



Mattapoisett Council on Aging, 17 Barstow St., PO Box 528, Mattapoisett MA 02739, P: 508-758-4110, F: 508-758-4119

Friends of the Mattapoisett Council Aging, Inc., PO Box 1116, Mattapoisett, MA 02739 (501c3: non-profit)

Dear Friends,

We're open! We are looking forward to offering movies, games (like Cribbage, Bridge, Scrabble, etc.), music and more. The Governor's announcement on 5/17 provided a much earlier change to the State's policy than we all thought. On page 2 is an article synopsisizing the State policy. At the Town Select Board's June 2nd meeting, a local vote is expected regarding the Town's policy (whether the Town will follow the State guidelines or whether the Town will have any additional guidance.) For the COA, at this time, we are requesting participants to wear a mask inside when social distancing is not feasible.

Masks must continue to be worn on any vehicles. Further, we advise that each person continues to be vigilant for your own personal health issues.

Whether a person chooses to wear a mask or not, **at any time in any location for any reason, there should never be any commentary nor any question about it. Each person can and should do what they wish, when they wish. Let's respect everyone's decisions and choices.** Looking forward—to seeing you and serving you and your loved ones.

OPEN HOUSE / WELCOME BACK

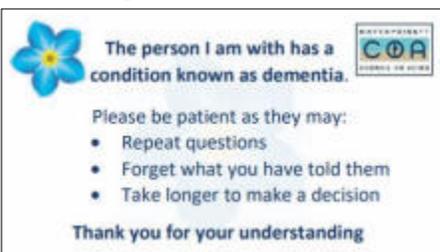
Thursday, June 17th | 3:00 —5:00 p.m. |

Come by to say “hi” and learn about our current services and programs, sample a class, learn about local volunteer opportunities and more!



ID CARDS for Alzheimer's & Dementia

Use these cards to discreetly let someone know that your loved-one has Alzheimer's and it may take them a little longer to make a decision or to excuse them for saying something unexpected. Carry the cards with you when taking your loved-one to a restaurant, shopping, traveling, or even to a doctor's office (who may not be examining them for a dementia-related issue). Show it to the person helping you to easily, succinctly and subtly explain that your loved might need a little more time or a little more



patience. **Cards are FREE and available at the COA** (sponsored by the Matt. COA Board of Directors).

Speaker: TICK BORNE DISEASES

Thursday, June 10th | 11:00 a.m.

Cost: Free | Registration requested



It's *not* just Lyme disease—there are over a dozen diseases the little ticks can bring! Dr. Hanumara Chowdri, MD is an Infectious Disease Specialist and has over 49 years of experience in the medical field.

In-Person and via Zoom Mtg ID: 819 4955 2164 | Passcode: Ticks or call in +1-646-558-8656 | ID: 819 4955 2164 | Passcode: 760803

Chair Yoga Starts June 3rd

Every Thursday | 9:00 a.m. | Instructor: Eileen Waxler

Cost: Free (EOEA Formula Grant) | Registration requested

Chair yoga modifies yoga poses so they can be done while seated in a chair and therefore, makes yoga accessible to a greater spectrum of people.

Pottery / Clay Sculpting Starts June 10th

Every 2nd & 4th Thursday | 10:00-11:30 a.m.

Cost: \$10 (includes supplies) | Registration requested

Create unique items. Use your imagination or follow ideas from instructor and others. Your clay will be put into a kiln and returned for you to paint/decorate, and sent to the kiln for final glazing.

COUNCIL ON AGING

Executive Director
Jacqueline Coucci
coadirector@mattapoissett.net

Administrative Coord.
Madeline Murphy
coadmin@mattapoissett.net

Outreach Coordinator
Elizabeth Leatham, M.Ed.
Corinne Marlow, MSW
outreachcoa@mattapoissett.net

C.O.A. Board

Chair: Bethany Couto
Vice-Chair: Kenneth Watts
Secretary: Carolyn Thomas
Patrick Dawson
Patricia Goss
Shirley Haley
Mary Lyons, Chief of Police
Johanna Riley
Susan Roylance

C.O.A. MEETING
1st Wed. of Month
8:30 a.m.
VIRTUAL MEETINGS

**Friends of the
Mattapoissett
Council on Aging, Inc.**
Board of Directors

Anne Bartnowski, Pres.
Dana Vaitzes, Secretary
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Joan Heald
Carole Jarvis
Leona Mansfield
Jim Mitcheson
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**NEW MEMBERS
WELCOME**

FMCOA Board Meeting
Friday, June 4 @ 10:00 AM
at COA Center



Do you have a bright idea? Have you experienced something that you think others should be aware of? Do you wish you knew more about xyz? Would you like us to offer something? Let us know!

