

YARMOUTH SENIOR SERVICES

MILESTONES

SEPTEMBER
OCTOBER
2020



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WELCOME NOTE FROM OUR DIRECTOR

Hello,

As we approach our sixth month of the pandemic, I sincerely hope that you are doing well and finding ways to cope. We would love hearing what you are doing to stay occupied, are you keeping in touch with family and friends, are you Zooming, going for walks, gardening, or journaling? If you are feeling isolated or have the need to talk with someone, please do not hesitate to give our office a call.

I would love to give you an exact date of when we plan on reopening, at this time, I cannot. Please know that everything that we are doing is with you in mind and keeping you safe. As always, we are here for you by phone, email and now cable TV. Look for your favorite fitness instructors on Channel 99.

This year Shine's Open Enrollment will be taking place via phone, call into our front desk to schedule an appointment and a Shine Representative will give you a call on the scheduled date and time.

If you are looking to get placed in a Tax Work-Off position, please call our front desk to schedule a time to pick up a packet. Fill the packet out at home and return it in our mail slot to the right of the front door. Placements will be determined if there is adequate space for you to socially distance in the Department that you have chosen.

I would like to give a huge SHOUT OUT to the Town Departments who have stepped up during this pandemic to help serve you. Whether it has been the Grab and Go Bags, assisting with the Brown Bags, providing nutritional produce, or surprising us with Stop and Shop Gift Cards. It has been a terrific community effort, and we could not have provided these services without their support.

With Warm Autumn Wishes, Dianne

WHAT'S NEW

Senior Fitness Programming

Watch Ch 99
M-F, 7:00 AM–10:00 AM

Grab and Go Coffee

Beginning Monday, September 14, 2020
10:00 AM



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- Blood Pressure Checks

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Certified Public Accountants

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E: JGB@BOGLECPA.com

244 Willow Street, Yarmouthport, MA 02675



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(508) 398-2285



Our Mission

The mission of the Town of Yarmouth's Division of Senior Services is to foster an Age-Friendly community that enhances the quality of life for the Town's older adults (60+) and their families by providing programs and services in a supportive and accessible environment that contributes to vital aging through mental, physical, and financial wellness.

Yarmouth Senior Services

528 Forest Road
W Yarmouth, MA 02673
Phone: 508-394-7606
Fax: 508-398-9866

Our Hours

Monday - Friday 8:30 AM - 4:30 PM

Our Staff

Dianne Kane, Director x1332

Lisa M. Noferi, Program & Communications
Administrator x1333

Linda Colby, Social Worker MSW, LCSW x1337

Hilda Davenport, Outreach Coordinator x1335

Karen M. LeBlanc, Office Coordinator x1338

Jane Spallina, Receptionist x1330

Steve Estey, Maintenance

Ken Watson, Transportation Coordinator x1331

Van Drivers: Kathy Skipper, Joe Trulio,

Kurt Von Hone, David Leahy,

Alan Cavanagh, Dianne Dagon

VOYAGER VAN SERVICE

Ken Watson,

Transportation Coordinator x1331

Hours of Operation

Monday - Friday | 7:00 AM - 7:00 PM

Saturday & Sunday | 7:00 AM - 3:00 PM

Suggested Roundtrip Donation

\$3.00 Yarmouth, \$5.00 Hyannis & Dennis

Call Ken Watson at 508-394-7606 x1331

Monday - Friday | 8:00 AM - 11:30 AM

48 hours advanced notice required.

TRANSPORTATION OPTIONS

DART BUS & BOSTON HOSPITAL BUS
operated by the CCRTA: 1-800-352-7155



EMERGENCY CONTACT INFORMATION

ALWAYS CALL 911 FOR AN EMERGENCY!

Police Non-Emergency508-775-0445

Fire Department Non-Emergency ..508-398-2216

Department of Public Works508-775-2516

Eversource Power Outage

Reporting800-592-2000

National Grid

Gas Outage Reporting800-233-5325

Poison Control.....800-222-1222

Cape Organization

for the Rights of the Disabled508-775-8300

Cape Cod

Emergency Alert System.....WQRC 99.9 FM

24/7 General Information Call Center.....211

Self Register Using My Active Senior Center

Go to the Following Link either on a computer, tablet or smartphone:

<https://myactivecenter.com/#signup/yarmouth-senior-services>

Enter the 8 Digit Number off the back of your My Senior Center key card (include the X)

Enter your phone number that is associated with your account

Click on the event that you would like to attend by clicking on the Green Name of event

Then click on the green box that says Register

You should be able to see the activities

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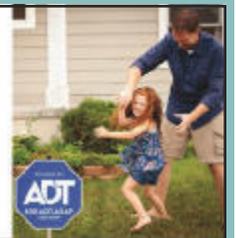
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Mill Hill Residence
774.470.5174 | 164 MA-28, West Yarmouth

MaplewoodSeniorLiving.com





Linda Colby, Social Worker
MSW, LCSW
508-394-7606 X1337
lcolby@yarmouth.ma.us
Serving residents age 80 and up



Hilda Davenport,
Outreach Coordinator
508-394-7606 X1335
hdavenport@yarmouth.ma.us
Serving residents under age 80

Strategies for a Healthy Response for the COVID-19 Pandemic

Now that we have been living with the Covid-19 pandemic for the six months, there are certain strategies that we can employ that will make for a healthier response to this ongoing virus.

