

Ride with us!



**PROVINCETOWN SENIOR CENTER
TRANSPORTATION SERVICES
508-487-7080**

To go to....	On...	Call by...	Suggested Donation
Hyannis - medical appointments and shopping	1 st & 3 rd Mondays each month	Friday before by noon	\$8
Senior Shuttle – rides provided anywhere in town	Every Tuesday	Monday before by 4 pm	\$1
Provincetown medical appointments	Tuesday & Wednesday (per driver availability)		\$1
Orleans - appointments, shopping, destinations by request	2 nd Monday of each month	Friday before by noon	\$5
Mobile Library (book delivery service)	Weekdays (per driver availability)	Any time	Free

Call for information regarding times of trips / when to schedule medical appointments

MEDICAL APPOINTMENTS

The Senior Center also provides door-to-door rides to medical appointments Cape-wide for Provincetown residents 60+ years of age based on driver availability. Voluntary donations appreciated. Please call 508-487-7080 to schedule a ride.



Alzheimer's Family Support Center of Cape Cod

Until there's a cure, there's community

2021 JOHN LEVIN MEMORIAL CONFERENCE

Getting to Yes: A Pragmatic Approach to Dementia Care with **TEEPA SNOW, OTR/L**

Friday, August 20, 2021

8:30 AM - 4:00 PM EST

Via live Zoom Videoconferencing

Presented by Alzheimer's Family Support Center of Cape Cod

There is NO CHARGE to attend this live videoconference.

Join nationally-known dementia care specialist, **Teepa Snow, OTR/L** who will present pragmatic strategies for managing the care of adults with dementia. This live videoconference is intended for persons employed in memory care, skilled nursing facilities, and adult day programs, family and in-home caregivers and others involved in the care of adults living with dementia.

CONFERENCE TOPICS TO INCLUDE: *Sorting Out the Three D's: Delirium, Depression, and Dementia; Changing Resistance to Care to Participation in Care; Why Do They Do That? Understanding Symptoms and Situations of Dementia; Dealing with Distress: Using Empathy and Support; Improving Your Hands-On Skills for Providing Care.* A special panel discussion on *Alzheimer's & the Arts* will take place during the lunch hour.

FREE CONTINUING EDUCATION CREDITS are pending for the following professions: **Nurses, Social Workers, Licensed Marriage and Family Therapists/Licensed Mental Health Counselors/Licensed Professional Counselors.** Approved for 5.0 CES for Activity Directors, CDP, CDCM, and CADDCTs.

For information about obtaining Continuing Education Credit, please visit: www.alheimerscapecod.org

All attendees **MUST** be registered to attend this **FREE** event. To register, click or paste into browser: <https://www.eventbrite.com/e/getting-to-yes-a-pragmatic-approach-to-successful-dementia-care-tickets-152925992761>

QUESTIONS? Call us at (508) 896-5170, or email info@capecodalz.org This conference is presented by Alzheimer's Family Support Center of Cape Cod, a 501(c)3 nonprofit providing free support, referrals, education and social connection to persons affected by Alzheimer's disease and other dementia-related diseases, and their care providers. To learn more about us, visit www.alheimerscapecod.org

EMERGENCY PREPAREDNESS

FOR OLDER ADULTS AND PEOPLE WITH DISABILITIES

CREATE A NETWORK OF SUPPORT

TO HELP YOU IN CASE OF AN EMERGENCY.



Plan how you will **communicate** if you have a communication disability.



Plan for your **transportation** if you need help evacuating.



Plan how you will evacuate with any **assistive devices**.

PREPARE FOR A POWER OUTAGE IF YOU USE ELECTRIC MEDICAL DEVICES.



talk to a health care provider about what to do



identify an alternative power source for devices



inform your emergency contacts of the plan

WHAT TO INCLUDE IN AN EMERGENCY PREPAREDNESS KIT

- Contact information for important people and care providers
- A list of medicines you need, dosage instructions, and any allergies
- Styles and serial numbers of all medical and assistive devices
- Need-to-know information for first responders and others who might need to help you



Food, water, and essentials for you and pets or service animals



Medicines, medical supplies, batteries, and chargers



Copies of Medicaid, Medicare, and other insurance cards

WHAT TO TAKE TO AN EMERGENCY SHELTER

During weather emergencies or power outages, the town may open the shelter at the VMCC. Prepare now so that you are not caught off-guard.

**IF YOU NEED ASSISTANCE OR TRANSPORT TO THE SHELTER,
CALL THE PROVINCETOWN POLICE AT 508-487-1212**

- 1. Personal identification (photo id) / Emergency contact info**
- 2. Physician name/number and list of medications**
- 3. Medical supplies:**
 - a. Prescription medications (original containers with labels)**
 - b. Over-the-counter medications**
 - c. Eyeglasses or contact lenses and supplies**
 - d. Dentures and supplies**
 - e. Hearing aids**
 - f. Assistive equipment (cane, walker, wheelchair, oxygen)**
- 4. Snacks / Special dietary needs (must be non-perishable)**
- 5. Change of clothing (including sweater or jacket)**
- 6. Bedding (sleeping bag or blanket; pillow)**
- 7. Personal hygiene items: towel, face cloth, soap, toothbrush/paste**
- 8. Special sleeping needs (ear plugs, sleepwear, pads)**
- 9. Cell phone/charger**
- 10. Entertainment: electronics (with charger), book, sewing, crosswords**
- 11. Pet supplies and records**

FREE EMERGENCY GO BAGS

The Massachusetts Office on Disability is offering free emergency “go bags” for use during power outages, sheltering events, evacuations, etc.

Bags include a flashlight, cellphone charger, first aid kit, 14-in-1 multi-functional tool, communication tools, bottled water, survival gear and more.

If you would like a bag, call us at 508-487-7080.

Supplies are limited so call soon! One/household please.