

# SANDWICH COUNCIL ON AGING NEWSLETTER

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Early Summer 2020

## Director - Susan Marancik

Summer greetings from Susan, Rita, Pat, Kim, Ginger, Al, Rick and Ted! As this goes to print, the COA building is still closed to the public, but we are now able to have two staff in the upstairs office and one in the lower level. All staff will be in the office on some days and working at home on others. We will continue to assist you by phone and email.

As those over 65 are still under the Governor's "safer at home" advisory, we will be scaling up operations at the senior center slowly. If the risk level is deemed safe, we may be able to offer in person appointments for essential services sometime in late July. The next phase (late summer to early fall) may include opening for small group programs that can be conducted with safe social distancing and no contact or shared equipment. Please know that we are as anxious to welcome you back as you are to get back to the programs and activities that you enjoy, but we don't have exact dates yet! In the meantime, we are continuing to expand our online program offerings.

I would like to recognize some significant donors who have given generously to the COA, and have greatly impacted our ability to assist Sandwich seniors and others to cope with the economic and health impacts of the pandemic. The **Fund for Sandwich, a fund of the Cape Cod Foundation** has given multiple flexible grants to the Council on Aging totaling \$3000.00 in the last three months. This is in addition to their \$750.00 award for our Caregiver Respite Fund. We thank them not only for their generosity but also for the opportunity to direct the funds meant for Sandwich residents to those in our community truly in need.

The COA is also the recipient of a \$10,000 donation from the **Eastern Bank Charitable Foundation** in support of our efforts to help our community during the COVID-19 emergency. These funds will be used to support the most financially vulnerable individuals and families in Sandwich. We send the Foundation heartfelt thanks as this donation will allow us to continue supporting seniors and others in our community in the coming months. We know we have not yet begun to feel the full financial and health impacts of the COVID pandemic, so we honor the donors for their contributions and support to help our future efforts.



## RESOURCES AVAILABLE

**The Council on Aging staff remains fully available. Please call the office for assistance (508) 888-4737**

**Transportation** - Limited availability for essential medical appointments only. Please note that due to safety protocols we have fewer vehicles and drivers; call at least 3 days in advance for a ride. Beginning July 1st, we do not transport to Bourne, Plymouth or beyond Barnstable on Mondays and Fridays.

**Grocery Shopping** - We do not provide shoppers, but can transport individuals to the store. At this time we are still only able to transport one person at a time, so daily schedules may vary. Stops can be made at a pharmacy or bank. If you are unable to access food, please call the office for alternate resources.

**Outreach** - Information and referral services are available. Please call the office.

**Cape Cod Medical Reserve Corp Grocery Delivery**-The Medical Reserve Corp. is now providing a free grocery delivery service for seniors. This will continue through the summer. \*MRC volunteers will pick up your pre-ordered, pre-paid groceries and deliver to you. Please call (508) 566-7161 for more information.

**Grab-N-Go Meals** - Drive through breakfast and lunch are available at the Sandwich High School, Monday-Friday 11am-1:00pm. This service will continue through July and August.

**Meals on Wheels**-At this time Elder Services of the Cape and Islands is taking new clients for the Meals on Wheels program. Please call (508) 394-4630 for more information.

**Food Pantry** - The Food Pantry is offering arranging a monthly delivery of fresh food; can include meat fruits and vegetables and shelf stable foods. They also offer contact-less drive through pick up.

**Caregivers** - Please register with the COA if you are caring for a loved one with dementia. In the event that something happens to you, First Responders will notify the COA to make sure your emergency caregiver is contacted. If you don't have a back up plan, please consider your options in case of an emergency need.



### Alzheimer's Family Support Center of Cape Cod

AFSC's clinical staff is offering telephone consultations from their home offices to anyone who needs them. Online support and conversation groups are also available online via Zoom.

If you'd like to join, just send an email to [info@capecodalz.org](mailto:info@capecodalz.org) or call the AFSC office at (508) 896-5170.

## **VOLUNTEER CORNER**

### **Pat Ryan, Volunteer Coordinator**

**Zoom Practice Coffee Hour-** Zoom is a great way to stay in touch with family and friends. We are hosting a coffee hour every Wednesday morning at 10:00 am to help you learn and practice. Call the COA with your email address and we'll send you an invitation to join us.

**Calling all Gardeners!** If gardening is one of the social distancing hobbies you have more time for these days, please consider helping us care for the beautiful perennial garden in front of our building. It will only take a little weeding and thinning to bring it back to life! Please call the office if you'd like to help.

**Outdoor Trail Work Opportunity-with the Department of Natural Resources** - If you are in great shape and looking for a safe outdoor activity this summer, David DeConto and the DNR could use more volunteers to help with trail work and other projects. The DNR has worked incredibly hard to make the conservation lands in Sandwich more accessible than they have ever been. If you would like to learn more, please call our office us for more information.

### **Volunteer Recognition**

The COA would like to recognize the large group of community volunteers who made financial donations and gave generously of their time and talents. This group offered their services to help us support seniors in countless ways over the last several months.