- **Plan your day** - Keep up with daily routines like getting out of bed, getting dressed and being engaged with small activities. Plan time for calls with friends, reading, puzzles, and cooking, gardening or home repairs.
- **Stay Physically Active** - Find exercises that can be done at home or in the immediate neighborhood, Like walking. Know your risk. People with health conditions like heart disease, lung disease and diabetes need to be especially careful to avoid exposure to COVID-19. Pay attention to recommendations from our local health department.
- **Don't be afraid to leave home, but do so wisely** - Carry a cloth face covering, tissues and hand sanitizer; encourage others to wear face covering and avoid close contact with others who are not wearing face masks.
- **Think of Others** - Regularly reach out to others who may need to hear a friendly voice on the phone. Volunteering has many health benefits.
- **Accept help from others**

Additional Preparation Suggestions

- Make sure you have adequate supplies of routine medications, like medicine for blood pressure and diabetes, and household supplies in case you need to remain at home.
- Have an up to date HCP, and a local emergency contact person's information in a designated location along with a "Five Wishes" document. A "File of Life" should be kept on the refrigerator with an up to date medication list along with the name of your PCP, and telephone numbers.
- Residents who own pets should have a plan in place of who would take care of the pet in the event of an emergency along with the necessary contact information.

We look forward to seeing all of you soon, and hope that you have remained well. Meanwhile, Hilda and I are available by phone for any questions that you may have. You may leave word on our office phone extensions, or my cell phone @774-212-0989.

Enjoy the rest of your summer,

Linda Colby, Social Worker and Hilda Davenport, Outreach Coordinator

Grief Recovery Workshop

Tuesdays, 2:00 PM – 4:00 PM

The Grief Recovery Method is a course designed to give people coping skills to deal with many of the typical responses associated with grief, including Reduced Concentration; a Sense of Numbness; Disrupted Sleeping Patterns; Changed Eating Habits; or the Roller Coaster of Emotional Energy. We will deal with the many losses that are considered Grief: Please call Linda Colby, at 508-394-7606 X1337

Clutterer's Support Group

Thursdays at 2:00 PM-4:00 PM

The Buried in Treasures Workshop is a 15-week program for two hour sessions weekly. This self-help group for people who accumulate and save more stuff than they have room for. Research has indicated that participation in the Buried in Treasures workshop improves people's ability to use their homes. Call Linda Colby, X1337



Medicare's Open Enrollment is just Around the Corner

Don't wait until it is too late!

The Open Enrollment Period (Oct 15 - Dec 7, 2020) for Medicare Advantage Plans (Part C) and Prescription Drug Plans (Part D) will be here before you know it and it is **very important** to re-evaluate your Medicare options for 2021 during this period. Each year Medicare plans can change premiums, deductibles, co-pays and the prescription formulary (list of drugs they cover). In addition, Medicare Advantage Plans (HMOs, PPOs) often add and/or drop primary and specialty physicians, skilled nursing facilities and hospitals.

Your current plan is required to notify you by September 30th of any changes for the coming year. This letter is called the Annual Notice of Coverage (ANOC) - please make sure you review it. If you decide to stay with your current plan there is no further action required. If you switch your Medicare Advantage (Part C) or Medicare Prescription Drug (Part D) Plan during the Open Enrollment Period it will take effect January 1, 2021 (Please note - this enrollment period may not affect you if you have retiree coverage).

All SHINE appointments will be done remotely. There will be no in-person appointments, but we will be scheduling telephonic appointments. Please call Yarmouth Senior Services at 508-394-7606 to schedule your appointment.

Consumer Assistance Council

Stand up for consumer rights, cuts through red tape, gets answers, and results all provided at no charge to the consumer and they are conveniently located in Hyannis.

Call 1-800-867-0701 or 1-508-771-0700

CORD

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

File of Life

Magnet envelope kept on your refrigerator used for updated medical emergency information for Medical Personnel should you need assistance. Available in our Outreach department.

Meals on Wheels

Meals are delivered between 10:00 AM and Noon, Monday–Friday, except holidays. Call information and referral at 508-394- 4630 or 1-800-244-4630

Call 2 Talk 508-532-2255

Offers mental health / emotional support, and suicide prevention services for 24/7 confidential crisis support.

This resource can be accessed at:
<https://mass211.org/call2talk/>

Benefits Checkup

Call 508-394-7606 for your appointment today.
<https://www.benefitscheckup.org/>

Benefits Checkup is a free service of the National Council on Aging (NCOA,) a nonprofit service and advocacy organization in Washington, DC.

MassOptions

A new service linking elders, caregivers and individuals with disabilities to services they need.
Call Toll Free: 1-844-422-6277

Eversource Medical Life Support Programs

Eversource offers a number of programs to assist senior customers and those who may have a medical condition

Medical Hardship Status: If you're experiencing financial hardship and have a serious illness, you can have a medical protection added to your account which will prevent shut-off due to non-payment. Documentation from your doctor is required for this program.

Life Support Customer: If you have a serious medical condition that requires life supporting equipment, you can enroll in Eversource's critical care notification program. In the event of a storm or planned outage, you will be notified in advance of the outage so that you can make other arrangements. Call Eversource at 1-800-592-2000 for more information. Representatives are available Monday-Friday, 8:30 AM-6:00 PM.



