VIRTUAL PROGRAMMING

Cape COAST (Councils On Aging Serving Together) is a collaboration which is leveraging its collective resources to offer older adults on Cape Cod enhanced options for virtual programming. Join us as we connect visually through Zoom, widen our circles and take advantage of greater opportunities for engagement, enrichment and education. Below is a selection of FREE virtual programs open to you in March/April 2021. Please follow the instructions after each class to register.

Please note: these classes are held online.

BIRDS, BEES, BUTTERFLIES & POLLINATORS
Tuesday, March 23, at 1PM (via Zoom)
Fran Raleigh explains why we should care about the creatures that share our ecosystem, what threats they face, and how we can support them in our own yards and neighborhoods with beautiful plants.
To register call the Orleans Senior Center at 508-255-6333.

CELEBRATION OF SONG WITH JOHN ROOT
Tuesday, March 16, 2021, at 1pm (via Zoom)
John’s diverse repertoire features the best-loved songs of the first five decades of the twentieth century. Everyone is invited to sing along, and requests for favorite selections are welcome.
To register call the Chatham Senior Center at 508-945-5190.

CELEBRATE ST. PATRICK’S DAY
Wednesday, March 17, 2021 at 1pm (via Zoom)
Join Dublin Balladeer Dave Hickey and his Irish American partner Sean as they belt out the Irish hits from the Wild Rover to Finnegans Wake for a Happy St Patrick’s Day!
To register call the Yarmouth Senior Center at (508) 394-7606 x 1333.

MARITIME GHOSTS AND SEAFARING SPIRITS
Wednesday, March 24, 2021 at 1pm (via Zoom)
Many dramatic legends and ghosts come from New England’s seafaring history and maritime past. Set sail with this presentation for a ghostly adventure! Presented by Roxie Zwicker and New England Curiosities.
To register call the Sandwich COA at (508) 888-4737.

SOUND DUNES SWING COMBO
Tuesday, April 13, 2021, at 1pm (via Zoom)
Enjoy a mix of song, Dixieland, Country, Latin, Jazz, and Rock ‘n Roll music for your listening, singing and dancing pleasure.
To register call the Yarmouth Senior Center at (508) 394-7606 x 1333.

A BIOGRAPHY OF THE CONSTITUTION
Wednesday, April 21, 2021, 10:30 AM-12 PM (via Zoom)
In this survey of the United States Constitution, Jane Scarborough covers the history and meaning of our nation’s founding document, beginning with the intentions of the Framers, exploring its development over the following 230+ years, and culminating in a discussion of the current Roberts’ Court. Amidst our current state of political turbulence, there is no more important time to examine this defining document and its articulation of the values and principles we hold in common.
To register call the Harwich COA at (508)430-7550.
COMMUNITY
Barnstable Neighbor to Neighbor | Online Support Groups

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, making plans for our launch. They 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: www.barnstableneighbor.org

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 first and third Wednesday of the month.

Seasons of the Heart/Coping with Grief and Loss
Discussion on the nature of grief and bereavement. Presented by the VNA of CC 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
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
Online first and third Wednesday of the month, 5:30-7pm
COMMUNITY RESOURCES
Food Delivery | | Nutritional Resources Legal Services |

FOOD DELIVERY

The Cape Cod Medical Reserve Corps (MRC), provides a free Critical Delivery Service delivering prepaid groceries to older adults and people at higher risk for infection.

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’re running low on food, or unable to go to the grocery store, we can help. We have a large selection of shelf-stable foods and other grocery items available. If you’re able to drive to our site, we will bring a bag to your car, and place the bag in your car. If you’re unable to drive to us, we will deliver a bag to you!

If you are in need of a bag, please call 508-862-4757, and leave a message.

LEGAL SERVICES

South Coastal Counties Legal Services, Inc. (SCCLS)
This non-profit charitable corporation provides a broad range of legal services to residents age 60 and over. Services include assistance on 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. Call them at 508-775-7020/800-742-4107

MA Attorney General’s Office
The office has a statewide, toll-free hotline to help older adults with a range of issues. The Elder Hotline is open Monday through Friday from 10am-4pm and is staffed by senior volunteers.