We thank those who sewed and donated fabric masks for us to distribute, delivered meals, ran errands for quarantined seniors, delivered groceries, donated meals from their own local restaurants for delivery to seniors, offered community meals, purchased cleaning supplies and blue trash bags for donation to seniors, collated our newsletter, adapted their classes for our Zoom programming, made positivity cards for seniors and so much more.

We will be recognizing all of our donors in future newsletters.





## Outreach Corner~ Rita Wahlstedt, Outreach Coordinator

### 5 Lessons to Remember From Experiencing a Pandemic Lockdown

A lot of people are wondering about life after the shelter-in-place orders have been lifted. What will it be like? What will the new normal be? Answers to those questions will depend a lot on where you live, what your experience has been like, and what you make of it all, however, anxiety overhangs the future of our society, and that is for certain.

Not to negate feelings or ignore our losses we can't help but see some positives coming from this crisis, too. Reflecting on this moment has been a learning opportunity and for all of us-a chance to focus more on what matters and to think about living life differently going forward.

**Here are some lessons to hold on to once sheltering in place is lifted.**

1. Being with others is key to happiness
- 2.Reducing stress is good for everyone
3. Showing gratitude matters
- 4.We need less stuff than we think
5. We are stronger when we act together

Of course, suffering through this time has shown us that there is still much that needs correcting. Not everyone has good health or health care, and many people are living at the edge of poverty. Some people have been forced to go to work despite the risks, and others are dying at higher rates than the general population because of a long history of discrimination. This is unacceptable and needs changing. If the pandemic has opened new eyes to these inequalities, then perhaps they'll be more likely to become part of that change.

“Working together for the common good” has helped us fight the pandemic and could bode well for solving other worldwide problems requiring cooperation-like poverty, ethnic violence, and climate-based disaster.

There is power in keeping in mind our common humanity and our sense of interconnection. If we also remember the importance of our relationships, resilience, gratitude, and doing with less, we can move forward into our un-sheltered lives again with a renewed sense of purpose and tackle some of our most difficult problems. It could be that collective, compassionate action will be the key to creating a better future for us all.

*Jill Suttie, Greater Good*



# PROGRAMS

**Programming** - We have created several online program options via Zoom. We are working to bring you more possibilities via Sandwich Community TV for those without computers. While we won't be open for our normal programs for a while, there will likely be some spontaneous outdoor programs. We will put that information on our Facebook page or in an email update, so please like our Facebook page "Sandwich Council on Aging" and call the office with your email address to make sure you are getting notice of any "pop up" programs. Call the office for more information on all programs. (508) 888-4737

## **Programs available now online via Zoom:**

**COA Book Club** – 3rd Thursday of the month at 1:30pm. The July book is "The Aviators Wife" by Melanie Benjamin. Copies of the book are available; call the COA office.

**Current Events Discussion Group** - 2nd and 4th Friday of the month at 10:00am-New members welcome!

**Cookbook and Supper Club Group**- call the office for more information.

**Mindfulness Meditation**—Wednesdays at 1:30 through July; anyone can join. Click here (or enter the URL into your browser) for the Zoom invite: <https://petecormier.com/guided-meditations/>

**History Lecture Series with David Wyant** - Currently full; call to register for the next session beginning in mid-July on **Women of the Civil War**.

**Available on Sandwich Community TV- Channel 13:** chair exercise, pilates, and classic movies.

## **OUTDOOR WALKING GROUP**

**Starting soon** - Join a COA staff member for a local walk and a chance to socialize with friends (at a safe distance!). We'll be going Tuesday-Thursday at 9:00 in groups of 6. Please call the office for all the details and to sign up.

## **ZOOM YOGA**

In an effort to support our seniors and provide ongoing classes while the senior center is closed, the Sandwich COA is working with the fitness instructors to provide online access via Zoom! Many of you already started Zoom yoga classes with Sherill in May and June. She will now be teaching classes thru the COA in the same format. Information regarding the July online yoga session is below:

### **Mondays**

Gentle Floor Yoga 9 am 7/6- 7/27 \$24

Chair Yoga 11 am 7/6-7/27 \$24

### **Thursdays**

Gentle Floor Yoga 9 am 7/9- 7/30 \$24

Chair Yoga 11 am 7/9-7/30 \$24



Checks are payable to the COA and mailed to:  
Sandwich COA, 270 Quaker Meetinghouse Rd, East Sandwich, MA 02537  
Please note on check which session.



## Legal Services

Please call the COA for more information or to schedule an appointment  
(508) 888-4737

**Attorney John Kennan - 4th Wednesday of the month** - Wills, trusts, estate planning.

**Attorney Michael Lavender – 2nd Wednesday of the month** - Elder law, trusts, estates, and wills. Zoom and phone consultations.

**South Coastal Counties Legal Services - 2nd Tuesday of every other month** - Housing problems, government benefits, health law, guardianship, and consumer issues.

**Attorney Mello's office 3rd Monday of the month:** Financial security, health care choices, trusts, will and estate management.