Alzheimer's / Dementia Support Group for Caregiver's

Meeting on 2nd & 4th Thursdays of each month at 1:00 PM-2:30 PM at the Mill Hill Residence at Maplewood in W Yarmouth. This group is free and confidential. Call 508-775-5656 to register.

Bereavement Support Group

Yarmouth Senior Services and the VNA Hospice bereavement support group program are pleased to offer a supportive environment to share with others who are grieving to learn new coping strategies. This group is ongoing and confidential, open to anyone who has lost a loved one through death. Facilitated by Rebecca Chesbro, Bereavement Coordinator, VNA Hospice. Group meets at the Yarmouth Senior Center on the 1st and third Thursday of each month from 11:00 AM-12:30 PM. Call Rebecca Chesbro at 508-957-7715 for additional information.

Cape Cod Elder Abuse Coalition

Meeting monthly at the Yarmouth Senior Center on the 4th Monday of each month at 1:00 PM. This coalition will assist and support each other in a shared belief that all people are entitled to a life free of violence. All towns welcome. Facilitators are Chris Morin, Independence House and Joe Gordon, County Sheriff. Call 508-394-7606 X1337 for more information.

Caregiver's Support Group

Meeting one Friday per month at 10:30 AM
This program is structured to benefit anyone who is caring for a loved one with numerous health conditions. Pre-registration is required by calling 508-394-7606 X1335

COPD LUNG Disease Support Group

Meets at the Orleans Senior Center, 150 Rock Harbor Road, Orleans, MA. Group meets on the 2nd Wednesday of each month at 2:00 PM. Contact: Georgette at 508-420-5302.

Parkinson's Support Group

Sponsored by the American Parkinson's Disease Association, Yarmouth Senior Services and the VNA of Cape Cod. Program is formatted to ease the burden of the disease by providing education, information, and emotional support with camaraderie and socialization for those affected and their loved ones.
Call info and referral center: 617-638-8466.

Sight Loss Services

Yarmouth residents who have been determined legally blind by their eye doctor and received a "certificate of blindness" from the Massachusetts Commission for the Blind may call Sight Loss Services at 508-394-3904 for a list of our services that includes adaptive aids, peer-led support groups, information and referral, outreach and home independence as well as education and advocacy. We can offer information on our Eye Care Project, Recycling program and Art Classes or email: info@sightloss.org

Yarmouth Alzheimer's / Dementia Support Group

Meeting on 1st & 3rd Wednesday of each month at 1:00 PM- 2:30 PM. Group facilitated by the Mill Hill Memory Care Staff offering free support for people living with dementia and their caregivers. Caregiver's will meet with Fran Lavin, RN, while people with cognitive disease meet with members of Mill Hill memory care staff. These groups are free, open to the public and confidential. For more information call 508-896-5170.

THE OUTERMOST HOUSE by Henry Beston Audiobooks available

A chronicle of a solitary year spent on a Cape Cod beach, The Outermost House has long been recognized as a classic of American nature writing. The CD includes an interview with Beston's biographer, Dr. Daniel G. Payne. This was a generous gift from Silver Hollow Audio. Call 508-394-7606 X1330 to reserve from our library.

HEALTH SERVICES & RESOURCES

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Blood Pressure Clinic

Wednesday from 12:00 PM - 1:00 PM No late arrivals. This schedule is on a first-come, first-served basis. Clinic closes promptly at 1:00 PM.

Footcare Clinic

Monthly appointments are scheduled at our Center. Diabetics must see an MD/Podiatrist.

Services provided by licensed nurse, and each appointment is 30 minutes at \$35.00.

Arrangements may be scheduled for home visits by calling: 774-212-4365.

Hearing Clinic

Monday at 1:00 PM

Accepting appointments by calling 508-760-1835

This wonderful free program is sponsored by Hearing Life. Make your appointment to meet Susanne Capra, Hearing Instrument Specialist.

Services provided will include a visual inspection of both ears, a hearing screening, and a cleaning with check-up of existing hearing instruments.

Call 508-394-7606 X1330 to schedule appointment.

Dental Hygiene Clinic

Dental cleanings, exams, fluoride treatments, denture care, and education. Services are free to MassHealth Standard/Medicaid up to four times a year. Affordable private pay rates available.

Appointments available once monthly, call 508-827-6725 to schedule in advance.

Medical Equipment

We are Lending out medical equipment. However we are not accepting medical equipment donations at this time

Call 508-394-7606 for more information.

NOTARY SERVICES FREE by appointment X1330

COPY SERVICE \$.10 per page

FAX SERVICE \$1.00 per page

WEAR A MASK



Legal Advice

Accepting Appointments during COVID-19

Call to schedule an appointment:

508-394-7606 X1330.

Alterations by "Hems n' Hassles"

Appointments available every 2nd and 4th Tuesday of the month. Josie will provide you with common alteration and sewing needs required for your garments. Please call 508-394-7606 X1330 for an appointment.

Consumer Toolkit for Advanced Healthcare Planning

Published by the American Bar Association. The kit is very useful in helping you understand and think about the issues people need to be aware of when they can no longer make health care decisions for themselves.

Five Wishes

An easy to use document that lets adults plan how they want to be cared for in the event they become seriously ill. Once completed, "Five Wishes" should be attached to a Health Care Proxy Form, which designates the person/ persons who will be making healthcare decisions for you.