Call the Elder Hotline at 888-243-5337 or TTY at: 617-727-4765.

NUTRITIONAL RESOURCES

MEALS:
Cape Cod Family Table Collaborative Meals
Friday, 4-6pm
Hyannis Youth and Community Center, 141 Bassett lane, Hyannis
(also available Tuesdays, 3-5pm 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 Bearses Way, Hyannis

Meals on Wheels
Elder Services of Cape Cod and the Islands
Home delivery of 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 508-862-4757

Barnstable Council on Aging
Brown Bag Monthly Delivery
Free for qualified recipients For information, call 508-862-4757

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March/April 2021 Issue | Website: www.townofbarnstable.us/coa | Phone: 508-862-4750
The Cape Cod Regional Transit Authority (CCRTA) always strives to stay above the curve when it comes to transportation and the needs of our residents and visitors.

The brand new ride-hail service called SmartDART is now available in Barnstable (including all seven villages) and Yarmouth.

With SmartDART, no reservation is necessary. It’s so easy to use and only $3 each way! Just download the app, enter your payment info (yes, it’s a totally cashless service), enter the address you’re headed to, and click book trip! All of the vehicles are thoroughly sanitized and the drivers are thoroughly vetted.

To learn more about this exciting transportation option, join Paula George, Training Travel Manager at the CCRTA for one of these free and fun informational ZOOM sessions.

Paula will teach you all that you need to know about the SmartDART transportation service.

For registration information, please call 508-862-4761.

Choose from one of the following sessions:

- **Wednesday, March 10** 10:30 -11:30am
- **Thursday, March 25** 10 - 11am
- **Tuesday, April 13** 11 - noon

SmartDART is a new on-demand, app-based service, (like Uber or Lyft) that allows customers to request a trip in real-time using their smartphones. Once a trip is requested, a brand new wheelchair accessible minivan, operated by a trained CCRTA driver, will be directed to the desired pick-up location to fulfill the trip.

Riders may pay with a credit or debit card for the $3 flat rate SmartDART, in addition to a free transfer onto any fixed route bus if desired. This new pilot program allows the CCRTA to target underserved areas within the Town of Barnstable while providing a more efficient and convenient service to our community. It is currently available Monday through Friday, 7am-5pm.

More information about SmartDART can be found on the CCRTA website: [www.capecodrta.org/smart-dart.htm](http://www.capecodrta.org/smart-dart.htm), or by calling 800-352-7155. If you are a Barnstable resident over 60 years of age, call the BACC at 508-862-4752 for more information on signing up for SmartDart and possible financial assistance.
# MINDFUL MARCH

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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</table>
| **1** Set an intention to live with awareness and kindness. | **2** Notice five beautiful things in the world outside. | **3** Start today by appreciating your body and that you’re alive. | **4** Notice how you speak to yourself. Use kind words.  
**5** Take three calm breaths at regular intervals during your day. |
| **8** Eat mindfully. Appreciate the taste, texture and smell of your food. | **9** Take a full breath in and out before you reply to others. | **10** Get outside and notice how the weather feels on your face. | **11** Stay fully present while drinking your cup of tea or coffee.  
**12** Pause to just watch the sky or clouds for a few minutes today. |
| **15** Get really absorbed with an interesting or creative activity. | **16** Look around and spot three things you find unusual or pleasant | **17** Cultivate a feeling of loving-kindness towards others today. | **18** Listen to a piece of music without doing anything else.  
**19** Happy St. Patrick’s Day! |

"Mindfulness means that we commit fully in each moment to be present."
-Jon Kabat-Zinn
Walk a different route today and see what you notice.

Appreciate your hands and all the things they enable you to do.

Focus your attention on the good things you take for granted.

Notice when you’re tired and take a break as soon as possible.

Have a device-free day and enjoy the space it offers.

Notice what is working today and be thankful that this is so.

