

February 2021

# The Mashpee Senior Connection

Mashpee Senior Center—We are here for you!

The doors may be closed for the public at the moment, but the COA staff is working Monday through Friday, from 8:30 am. – 4:30 pm. If you need help with finding services, solving a problem, or need an answer to a question, we encourage you to call us at (508) 539-1440. We are here for you! We encourage you to reach out to us at (508) 539-1440 or email us at [coa@mashpeema.gov](mailto:coa@mashpeema.gov). We will respond as quickly as we can. Have you signed up for our emails but are not getting them? Be sure to check your junk email folder. Our emails communicate up to date news you can use, activity information, volunteer communication, reminders, and more. If you use email and want to be included on our emailing list, contact us at [coa@mashpeema.gov](mailto:coa@mashpeema.gov) or call at the Mashpee Senior Center at (508) 539-1440.

**We will be closed on February 15th in observance of Presidents' Day.**

## FEBRUARY ACTIVITIES

**Drive By Donut & Coffee – Feeding the Love - Monday February 8th 10:00 - 11:00 (weather permitting)**

February, notoriously known as the month of love. They say, the way to a man's or woman's heart is thru their stomach. Join us as we help spread the love with free coffee and donut. Mashpee Registration is required. Mashpee Seniors only. Participants to remain in their vehicle with masks on.

**Virtual Aerobics for the Brian – Monday, February 1<sup>st</sup>, 11:00am -12:00pm**

Join a fun social group to help keep your mind sharp and focused. Have fun, socialize and be challenged. These are one hour Zoom sessions in which folks participate in “a myriad of activities” such as problem solving, observing patterns, math equations and other games.

**Virtual Painting Party - Friday February 19<sup>th</sup> & Friday February 26 2:00pm - 3:00pm (a 2 day event)**

Remember the fun we had back in December painting the Light Houses? Well here is your opportunity to join the fun! Join us via Zoom on Friday February 19<sup>th</sup> and Friday February 26 from 2:00pm - 3:00pm for another Painting Party! With the month notoriously known for love, who doesn't love a sweet penguin family, even the outline of the penguins suggests a heart. Space is limited. Registration is required. Mashpee seniors only. Participants to make arrangements to pick up the painting kit prior to February 19th at the Senior Center.

**Virtual Mashpee Senior Center Book Club—Monday, February 22nd 2:00pm-3:00pm**

What a fabulous opportunity to curl up with a new 'read'. Join us, as we discuss **The Mystery of Mrs. Christie** by Marie Benedict.

If you are interested in participating in any of these activities, please call the Mashpee Senior Center at (508) 539-1440 to register.

**UCLA MEMORY PROGRAM - Starts Wednesday February 3rd (4 week session meets virtually on Feb 3, Feb 10, Feb 17, Feb 24) 1:00pm - 3:00pm**

We are excited to offer another UCLA Memory Training program. This is a virtual (zoom) 4 week program that runs for 4 consecutive Wednesdays (February 3 – February 24) from 1:00pm – 3:00pm. Do not let the virtual presentation of this program deter you as individual Zoom assistance will be provided in advance. Please contact the Senior Center to make arrangements for individual Zoom tutoring. You can also participate in the program using just a telephone. This training is not intended for people who have been diagnosed with dementia or Alzheimer's. The training will be conducted by the Mashpee COA part-time Outreach Coordinator, Darlene Perkins and Activity Coordinator, Julie Silva. Space is limited and open to Mashpee seniors only. For more information and to reserve your spot please contact Darlene Perkins at (508) 539-1440

## OUTREACH PROGRAM

**FINANCIAL & FOOD INSECURITIES: An Outreach Presentation, Thursday, February 18th**

**10:00am - 11:00am new**

Are you interested in learning more about food and financial resources that are available to help Mashpee seniors, such as local food pantries, SNAP benefits, the brown bag food program, fuel assistance, etc.? Lori Nelson, Mashpee Council on Aging Outreach Coordinator, will discuss these and other resources that may be able to help you or someone you know during these challenging times. If you are interested in attending this informative session, please call the Mashpee Senior Center at (508) 539-1440 to register.

## RESOURCES

**The following is a message from Barnstable County's regional SHINE program:**

***Medicare Part D and Pharmacies***

**For MOST Medicare drug plans, the pharmacy you use could make a big difference in the cost of your medications!** All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have **network pharmacies**. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your medications will not be covered, and you will pay full retail price. For 2021, the majority of the Medicare drug plans have **preferred pharmacies**. By using a preferred pharmacy, you can save money! Some plans have changed their preferred pharmacies for 2021 so please check to make sure the pharmacy you currently use will still be the best come January 1<sup>st</sup>. There is a big difference between preferred pharmacy co-payments and non-preferred pharmacy co-payments.

Most plans have a **mail-order program** that allows you to get a 90-day supply of your covered prescription drugs sent directly to your home. Some mail order programs may have a cost savings, but there are times when using a preferred, local pharmacy could end up costing you less than mail order. Contact the regional SHINE program at (508) 375-6762 for further information or assistance. Program at 800-892-0890 or visit [www.MASP.org](http://www.MASP.org)

**A message from Stephanie Lattanzio, RN-BSN, Public Health and Wellness Town Nurse, Visiting Nurse Association of Cape Cod**

### Heart Health

Heart disease remains a leading cause of death in the

United States and it is very important to prioritize your heart health as early as possible. The American Heart Association recommends following a heart healthy diet, getting regular physical exercise and making lifestyle changes to protect your heart.

**Exercise regularly:** Aim for 150 minutes of moderate activity or 75 minutes of higher intensity physical activity weekly.

**Do not smoke:** If you smoke or use tobacco or nicotine containing products, you should quit. It is also important to avoid second hand smoke whenever possible.

**Consume alcohol in moderation:** No more than one drink per day for a female and two drinks per day for a male. Speak with your doctor about your conditions and medications to ensure moderate alcohol consumption is acceptable.

**Take medications as prescribed:** All medications, especially those prescribed for your heart, should always be taken as directed by your physician.

**Follow a heart healthy diet:** Limit sodium, replace saturated fats with healthier fats and aim to eat as many nutritious foods as possible.



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