Health Care Proxy

No one should be without it, and now is the time to do this NOT when you are experiencing a health crisis. By completing a Massachusetts Health Care Proxy Form, you are appointing a Health Care Agent who can make decisions for you ONLY when a doctor determines that you lack the ability to make your own decisions. Pick up a free copy of the Health Care Proxy Form at the Senior Center.

Massachusetts Equipment Distribution Program

If you are a Massachusetts resident with a permanent disability that limits your ability to use the phone effectively you may be eligible to receive assistive telephone equipment free or at a reduced rate, depending on your income. Disabilities include deafness, hearing loss, speech, vision impairment, blindness, cognitive or motion impairment that affects phone use. Call 1-800-300-5658 (V/TTY) to learn more.



2020 U.S. CENSUS

The 2020 U.S. Census is be available online, by phone, and by mail. Online and phone responses can be completed in 13 languages. Do you have questions, or need help with the form? U.S. Census representatives will be available at Yarmouth Senior Center on Mondays, September 14, 21, and 28, 2020.

Please call 508-221-6148 to schedule your appointment before September 30, 2020.

REAL ID WEBINAR



On September 24, 2020 at 1:30 PM, the Massachusetts Registry of Motor Vehicles (RMV) will present a webinar, "REAL ID- What you Need to Know." This webinar will help you understand the difference between a REAL ID federally compliant credential and a Standard credential. It will also help you decide whether or not you will need to obtain a REAL ID, will provide important deadlines, highlight acceptable documents, and help you prepare for your visit to the RMV or AAA. Join us and understand if a REAL ID is right for you. Presented by Mass RMV and sponsored by Yarmouth Senior Services.

If you prefer to use your phone, you must select "Use Telephone" after joining the webinar and call in using the numbers below.

United States: +1 (562) 247-8321 Access Code: 233-952-872

Audio PIN: Shown after joining the webinar. Webinar ID: 577-962-299

Identity Theft & Fraud Prevention During a Pandemic

Thursday, October 8, 2020 at 1:30 PM

Robin Putnam, from the Office of Consumer Affairs and Business Regulation and Amy Schram from the Better Business Bureau, will present an online program on identity theft. The presentation will include information about their offices and what they do. It will also cover current scams that both of their offices are hearing about as well as how to spot and avoid scams, and how to prevent identity theft.

Meeting ID: 898 1739 8533 Passcode: 043434

One tap mobile:+16465588656,,89817398533#,,,,,0#,,043434# US (New York)

Dial by your location:+1 301 715 8592 US (Germantown)

Meeting ID: 898 1739 8533 Passcode: 043434 Find your local number: <https://us02web.zoom.us/j/89817398533?pwd=S2VZd0F0TXp4RFBIZlplWc3pobWF5Zz09>

Join Zoom Meeting <https://us02web.zoom.us/j/89817398533?pwd=S2VZd0F0TXp4RFBIZlplWc3pobWF5Zz09>

We Interrupt This Program To Bring You An Important Message About Your Consumer Rights!

Wednesday, October 21, 2020 at 1:30 PM

Please join representatives from the Massachusetts Department of Telecommunications and Cable's ("DTC") Consumer Division to discuss the different consumer protections available for landline telephone and cable services. DTC staff will also provide tips to help you stay, including an overview of the Lifeline Program that connects eligible consumers to discounted communications services. Most importantly, we will be available to answer your questions concerning telecommunications and cable matters!

The DTC regulates the telecommunications and cable industries in Massachusetts. As part of its responsibilities, the Consumer Division works to resolve disputes that arise between consumers and their telecommunications or cable service provider. The Division offers a series of outreach programs to help educate consumers about these industries, and empower them to make smart decisions when evaluating their needs for purchasing these services.

Join Zoom Meeting:

<https://us02web.zoom.us/j/85078734402?pwd=NEszbS9CcW1ESFNNVEo0Qjc2dVVZZz09>

Meeting ID: 850 7873 4402 Passcode: 6W6Hrx

2020 HURRICANE SEASON MESSAGES

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HURRICANE PREPAREDNESS
Be Ready Before the Storm

Hurricanes and tropical storms can impact the entire Commonwealth, not just coastal regions

 Use MEMA's interactive map to find out if you live or work in a hurricane evacuation zone	Know Your Zone	Make a Plan Have a predetermined emergency plan tailored to your family's needs	
 Build an emergency kit that can sustain you and your family for 3-5 days	Build a Kit	Stay Informed As a storm approaches, closely monitor media reports and promptly follow instructions from public safety officials	

Extra steps to prepare for hurricane season during COVID-19

	Include face coverings, disinfectants & hand sanitizer in emergency kits
	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](https://www.mass.gov/mema) for more hurricane preparedness resources about hurricane evacuation zones, emergency plans, emergency kits, and staying informed
SOURCE: Massachusetts Emergency Management Agency (MEMA)

Mass.gov

Hurricane Risk—September is the Peak of hurricane season. NOAA predicts above normal hurricane season; it only takes one storm to severely impact an area, the entire state is at risk; storm surge threat in coastal areas and high winds, heavy rainfall, & inland flooding possible across entire state, as we saw in Irene in 2011. The last hurricane in Massachusetts was Bob in 1991, the Commonwealth has a history of destructive hurricanes.