Take joy to be found in the simple pleasures of life.
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<tr>
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<th>Tuesday</th>
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<tbody>
<tr>
<td>1</td>
<td>2 Make a plan to help you keep calm and stay in contact.</td>
<td>3 Write down the ten things you feel grateful for in life and why.</td>
<td>4 Enjoy washing your hands — remember all they do for you!</td>
<td>5 Stay hydrated, eat healthy food and boost your immune system.</td>
</tr>
<tr>
<td>6 Get active. Even if you’re stuck indoors, move and stretch.</td>
<td>7 Take five minutes to sit still and breathe. Repeat often.</td>
<td>8 Call a loved one to catch up and really listen to him or her.</td>
<td>9 Get a good night’s sleep. No screens before bed or when waking up.</td>
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</tbody>
</table>

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances." — Victor Frankl
<p>| | | | | |</p>
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<tbody>
<tr>
<td>19</td>
<td>Do three acts of kindness to help others, however small.</td>
<td>20</td>
<td>Do something kind for yourself!</td>
<td>21</td>
</tr>
<tr>
<td>26</td>
<td>Thank three people you're grateful to and tell them why.</td>
<td>27</td>
<td>Connect with nature. Breathe and notice life continuing.</td>
<td>28</td>
</tr>
</tbody>
</table>

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**SUPPORT OUR ADVERTISERS!**
TURNING 65 OR RETIRING?

Are you about to turn 65 in the next three to four months? Did you know that you need to look into Medicare plans now, even if you’re not planning to collect Social Security benefits or intend to keep working at a job where you have insurance?

If you’re working or getting ready to retire, it’s important to know your insurance options and how to proceed. SHINE volunteers are trained counselors who review your choices and help you connect with an insurance that meets your needs.

To set up an appointment to meet with a SHINE Counselor over the telephone, please call us at 508-862-4757.

BECOME A SHINE VOLUNTEER

Have some spare time and like helping people? Enjoy technical information and problem solving? You may be the perfect SHINE volunteer!

SHINE volunteers offer free, confidential insurance counseling on Medicare options. Their services helps the many Medicare beneficiaries on Cape Cod and the Islands.

Volunteers participate in a 10-day training and must pass a state certification test. To meet the needs of our communities you may be asked to serve in an area other than where you live.

For more information, please call Tracey Benson at 508-375-6762 or email: tracey.benson@barnstablecounty.org

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 ADVANTAGE PLANS

There have been many questions surrounding Medicare Advantage Plans and the additional benefits that have been advertised on television.

Benefits such as transportation, meal delivery, equipment to improve indoor air quality (such as air conditioners, dehumidifiers), home modifications, and social needs benefits (such as park passes) are not ones that we see offered with our current available Medicare Advantage plans. The plans available to us in Barnstable County are certainly different and vary in what they offer, but we cannot expect what we might hear on a national advertisement to hold true locally. It’s always best to check with the plan directly for specific details on the benefits they currently offer.

For beneficiaries who are eligible for both Medicare and MassHealth, there are Senior Care Option plans available in Barnstable County. These plans may indeed incorporate those additional benefits mentioned above.

SHINE can help you navigate the options and questions regarding Medicare Advantage plans. We want you to be a knowledgeable consumer when it comes to your health plan choices.
OUTREACH
Outreach Appointments | Tips for Caregivers | Tax Assistance Update

OUTREACH APPOINTMENTS

The Outreach Department continues to assist older adults with Fuel Assistance and 41C Real Estate Tax Abatement applications.

Please note that we will be using a drive-by system by appointment only.

For information about income guidelines and a list of the paperwork you will need for both Fuel Assistance and Real Estate Abatement programs, please call the Outreach Department at 508-862-4757. Once you have the proper documents gathered, we'll be able to schedule an appointment for you.

At the appointment, we will meet you outside the building. Your paperwork will be reviewed and necessary copies will be made. Your application must be signed. We will mail or deliver packet for you.

After your application has been submitted, you may be informed that additional information is needed. We are available to assist with that follow-up.