Dealing with Loss

Any loss can bring out emotions (sadness, anxiety, stress, concern and more). Connecting with others may help. A new support group will be offered in the summer. If interested, please call the COA so we may notify you of the start date. If you're a widow, consider joining the current group (below)

Widowed Persons Support Group

A confidential, respectful group of people who share and care. Attendees have expressed that this group has helped them in many ways.

First Thursday of each month, 9:30 a.m. Call Nancy at **508-973-3227 to register.**

Here's where masks will still be required in Massachusetts after May 29 (boston.com)

by Nik DeCosta-Klipa | May 17, 2021

(shared with written permission)

“Massachusetts is eliminating its mask mandate on Saturday, May 29, but in certain settings, face coverings will still be required into June and beyond, regardless of one’s vaccination status.

Gov. Charlie Baker announced the move 5/17/21— along with plans to lift virtually all other COVID-19 restrictions — to replace the state’s universal mask mandate with an advisory mirroring recent Centers for Disease Control and Prevention guidelines saying that fully vaccinated individuals can safely resume normal activities unmasked.

Under the new rules, only people who are not at least two weeks past their last required COVID-19 vaccine dose will be asked to wear a face covering where they’re currently required: all public indoor locations and outside areas where they can’t maintain six feet from others.

However, after May 29, **masks will still be required for both vaccinated and unvaccinated people** over the age of 5 **in certain settings** in order to protect “our most vulnerable populations,” said Health and Human Services Secretary Marylou Sudders.

- **On public and private transportation systems**, including trains, buses, ferries, airplanes, subway stations, bus stops, airports, rideshares (Uber and Lyft), taxis, and livery vehicles.
- **In health care facilities and provider offices**, including nursing homes, rest homes, emergency medical services, hospitals, doctor’s offices, urgent care settings, community health centers, vaccination sites, and behavioral health clinics.
- **In congregate care settings**, including assisted living facilities, group homes, prisons, jails, residential treatment programs, shelters, private special education, and schools that offer residential services.
- **In health care and rehabilitative day services and programs**

State officials also noted that local communities or individual businesses may choose to continue requiring masks. Baker urged residents to “be respectful and to follow those requirements.”

“Just as many residents will continue to wear masks on a go-forward basis, some restaurants, stores, and venues will continue to ask you to do so at their place of business.” Mike Kennealy, the state’s housing and economic development secretary, said Monday.

“Let’s all pledge to respect each other’s right to get back to normal at our own pace and in our own way,” Kennealy added.

SERVICES & SUPPORT

Hearing Aid Services	<p>First Monday of each month 1:30 p.m. (by appointment) FREE hearing screening FREE hearing aid cleaning</p>
Foot Care	<p>Last Monday of each month by appointment \$30 [some insurances accepted] Service by Dr. Alan Lechan, D.P.M.</p>
Dental	<p>Preventative dental services at the COA, quarterly, by appointment. Dental cleanings desensitizing treatments denture care temporary fillings more - Free for anyone with MassHealth Standard/ Medicaid and Senior Whole Health. - Affordable rates for individuals without dental insurance, as well as grant-funded services for eligible individuals. Call 508-827-6725 for appointment</p>
Fuel Assistance	<p>Mattapoissett COA works with the local fuel assistance program through P.A.C.E. (People Acting in Community Endeavors) to offer filing assistance, as well as additional support through Coastline Services.</p>
Snap	<p>Supplemental Nutrition Assistance Program assists with funds for nutritious food. Contact the COA Outreach for more information on qualifications and application. All information is confidential.</p>
Caregiving	<p>Family Care Giver Support Program offered through Coastline Services. Contact them at 508-999-6400 or the COA at 508-758-4110</p>
Money Management	<p>Money Management program provides a trained, insured qualified volunteer through Coastline Services may assist you as either a Bill Payer or a Representative Payee. Contact the COA Outreach to learn if you qualify.</p>
Legal Services	<p>South Coastal County Legal Services. Types of Cases include: health, health insurance, long-term care (MassHealth eligibility and denials and long-term care, Medicare denials and penalties); public benefits [SNAP, SSA, SSI, unemployment & other benefit programs]; housing [evictions, appeals of denials, public housing eligibility & subsidies. Intake: 800-244-9023 or 508-979-7150 or online sccls.org</p>
Medicare	<p>SHINE (Serving the Health Insurance Needs of Everyone) can answer your questions. Contact the COA to connect with the volunteer SHINE Counselor.</p>