Residents Can Prepare by Knowing Your Evacuation Zone— www.mass.gov/knowyourzone

Make an Emergency Plan—Develop a plan with members of your household to prepare for what to do in case of emergency, including making an evacuation plan, planning for individuals with access and functional needs, and considerations during COVID-19. <https://www.mass.gov/info-details/make-a-family-emergency-plan>

Build an Emergency Kit—Containing items that will sustain you and your family in the event you are isolated for 3-5 days without power or unable to go to a store. During COVID-19 include masks, hand sanitizer & other cleaning supplies that you may need. <https://www.mass.gov/info-details/build-an-emergency-kit>

Stay Informed—Every family should have multiple methods for receiving emergency alerts. Learn about different types of alerting & information tools including the Emergency Alert System, Wireless Emergency Alerts, NOAA Weather Radio, Social Media & Traditional Media, 2-1-1 Hotline, Local Notification Systems: <https://www.mass.gov/info-details/be-informed-and-receive-emergency-alerts>

What Government is Doing to Prepare—MEMA and DPH have developed guidance for the Commonwealth and municipalities for providing operating shelters and conducting evacuations during COVID-19, which will be used to adjust the Commonwealth's mass care and evacuation plans to help keep individuals both safe and healthy during a disaster. State agencies are adjusting plans: Re-evaluating capacities of state-initiated regional shelter sites; preparing for the need for additional evacuation transportation vehicles; adding screening, sanitization, disinfection, & general public health protocols to existing mass care plans; & planning for & preparing to provide sheltering in non-congregate settings such as hotels.

SCAMMERS BEWARE

As you can imagine, scams are on the rise with COVID-19. You need to stay extra vigilant with scammers in order to keep yourself safe. Here are some things that you can do in order to keep yourself safe:

COVID-19 Scams - Anyone trying to reach out to you saying that they have a vaccine, please know that no vaccines have been developed to prevent COVID-19. **Stop the conversation**

Spoofing - Occurs when the scammer sends out an email from a person with a fictitious email address requesting that you do something for them right away.

Do not be fooled by emails that come in with an email address that is not from the sender - **Delete the Email**

If you do open it, check for spelling, grammar, punctuation, and capitalization, if it does not appear professional or like the person sending it - **Do not Respond**

If the person is making an unusual request or has a sense of urgency - **Do not Respond**

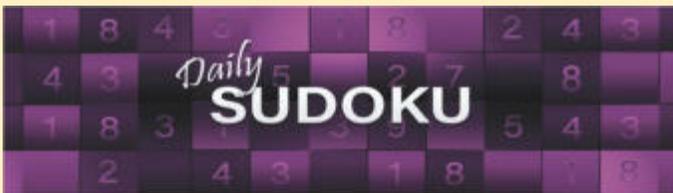
Check the time that the email was sent, an email sent at 4:00 AM may be suspicious

Phishing - Occurs when the scammer calls, mails or emails you and is trying to get personal information.

- Do not give out any personal information to someone that you did not initiate conversation
- Do not trust Caller ID - Scammers can make their number appear it is from someone you trust
- Research the number from the organization who is calling you and ask if they reached out to you
- » Be Suspicious of cold calls and unsolicited letters and emails
- » Ask questions of any new company that you are doing business with
- » Become familiar with Online Safety and never share personal information with anyone online. This includes: Social Security Number, Bank Account Numbers and Routing Numbers
- » Don't make hasty decisions - if you are being pushed by a telemarketer to make a quick decision, hang up the phone

Trust your judgement, if anything seems off on a call, mail or email, hold off on a response and get in touch with the person that you believe is trying to reach you by phone or researching the telephone number on your own.

For more on scams go to: <https://www.mass.gov/guides/a-consumer-guide-to-scams>



Generated by <http://www.opensky.ca/~jdhildeb/software/sudokugen/>

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#2 - Hard - Solution

#2 - Hard

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Generated by <http://www.opensky.ca/~jdhildeb/software/sudokugen/>

MEMBER SPOTLIGHT

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Meet Bob Palmeri, Member of Yarmouth Energy Committee

“I can remember fishing off the boat dock at Bass Hole where my Dad kept a 16-ft Boston Whaler, so I could go out porgy fishing all summer. Sadly my Dad passed in 1986, while I was in the Foreign Service. It was natural for me to make Yarmouth my home leave address when I was home from overseas assignments. After all, I loved fishing and memories of my Dad”.

The path to Bob’s life as a cultural diplomat began when he was seven years old on a winter ski trip to Mont Tremblant, north of Montreal. The Palmeri family stayed at a small hotel in the tiny village of St. Jovite, and he was totally fascinated by the cultural differences such as language, food, money and transportation.

Bob was a geology major in college, “I did not want to go to graduate school” he recalled. “It was a time when interest in Africa was growing and with the help of my college’s new placement office, I arrived in Nigeria in July ’61. He took the Foreign Service Exam and “amazingly started my life as an American diplomat specializing in cultural and educational affairs, telling Americas’ story to the world and leading me to assignments in eight countries in Africa and the Middle East over the next three decades.

1. Congo Years - spent rebuilding American libraries in Kisangani and Bukavu
2. Paris Years - spent directing a book translation program officering contemporary seminal books by American authors to French speaking Africans and other activities to support our governments’ activities in Francophone Africa
3. Dakar Years - spent primarily in Senegal, the Francophone Africa Capital and the birthplace of two of my children



Kente cloth gifts from friends when we left Abidjan, Cote d'Ivoire in 2003

Bob began his family at age 50 and was presented with some unusual situations. First, his children were the ages of his peers’ grandchildren and second, with retirement, he could be more involved with their upbringing. Several years later, he joined his mother in Yarmouth, becoming a caretaker and juggling being a soccer mom. Also, he became a guide for his wife who was not an American nor and English-speaker to integrate her into our local community.