Again, please call the Outreach Department at 508-862-4757, to schedule an appointment with Jacqi Easter.

TIPS FOR CAREGIVERS DURING COVID-19

Family and friend caregivers should take extra precautions to keep themselves and those they care for healthy and safe.

Plan and Prepare:
- Create a list of local organizations you and your family can contact in case you need access to information, health care services, and resources.
- Contact the doctor to request several weeks' worth of medications or sign up for medication delivery through the pharmacy.
- Choose a room in your house that can be used to separate sick household members from others.

Take Preventative Steps:
- Wash your hands frequently, especially before and after helping your loved one and when bringing in groceries.
- Avoid touching your eyes, nose, and mouth. Cover your cough. Remind others in your house to do the same.
- Sneeze into your elbow or a tissue. If you use a tissue, throw it in the trash.
- Use germ-killing wipes and cleaner to disinfect frequently touched objects such as doorknobs, mailboxes, microwaves, and TV remotes.
- Limit close contact with others. This includes avoiding hugs, kisses, and handshakes with others.

Those at Higher Risk:
- As much as possible, stay at home and away from crowds.
- When you go out in public, wear a face covering or mask.
- Keep away from those who are sick. Limit close contact with others. Maintain at least six feet of distance. Always practice good hand hygiene.

AARP TAX ASSISTANCE UPDATE

Unfortunately, our appointments for AARP tax assistance are at full capacity at this time.

There is a wait list, however due to its long length, we suggest that you make other arrangements for filing your taxes. We apologize if you were unable to make an appointment.
COVID-19 INFORMATION
Covid Scams | Insurance Coverage | Barnstable County Helpline

BEWARE OF VACCINATION SCAMS!

Fraudsters are taking full advantage of technology to exploit public health emergency. To prevent yourself from being a victim of fraud, be alert and know what to look for. You’ll find more information here: www.justice.gov/coronavirus/combattingfraud

INSURANCE FOR VACCINES

Original Medicare Part B covers the COVID-19 vaccine, regardless of whether you have Original Medicare or a Medicare Advantage Plan. You will owe no cost-sharing (deductibles, copayments, or coinsurance).

Insurance information may be asked for by those administering the vaccine in order to bill-back to insurance. However, you will not be charged. If you do not have insurance, you are still eligible to receive the vaccine free of charge.

If someone says they can get you a vaccine quicker and all they need is your credit card or Medicare number, it is a SCAM. Hang up and report the call to the police.

To help you, Barnstable County has launched a new COVID-19 Help Line at: 774-330-3001.

You may speak with Medical Reserve Corps volunteers Monday through Friday, 8AM-4:30PM to get answers to questions regarding COVID-19 general information, testing sites and the vaccine rollout.

BARNSTABLE COUNTY COVID-19 HELPLINE

Medical reserve volunteers are available to take your call Monday through Friday from 8:00AM-4:30PM. If call volume is high during our hours of operation, you may be asked to leave a message. We will return your call as soon as possible.
If you are 75 and older and are unable to use or have difficulty accessing the internet to schedule an appointment online, please call 2-1-1- (877-211-6277).

Hours of Operation:
Monday through Friday 8:30AM to 8:00PM
Saturday & Sunday, 8:30AM to 5:00PM

The Massachusetts Vaccine Scheduling Resource Line is available in English and Spanish and has translators available. If you are 75 and older, a representative can help you make an appointment through the state’s online system. These representatives have the same access to appointments as on the public website; it will not give individuals access to additional appointments. If no appointments are available, you have the option to be placed on a call back list for the mass vaccination sites. You will receive a call back when an appointment becomes available at a mass vaccination site. The list will be called on a first-come, first-served basis.

The Massachusetts Vaccine Scheduling Resource Line is currently only for individuals ages 75 and older who cannot use or have difficulty accessing the internet and therefore are unable to schedule an appointment through the online platforms. The Resource Line is only able to support individuals with scheduling an appointment and representatives are not able to answer general questions about COVID-19 or provide individual health care advice.