RIDES



- for Matt. Residents only**
- **Medical Rides:** 48-hr notice
- **Stop & Shop:** Every Tues. | Register each week
- **Walmart & Dollar Tree (Fhvn)** Every Monday at 12:15 p.m.
Registration required.
- Masks Required at All Times on any Vehicle**
- Call 508-758-4110 or email coadmin@mattapoissett.net

Mon	Tue	Wed	Thu	Fri
JUNE	1 8:30 Yoga 9:00 Stop & Shop 12:30-2:30 Open Paint	2 8:30 COA Board 10:30 Strength & Balance —CXED 12:30 Bingo	3 9:00 Chair Yoga 9:30—Widowed Persons Support Group	4 8:15 Barre 10:00 Friends of COA Meeting
7 8:45 Tai Chi 10:00 Knitting 10:30 Strength & Balance 1:00 Walmart & Dollar Tree (Fhvn) 1:30 Hearing Services (By Appt)	8 8:30 Yoga 9:00 Stop & Shop 12:30-2:30 Open Paint	9 10:30 Strength & Balance 12:30 Bingo	10 9:00 Chair Yoga 10:00 Pottery (\$10) 11:00 Tick Borne Disease Presentation	11 8:15 Barre CXED
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28 8:45 Tai Chi 10:00 Knitting 10:30 Strength & Balance 12:15 Walmart & Dollar Tree (Fhvn) Foot Care –By Appt.	29 8:30 Yoga 9:00 Stop & Shop 12:30-2:30 Open Paint	30 10:30 Strength & Balance 12:30 Bingo		

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OUTREACH SERVICES

The Mattapoissett COA's Outreach Program provides information and referral, as well as specific direct services, for Matt. residents 60 years and older and their family.

For free, confidential service, contact the Outreach Coordinator, Liz Leatham, at 508-758-4110 | outreachcoa@mattapoissett.net

Services can include, *but not limited to*:

- Friendly Connections (calls & visits)
- Home visits
- Housing
- Fuel / Utilities assistance
- Advocacy
- Well-being referrals
- Files of Life
- Free safety services, co-sponsored with the Matt. Fire Dept
- Telephone Reassurance Program, co-sponsored with the Matt. Police Dept.

Council on Aging, Inc.
P.O. Box 1116
Mattapoissett, MA 02739

Friends of the Mattapoissett

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Friends are Needed

The Friends of the Mattapoissett Council on Aging a non-profit, non-governmental group, has been aiding COA programs and supplementing the needs of senior citizens in the community for many years. During that time, the FOTMCOA has purchased furnishings, appliances, and televisions that the COA has used in its social rooms for the benefit of senior frequenting the COA.

The group also sponsors the monthly COA newsletter "Seasonings," as well as hosting various special event luncheons throughout the year giving seniors the opportunity to meet up with other seniors for a bit of fun and food, social and emotional support enriching the lives of Mattapoissett 's senior population.

The fundraising work of the FOTMCOA supports COA programs, education, and other needs for which public funds are either not available or need supplementing.

Due to a decrease in membership, new members are now urgently needed to carry on the mission of the FOTMCOA.

Will you help? No residency requirement! If you can share an hour once a month to attend the FOTMCOA meeting or wish to assist in any way possible, please contact Anne Bartnowski at 508 758 4603 or email at annebartnowski1@gmail.com.

NEXT MEETING: FRIDAY, JUNE 4th at 10:00 AM
In Matt. COA Center | 17 Barstow Street