When Bob’s Mom passed and his kids grew more independent, he was free to become more active in the community. Bob’s proud that this has always been a part of his American life as it “was a role I took from my Mother”. Bob plays a vibrant role in the Energy Committee. He counsels residents on more efficient use of their energy and answers questions about energy. He is also an avid gardener at the Yarmouth Senior Center’s Community Gardens, where he grows all sorts of vegetables and herbs. In addition, Bob has played a vital role in several of the Age-Friendly Intergenerational Model United Nations.

AGE-FRIENDLY COMMUNITY TEAM

PAGE 13



Meetings on Wednesdays, the first and third week per month year-round. Meeting time: 3:30 PM-

Age-Friendly Community Team

Fortunately, at the time of this writing, the State's Coronavirus numbers have been going down and the State is slowly reopening. Unfortunately, at the time of writing this "Milestones," we have no idea what the overall virus numbers will look like at the time of reading it? Will there be a "Second Wave" coming? Is there a second wave now? Is the usual Flu season upon us? What is everyday life like? Will the State have to close down again? Will we have to "live with it," like the White House was saying?

As much as we would like the Pandemic to be behind us, with us moving on, we must stay vigilant, not let our guard down, continue to listen to and follow the recommendations of the Health Professionals. Most importantly, we must do what is best for OUR health. It's tempting to get complacent and not wear a mask, not wash hands, like we use to, and don't care about and follow social distancing guidelines. (We saw on television news what happens when those guidelines aren't followed.) But as a doctor stated, "Which do you prefer, a face mask or a ventilator?"

As you know, our ages are the "High Risk" Group. We must stay attentive until there is a successful, proven vaccine, restrictions are safely waived and the "New Normal" doesn't affect our health negatively. When?? Who Knows?? We must live to protect our health and others from getting sick.

We must be grateful for Mr. Bruce Murphy, Director of Health, who has been doing an excellent job trying to keep us safe during this pandemic. Many of you met Mr. Murphy at one of the Grab and Go Lunch Pick-Ups, and all of us have heard his health updates. Mr. Murphy has been concerned for the public's health from day one, and has not been deterred, even with all the unnecessary obstacles he has had to face. Thank you, Mr. Murphy.

We also must thank our Director of Senior Services, Dianne Kane and her staff who have been carrying on at the senior center and from home. Dianne and the staff have been working diligently to make things go smoothly and provide services to help ease the pandemic burden for seniors and veterans. Thank you ALL!!

To get into the "New Normal" lifestyle, the Age-Friendly Community Team started meeting again with a phone conference call and now Zoom call meetings. We are researching new innovative projects and will keep you posted as they develop.

STAY SAFE!!

Gerry Bedard, Chairman

Charge for the Age-Friendly Yarmouth Community Team

General Purpose: To advise the Board of Selectmen on matters pertaining to the Age-Friendly Community framework in keeping with membership in the World Health Organization Network. Framework:

- Outdoor Spaces & Buildings
- Social Participation, Transportation
- Housing, Respect and Social Inclusion
- Communication & Information
- Civic Participation & Employment
- Community Support & Health.

SPECIFIC CHARGES

Charged with creating useful data driven reports and developing plans that increase education, engagement and action that continuously improve upon an Age-Friendly Yarmouth using the WHO framework, an intergenerational Lens and Ageism awareness. The team is assigned to the Town Administrator and will serve as an advisory board to the Board of Selectmen.

Three-Year Term:

Gerry Bedard Chairperson, Chris Morin

Two-Year Term: Sharon Ladley, Kathy McPhee, Dotty Guenther Secretary

One-Year Term:

Yvette Robida, Drew Krauss

Global Affairs Consultant:

Senior Fitness Programming

Channel 99

Monday through Friday from 7:00 AM - 10:00 AM

Total wellness for all seniors to enjoy on your public access cable channel 99 brought to you by Cape Cod Community Media Center.

As with any exercise program, when using exercise videos, you need to use common sense. To reduce and avoid injury, you will want to check with your doctor before beginning any fitness program. By performing any fitness exercises, you are performing them at your own risk. Yarmouth Senior Center, Cape Cod Media Center or the fitness instructors will not be responsible or liable for any injury or harm you sustain as a result of the fitness program, DVD, online fitness videos, or information shared on our website. Thank you for your understanding.



Bit of Bliss Yoga with Janet Bettey

Yoga is a holistic way to bring you into balance. Life is a balance of holding on and letting go. Engage what you need to, while also relaxing where you can to allow each stretch and each pose to simply unfold.

Listen to your body throughout your practice, honoring your abilities and needs. Come out of a pose when you are ready, modify if you need to or stay for a breath or two longer if it is feeling really sweet. Enjoy and follow your bliss...

Janet Bettey, E-RYT, YACEP of Bit of Bliss Yoga of Cape Cod is an experienced Yoga Teacher, Continuing Education Provider and Certified Mindfulness and Meditation Teacher. Her teaching style is that of compassion-centered philosophy. She believes that life should be lived with joy, gratitude and dedication to being present in the moment. These feelings inform and guide her teaching, which is focused on helping her students better connect to themselves, their loved ones, and their communities. For information on where she teaches and other audio and video practices, visit www.bitofblissyogaofcapecod.com.