Due to extremely high demand for appointments and limited vaccine supply, appointments are booked quickly. New appointments will be added regularly. The mass vaccination sites have the most availability for appointments.
Call Cynthia Connolly, Owner & Board Specialist in Hearing Instrument Sciences, if you or a loved one are struggling with hearing loss. Get back to enjoying life to the fullest!

774-413-5023
33 Jarves Street, Unit A
Sandwich, MA 02563

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- Downsizing & Liquidation Services
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- Award-winning “Walk Away Program”
- Light Shredding Services
- Coordination of moving, packing & shipping
- Transitioning safely during a pandemic
- Named TOP Agent by Top Agent Magazine 2015
- Long list of proud references

- Assistance with Car Transport
- Move Management Services
- Free Educational Seminars
- Family Meetings if Desired
- Relocation Services
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- 35 + years of experience

Deborah Del Negro
SRES, RSPS, ABR, SMM
Direct: 508-367-0798
www.retiretocapecod.com

Jan Rodrigues
SRES, RSPS, ABR, SMM
Direct: 774-836-0501

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OUTREACH
Activity Packets | Drive-Thru Grab & Go | Fun Happenings at the BACC~

BACC GRAB AND GO

Winter weather and stay-at-home precautions are preventing us from getting out as much as usual, but it’s important to keep our minds sharp and active.

To help you stay focused and busy while we weather the winter, we’ve put together fun activities kits.

Pick up one for yourself here at the BACC during our regular Tuesday and Thursday Grab & Go lunch distributions (11:30am-12:30pm) or call us at 508-862-4765 and we’ll be happy to mail one to you!

Let’s Celebrate!
Are you ready for some fun? Come enjoy these parking lot events with us!

St. Patrick’s Day Drive-Thru Surprise
Wednesday, March 17
2:30pm

Spring Fling!
Let’s welcome spring with tulips and treats
Wednesday, April 28
2:30pm

Drive-Thru Grab and Go

It’s great to get out of the house for a ride!

Swing on by the BACC parking lot to pick up a Grab and Go lunch. Our staff members 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’ll deliver to your door! This program is FREE, thanks to the generosity of the Friends of the Barnstable Council on Aging.

Grab a Bag Lunch to Go
Tuesdays and Thursdays
11:30am-12:30pm
There’s a different lunch each week, but it’s always something fresh and tasty!
Although the Barnstable Adult Community Center is closed right now, our staff is working and ready to offer support services and resource information to all older adults in our community. We know that this is such a difficult time, but if we try to look out for each other, we will make it through!

Time to Socialize:
You may have heard of Zoom by now, but if you have not, it is a program that allows you to be part of a virtual group meeting. Have conversations with multiple people at one time, and if you have a camera on your computer you can see everyone as well. If you do not, you can also join a group chat from a traditional phone! It is free, and once you learn, it is very easy to use. Maryanne Ryan of the Lower Cape LGBT 55+ Group has offered to host a tutorial on how to use Zoom. This has been a wonderful tool to combat loneliness in the LGBTQ community. Please let me know whether you may be interested, and we can get a group training set up for the Cape. With a little training, you will be able to reach out and be social without leaving your home. Call Maryanne at 508-394-4630 x. 103 for more info.

If you are not currently on the Cape Cod Pride mailing list, you may want to consider joining! Cape Cod Pride is connecting the Cape's LGBTQ Community with an impressive array of social groups and programs. Feeling isolated and lonely is one of the most challenging aspects of the "safer at home" recommendations. Being part of an online LGBTQ group can really be of tremendous help. Go to the Cape Cod Pride website for more information: www.capecodpride.org

Resources:
If you are in need of services, please call Elder Services of Cape Cod and the Islands at 508-394-4630. Their website is: www.essci.org. They are still providing Meals on Wheels, and many other support services. If you call the main number, ask for Information and Referral, and you will be directed to a staff person who will tell you about the many support programs available. The email address is: info@essci.org

The LGBT Aging Project is a great resource for health information: www.fenwayhealth.org