## SHINE— Medicare COVID Coverage

Medicare covers the lab tests for COVID-19. You pay no out-of-pocket costs. Medicare covers all medically necessary hospitalizations. This includes if you're diagnosed with COVID-19 and might otherwise have been discharged from the hospital after an inpatient stay, but instead you need to stay in the hospital under quarantine. At this time, there's no vaccine for COVID-19. However, if one becomes available, it will be covered by all Medicare Prescription Drug Plans (Part D).

If you have a Medicare Advantage Plan, you have access to these same benefits. Medicare allows these plans to waive cost-sharing for COVID-19 lab tests. Many plans offer additional telehealth benefits beyond the ones described below. Check with your plan about your coverage and costs.

### **FOR MASSHEALTH MEMBERS:**

You will not lose your Mass Health coverage during the COVID-19 national emergency if you have received a notice in the mail that your coverage is ending on or after March 18, your coverage is protected and will not end during the national emergency. You do not need to send in any additional paperwork to keep your coverage.

SHINE can still be reached by telephone M-F. 508-375-6762.



## Sandwich Community TV

Did you know that you can catch up with all the news in Sandwich on your local channels 13, 14 and 15? Channel 13 offers great programs like Cape Conversations and COVID diaries and others with a senior focus from 10am-12pm every day and 6pm-8pm every evening! You don't have to be on the internet to get great at home exercise classes and other senior oriented content.

On Channel 15 you can catch the Governor's daily press conference as well as the Board of Selectmen's meetings and other government business meetings that are still being conducted by town committees.

Tune in to your local channels at Sandwich Community TV and keep up with what's happening in town, the latest health advisories, and just good, solid entertainment.

Senior focused content is on Channel 13 10am-12pm daily and Channel 14 6pm-8pm daily. Sandwich TV is here for all of you during this challenging time. Please check out their website [www.sandwichtv.org](http://www.sandwichtv.org) or call 508.274.6806 for information. Thanks for watching!

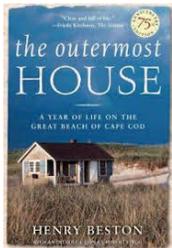
**Available on Sandwich Community TV:** Channel 13

Senior Chair Exercise

Chair Yoga

Pilates

Classic Movies - Check your local station guide for times and titles. We'll put them on our FaceBook page as they are scheduled. Generally on Friday, Saturday and Sunday evenings at 7:00 pm.



### FREE AUDIO BOOK - The Outermost House

Audio Book on CD—The Outermost House by Henry Beston

Publishing house Silver Hollow Audio has graciously donated copies of the beloved Cape Cod book, *The Outermost House*, by Henry Beston. Silver Hollow's audio narration of the book was one of *Library Journal's* "best audiobooks" of 2007, and a *Cape Cod Life* "must have"! The book is narrated by company owner Brett Barry and includes an interview with Henry Beston's biographer, Dr. Daniel G. Payne.

If you would like a copy of your own or have a small CD player to donate so others could enjoy the book, please call the COA. We can mail a set to you or deliver a copy to your door!

## Easy Exercises to do While Staying Safe at Home



Front Arm Raises



Seated Shin Strengtheners



Pilies



Seated Twists



Side Bends



Seated Knee Lifts



Clock Reach



Side Leg Raises



Upright Front Row



Knee Extensions

### Tips for Exercising Safely:

1. Take 5 to 10 minutes to warm up and cool down properly.
2. Plan to start slowly and boost your activity level gradually.
3. Be sure to wear the proper clothes and closed-toed shoes.
4. Check your surroundings and make sure you are in a safe environment with no fall hazards.
5. Drink plenty of water and drinks that replenish essential electrolytes.
6. Know your limits. Pay attention to how your body feels as you exercise. Take a break whenever your body needs it.
7. Do it right. Try to get the technique right from the beginning, to ensure you are using your muscles correctly.
8. Pace yourself. Have at least one recovery day each week to rest. If you are experiencing pain, rest until the pain has gone.

*\*Use soup cans or water bottles if you do not have weights\**

Funding for this newsletter is provided in part by the  
Massachusetts Executive Office of Elder Affairs.

Thank you!

COLORING PAGE



# PUZZLE PAGE



## Ice Cream Flavors

Y	M	T	R	L	C	H	O	C	O	L	A	T	E
A	S	K	C	A	R	T	E	S	O	O	M	E	T
P	Y	V	A	N	I	L	L	A	S	N	O	T	E
M	K	D	E	T	D	E	A	C	F	A	N	A	A
C	A	T	N	L	I	N	N	A	O	C	O	O	E
O	K	P	O	A	A	G	O	D	K	E	A	E	T
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E	E	G	D	U	F	O	S	N	I	O	V	L	T
D	A	O	R	Y	K	C	O	R	U	A	C	G	T
A	E	E	T	U	N	O	C	O	C	T	P	E	S

COTTON CANDY  
MAPLE WALNUT  
PECAN  
BANANA  
TIGER TAIL  
MOOSE TRACKS  
COCONUT  
ROCKY ROAD  
GREEN TEA  
FUDGE  
REESES  
CHOCOLATE  
VANILLA

Play this puzzle online at : <http://thewordsearch.com/puzzle/416/>