Disclaimer - You understand the physical risks that may occur from participating in such activities as Yoga and hereby release Janet Bettey and Bit of Bliss Yoga of Cape Cod from any liability whatsoever that may arise from your participation.



ZUMBA GOLD with Peg Taylor

Hello! I'm Peg Taylor, and I live in Osterville, MA. I've been a ZIN™ Member since Apr 2008 and I absolutely love teaching Zumba classes. The reason is simple: Every class feels like a party! I am currently licensed to teach Zumba, Zumba® Toning, Aqua Zumba®, Zumba Sentao®, Zumba Gold®, Zumba Gold® Toning, Zumba® Kids & Kids Jr., Zumba® Step. Come join me, I guarantee you will have a blast! Got questions, don't hesitate to drop me a message!

My qualifications:

Certified Group X Aerobic instructor since 2007 AAAI-ISMA

K&K liability insurance

I have taught at the former Women's Workout, Sandwich and DY Adult Education programs.

I am on a Covid hiatus and have been teaching through ZOOM since 3/2020

Safety first make sure you have a medical release from your Dr. stating you are fit for low impact aerobics.

Considerations: Asthma inhaler, sugar for diabetics, safe distance to workout, wood flooring best, slides for sneakers to be used on rugs, no cement floors!

Special modifications: No grape vine for bad hips or hip replacements, no hamstring kickbacks for bad knees, no jumping or hands above the heart for those who have high blood pressure. Keep hands below the heart for rotator cuff issues. Modify for your specific issue. Marching in place is always acceptable if not sure of transition moves.

Make sure you have water, towel and your best party attitude!

Yoga Class with Paul Howard

Yoga is good medicine. A yoga class with Paul Howard will strengthen the body, reduce muscular tension and calms the mind. Paul's teaching style adapts well to all experience levels. An older adults would feel comfortable in each yoga class. Anyone is welcome to attend class to get an idea of what is involved. Disclaimer - You understand the physical risks that may occur from participating in such activities as Yoga and hereby release Paul Howard from any liability whatsoever that may arise from your participation. For more information about his

AARP

Find out more about the fun you can have by being a Tax-Aide Volunteer Counselor. For more information contact: Pat Zeiss, Volunteer Coordinator at patzeiss@juno.com or call 508-255-2292.

American Legion Post #197

Meetings are scheduled for the second Monday of each month at 2:00 PM at Yarmouth Senior Center. All Vets are welcome. Please call Forest Thorpe at 508-383-3963 for more information.

Barnstable Veteran's Services

Contact: Major Greg Quilty, USMC (ret) 508-778-8740 hours: M-F, 8:30 AM-4:30 PM. Call for an appointment or home visit if you are a Veteran or Widow in need.

Bay to Sound Neighbors

Our goal is to assure that our neighbors in Dennis and Yarmouth can age in place with some assistance in such things as rides to doctor appointments, hairdresser, supermarket, church and classes. If you have a bit of time, consider becoming a volunteer. It's easy, rewarding and our members are so appreciative.

Contact: baytosoundneighbors.org or 508-470-0585

CENSUS 2020 **Extended deadline is September 30, 2020**

Your participation matters! You have three options for responding. Online, by phone, and by mail. For more information go to: www.ma2020census.org

Ending Loneliness and Building Community

AARP and 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 be sharing information about how social isolation and loneliness affect your health, with tips for how to connect with older adults and community members of all ages. There will be an online summit on October 1, to share insights from community research done with support from The UMass Gerontology Institute. To learn more: www.aarp.org/ma. The AARP Foundation also has you covered on this topic at www.connect2affect.org.

Household Hazardous Waste Collection

Saturday, October 3rd from 9:00 AM-12:00 PM at the Yarmouth Senior Center

Office Hours

State Representative Will Crocker will hold office hours on Friday September 4th and Friday October 2nd from 9:30-11:00 AM at the Yarmouth Senior Center (528 Forest Road, West Yarmouth, MA 02673.) If you are unable to attend but wish to meet with Rep. Crocker, please email his chief of staff, To schedule a meeting contact Kaitlin, at Kaitlin.Wright@mahouse.gov.

Yarmouth Town Libraries

Now offering curbside pickup of books, movies, music, magazines and more. You can place holds on library materials through the CLAMS catalog at www.clamsnet.org using your library card barcode and pin. Please contact 508-760-4820 for South Yarmouth Library and 508-775-5206 at West Yarmouth Library for assistance.

Volunteers Needed

1. Age Friendly Community Team is looking for members to join their team. Meetings are held on the first and third Wednesday of the month. Call the front desk for more information.
2. FOYCOA is looking for help with putting together their newsletter information and monitoring their website. Call the front desk for more information.
3. MOW is looking for drivers. Call Gail at: 508-398-5060.
4. Consumer Assistance Council is looking for Hotline Volunteers and Consumer Advocates. Call Marie Clougher at: 508-771-0700 or email: info@consumercouncil.com.

