

Brewster Council on Aging

The Brewster COA's mission is to support and advocate for older adults and their families by providing programs, services and resources that promote independent living and quality of life.

Currently, we are providing the following services:

Outreach Services

Brenda Locke and Debra Johnson continue to help our elderly citizens and their families regarding services and benefits, as well as assisting clients in gaining access to public support programs such as SNAP, Fuel Assistance, Tax Exemption (Town), housing applications, Adult Day Programs, funding for Alzheimer's services, and agency referrals. They are both SHINE (Serving Health Insurance Needs of the Elderly) representatives which allows them to help clients with their health insurance, Medicare 65 and the annual Open Enrollment period from October 15 to December 7. We have installed a new lock box directly behind the COA building next to the little bench. If you have items that need to get to COA Staff, such as SHINE paperwork, Open Enrollment documents or anything important, please deposit them there. All appointments are done by telephone.

Transportation

Peter Pettengill will be driving on Mondays and Wednesdays to bring 1 senior client per day to a doctor's appointment, no further than Hyannis, for a wellness checkup, treatment or blood work. Appointments should be booked between 9am and 2pm and we ask that you contact us 4 business days before the appointment. On Tuesdays and Thursdays, he will be delivering groceries, prescriptions, medical equipment, masks and other essential needs for our seniors. All safety precautions, such as social distancing, hygiene protocol and cleaning/disinfecting, will be strictly reinforced.

Meals on Wheels

Meals on Wheels, a nutritional program thru Elder Services of Cape Cod, delivers meals to people aged 60 and over who are homebound and/or unable to prepare their own meals. For more information, call Elder Services, Information and Referral at 508-394-4630 or 1-800-244-4630. If you are already a client and need to reach our Nutrition Site, please contact Maria at 508-896-5070.

Healthy Meals in Motion

This popular program serves all eligible Brewster seniors, providing a few bags of groceries, fresh produce, and paper products each month. Pre-order from a wide selection of food items and your order will be ready for curbside pickup. The program takes place on the 2nd Wednesday of every month and the pickup location is Frederick Court's parking lot. Please call our Outreach Office to enroll at 508-896-2737.

Blood Pressure checks & Sharps Disposal Services @ BFD

Brewster Fire Department is now open to residents for blood pressure checks and/or exchange of used sharps containers. Hours are Monday through Friday 8:30am to 5pm. Questions concerning these programs may be directed to our Administrative Assistant Amy Handel at 508-896-7018.

SAVE THE DATE - Brewster Drive-Thru Flu Clinic

Thursday October 22, 2020 1 pm – 4 pm

(Rain Date October 28, 2020)

Our Lady of the Cape Church, 468 Stony Brook Road, Brewster

The Brewster Health Department, in conjunction with the Council on Aging and the Brewster Local Emergency Planning Committee, is hosting our annual flu clinic on October 22 from 1:00 pm to 4:00 pm (Rain Date October 28) at Our Lady of the Cape Church Parish Center Parking Lot, 468 Stony Brook Road.

The flu vaccination, available to all residents ages 18 and older, is an important preventive measure vital to protecting our region against vaccine-preventable diseases, especially during the current COVID-19 pandemic. The drive-thru clinic is designed to boost our resident participation in receiving the flu vaccine by providing a safer alternative during the pandemic where social distancing is important. Vaccinations will be provided and administered by Cape Cod Healthcare Pharmacy.

Instructions before you arrive:

1. Pre-registration is required online at www.brewster-ma.gov starting October 1 – October 18. You will need to schedule an appointment and complete a consent form for each person being vaccinated. Completed consent forms for each registrant will be available at the clinic. For help with online registration, please call the COA at 508-896-2737.
2. Please specify your preference for the quadrivalent influenza vaccine or the high dose vaccine available to ages 65+ at time of registration.
3. Bring your insurance card for billing; there is no co-pay. Vaccine is also available for the uninsured.
4. Wear short sleeves or clothing with easy access to the upper arm.
5. Face coverings/masks are required at all times at the clinic site.
6. Please leave pets at home for everyone's safety.
7. Participants will remain in their vehicles and be guided through the clinic.
8. Please stay home if you are feeling sick on the day of the clinic.
9. For general questions, please contact the Brewster Health Department at 508-896-3701 X1120.

Programs

We are learning to do things in a different way! Lisa is working hard to have some of our regular programming, as well as new topics, taped by our Town's Channel 18 staff.

Virtual Programs:

- How to Download Zoom article
- Go4Life Fitness Program, which we give you a CD to watch at home to do the fitness program
- We have taped several segments that will be aired on Channel 18, such as:
 - Critical Financial Conversation with your Family by Financial Advisor Bob Mauterstock
 - 3 presentations by Larry Dapsis, Cape Cod Entomologist titled Ticks: One Bite Can Change Your Life, Pollen Ecology and Edible Insects!
 - Funky Fitness class by Frank Callahan

For a list of dates and times for these taped segments, please refer to the October newsletter that will be on the COA's website by September 25th.

Curbside Events:

- Ice Cream Fridays on Fridays, September 11, 18 & 25 from 1-3pm in our COA Parking Lot
- Buttons & Bows Pet Grooming every 3rd Thursday of the month from 8-8:30am
- Fall in for a Treats on Wednesday, October 14th from 1-3pm
- Annual Flu Clinic on Thursday, October 22nd from 1-4pm @ Our Lady of the Cape Parish parking lot

General Programming Update:

- Please go to our September newsletter on the COA's website to see all the services that are available to you in your home or over the telephone, such as Pedicare, massages, hearing screening, legal help, mobile dental hygiene, and computer help.

Senior Shellfish License

Although we cannot process your license in person, you may obtain a Senior Shellfish License by mailing us or dropping off the following information:

- Copy of your driver's license to prove you are over 70 years of age
- Copy of your most recent tax bill to show you are a resident of Brewster
- A check for \$5.00 made payable to "Brewster COA"
- A self-addressed, stamped envelope for us to mail back your license
- Please send your check and paperwork to: Brewster COA, 1673 Main St. Brewster, MA 02631

Beach Wheelchairs

We have 3 beach wheelchairs in Brewster – 2 floatables and 1 chair made of PVC pipe to terrain over the sand. The 2 floatables are housed in their own sheds at Paines Creek and Breakwater Beach. If you are interested in using the PVC beach wheelchair, please call us at 508-896-2737 for more information.

Office Staff

We are here for you! If you have any questions or concerns, please feel free to call us at 508-896-2737. We will be in the office from Monday to Friday, coordinating telephone appointments, signing you up for your flu shot, arranging transportation for medical appointment, answering your questions, doing curbside events, planning future programming, and taping programs to be viewed on Channel 18. If you would like a copy of our monthly newsletter, please let us know. You can also read it on our webpage by typing in: <http://records.brewster-ma.gov/WebLink/0/foi/75664/Row1.aspx>