Nutritional Supports at the Barnstable Adult Community Center:
Grab and Go Lunch: Tu & Th, 11:30am-12:30pm
Food Pantry: Emergency food bags are always available. 508-862-4757
Brown Bag Monthly Delivery: Free for qualified recipients. 508-862-4757
Meals on Wheels: Elder Services of Cape Cod and the Islands 508-790-2746
Home delivery of free meals to older adults over 60 508-790-2746

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

We are here to help. Monday through Friday, we are working, and checking all messages. If you are having difficulty finding services, please leave Donna Burns a voicemail at 508-862-4753 or email donna-marie.burns@town.barnstable.ma.us. If we do not know the answer, we will find the person or agency that may be of help. All emails and phone calls will be answered, and we will get back to you.
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.

The cost of your funeral doesn’t have to.

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BARNSTABLE CONNECTS DEMENTIA-FRIENDLY PROGRAMS

BARNSTABLE CONNECTS:  DEMENTIA-FRIENDLY PROGRAMS

Barnstable Council on Aging invites caregivers and members of our community to join Barnstable Connects. Barnstable Connects is a dementia-friendly program that provides engaging programs 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. Well-trained dementia friendly leaders lead the programs.

For more information, please contact Stacey Cullen, Program Coordinator at 508 862 4765 or stacey.cullen@town.barnstable.ma.us

Program Schedule:
Chair Exercise
Gentle seated movements which focus on functional exercises incorporating common movements used in everyday life.  Mondays at 2pm

Music and Reminiscing
Let's take a journey down a musical Memory Lane by way of song, movement and memories Wednesdays at 2pm

Caregiver Programs:
Caregiver Conversations
The Barnstable Council on Aging welcomes caregivers to an idea exchange conversation which is held once a month. Conversations include positive approaches to caregiving, peer supports and guest speakers to educate us on resources in our community. For more information, please contact Stacey Cullen, Program Coordinator at 508 862 4765 or stacey.cullen@town.barnstable.ma.us

Second Tuesday of the month at 2pm

BCOA Engagement/Activity Packets-
Barnstable Council on Aging has introduced monthly engagement/activity packets for those with memory impairment and their caregivers. The packets include reminiscing ideas, music sheets, art projects, cognitive games, engaging tasks and caregiver resources. To learn how to have a packet sent to you, please call Stacey at 508-862-4765.
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.

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LIVE OUT LOUD
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.

Fridays, March 19 to April 16, 2021
10:00-11:30am
Online via Zoom. Link to meeting will be sent Upon registration.

Meet and Greet talk to go over Zoom instructions:
Wednesday, March 12, 2021

For more information or to register,
call: 508-862-4765
or email stacey.cullen@town.barnstable.ma.us

Funding for this online 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.

SILVER ALERT

The Barnstable Silver Alert program is a partnership between the Town of Barnstable Police Department and the Barnstable Council on Aging. The program provides the Barnstable Police Department with vital information about potential at-risk residents who may wander or have the potential for getting lost. “At risk” includes persons with memory impairment, mental/behavioral health concerns or other health issues which may impair ability or judgment.

To participate, you simply complete the registration form and provide a current photo of the resident. This personal and medical information is entered into a confidential database at the Police station, and will be utilized in a recovery plan should that person go missing.

The Barnstable Council on Aging Outreach Department is available to assist families with preparing the necessary paperwork and can, if needed, take a photo of the “at risk” person.

For more information, or to request assistance, please call Jacqi Easter at 508-862-4757.
Applications may be obtained at either the Barnstable Police Station-Records Department at 1200 Phinney’s Lane, Hyannis, or at the Barnstable Council on Aging, 825 Falmouth Road, Hyannis
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* 7 days a week, 8 a.m.-8 p.m. (Apr. 1–Sept. 30), Mon.–Fri., 8 a.m.–5 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 1-855-670-5934 (TTY: 711). ATENÇÃO: Se falá português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-855-670-5934 (TTY: 711). F-2256_S_2020.54_M