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774-212-0528

Cell: **774-217-1067**

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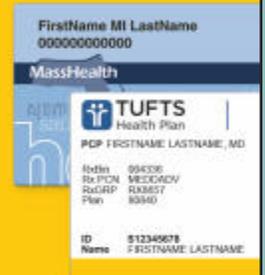
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www.thpmp.org/sco



*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. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-670-5934 (TTY: 711). ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-855-670-5934 (TTY: 711). H2256_S_2020_54_M





COMMONWEALTH OF MASSACHUSETTS
 OFFICE OF THE ATTORNEY GENERAL MAURA HEALY
 (617)727-8400
mass.gov/ago/covid19

DURING COVID-19 YOU ARE PROTECTED

- FROM EVICTION & FORECLOSURE - Landlords cannot evict or threaten to evict their tenants. Mortgage companies cannot foreclose on homeowners. During this crisis, your home is secure.
- FROM DEBT COLLECTION - Harrassment from debt collectors is prohibited. They cannot come to your home or workplace, file lawsuits against you, repossess your car, or garnish your wages.
- FROM UTILITY SHUTOFFS - Utilities are prohibited from shutting off your gas or electricity. You should be able to keep your lights on and hot water running.
- PRICE GOUGING - Businesses cannot charge inflated prices on common goods and critical items like masks, hand sanitizer and gloves.
- FROM DISCRIMINATION - You cannot be discriminated against because of your race, ethnicity, national origin, disability or other protected category in housing or when seeking health care.
- WHEN SEEKING HEALTH CARE - If you feel sick, seek health care. Insurance covers COVID - 19 testing and treatment. For immigrants not eligible for public health insurance programs, MassHealth Limited will cover the cost.

The Cape Cod Family Table Collaborative

Pick up a meal made by local chefs on Friday 4:00 PM - 6:00 PM
 At the Hyannis Youth and Community Center, 141 Bassett Lane in Hyannis.
 Call 508-790-6345 for more information.

Mortgage Foreclosure Rescue Scams

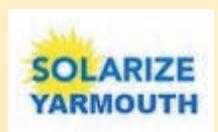
The Coronavirus pandemic brings financial predicaments to many elders who are having difficulty paying their mortgages, Legions of scammers are popping up to take advantage of unsuspecting elders. This scam “guarantees” results and generally requires upfront payments. No one can guarantee mortgage foreclosure results. It is illegal for a company to require an advance payment until they provide you with a written offer of loan modification or other relief from your mortgage lender and you accept that offer. If you are having difficulty with your mortgage, there are plenty of free housing counselors who can help you. Contact the MA Office of Consumer Affairs and Business Regulation for names of some reputable companies. Never act without legal advice on something as serious and complicated as your home mortgage without hiring a lawyer. Consumer toll-free hotline: 888-283-3757 Information taken from the FTC.

Paper Pantry and Takeaway Meal at St. David’s Episcopal Church

Served on the third Wednesday of each month from 1:00 PM- 3:00 PM Call 508-394-4222. Serving meals to take home, drive up service outside Nelson Hall. The paper pantry is open last two Fridays of each month from 2:00 PM-3:30 PM.

Residential Energy Counseling on Mondays at 2:00 PM

The Yarmouth Energy Committee will resume its energy use counseling program for senior residents. In addition to the more usual questions about electric bills, fuel assistance and energy conservation, it will be offering information about two new programs to help Yarmouth residents



- 1.) Retrofit heat pumps which include air conditioning
- 2.) Install solar PV panels on their homes both to reduce energy costs in running one’s home.

Appointments can be made by calling Yarmouth Senior Center at 508-394-7606 X 1333.

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hearinglife.com
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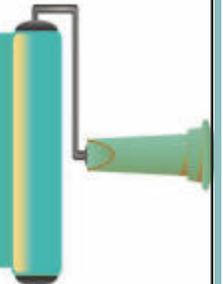
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FOYCOA

Friends of Yarmouth Council on Aging

The Annual FOYCOA Meeting is tentatively scheduled

When: October 7, 2020 at 9:30 AM

Where: Conference Room at the Yarmouth Senior Center

Everyone is welcome!

Tentatively save the date for the 11th Annual Polar Plunge

January 1, 2021 at Noon

Please renew or begin your membership by completing the form below. Mail or bring your form with your check (made payable to FOYCOA) to the Yarmouth Senior Center.

FOYCOA MEMBERSHIP: July 1, 2020 – June 30, 2021

Membership is tax deductible

Please PRINT Information Below

\$15.00 per person: _____

Additional Donation: \$ _____

Renew Membership: _____

New Membership: _____

Please make checks payable to: FOYCOA

I am interested in volunteering _____

Mail to: FOYCOA, 528 Forest Road, West Yarmouth, MA 02673-2842

Name(s) _____

Address: _____

Town: _____ State: _____ Zip code: _____

Telephone: (_____) _____ Date of Birth: ____/____/____

Help us save on the cost of postage. Please provide your email below.

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HELP WANTED

The Friends of Yarmouth Council on Aging is seeking a volunteer to help with the Milestones Newsletter. This newsletter is distributed bimonthly. Some knowledge of Microsoft Publisher will be helpful. If you are interested please contact: Chris at COAYarmouth52@gmail.com.

Please Support Our Platinum and Gold Polar Plunge Sponsors:



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THE DISTRIBUTION OF THIS NEWSLETTER IS MADE POSSIBLE THROUGH FUNDING ASSISTANCE PROVIDED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS AND OUR FRIENDS OF YARMOUTH COUNCIL ON AGING.

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