



JANUARY 2021

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OCES ASPIRES TO
WELCOME EVERYONE
WITHOUT
EXCEPTION.
WHETHER YOU ARE
LOOKING FOR HELP
OR ARE INTERESTED
IN HELPING OTHERS,
WE ARE HERE TO
SUPPORT YOU.



As the COVID-19 vaccines are in the pipeline. Scammers won't be far behind.

by Colleen Tressler, Division of Consumer and Business Education, FTC

COVID19 vaccines are being released to the public and plans for distribution are in place. The FDA talks about how the plans to release COVID-19 vaccines by the end of the year looks promising, but the plans for distribution are still being worked out. While we wait for a timeline and more information, there's no doubt scammers will be scheming. Here's what you need to know to avoid a vaccine-related scam according to the Federal Trades Commission:

- You likely will not need to pay anything out of pocket to get the vaccine during this public health emergency.
- You can't pay to put your name on a list to get the vaccine.
- You can't pay to get early access to the vaccine.
- No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Social Security number or your credit card or bank account information to sign you up to get the vaccine.
- Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19-related treatment.

If you get a call, text, email — or even someone knocking on your door claiming they can get you early access to the vaccine, STOP. That's a scam. Don't pay for a promise of vaccine access or share personal information. Instead, report it to the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/ReportFraud.ftc.gov) or file a complaint with your state or territory attorney general through [consumerresources.org](https://www.consumerresources.org), the consumer website of the National Association of Attorneys General.

<https://www.ftc.gov/news-events/press-releases/2020/12/ftc-issues-consumer-tips-avoiding-covid-19-vaccine-scams>

Community Events



Thanksgiving Meals

OCES sponsored 1,000 holiday meals delivered by Project Guardian Angel Community Volunteers to Brockton Housing Authority apartments on Thanksgiving Day in 2020! In Plymouth, Right at Home, a in-home care company that contracts with OCES sponsored 60 turkey dinners that were delivered to Plymouth Supportive Housing Residents the day before Thanksgiving. Thank you to all the volunteers for making these residents feel special!

December Holiday Meals

Covanta, a waste management company sponsored 105 holiday meals that were delivered to Wareham Supportive Housing Residents on December 24, 2020. OCES sponsored 177 meals offered to the Plymouth Housing Authority Residents on December 23, 2020. OCES would also like to thank the following volunteers: Navicare Senior Care Organization, Right at Home, Plymouth and Wareham Housing Authority and DSW for volunteering their time to help coordinate the day of meal delivery.



HEARINGS & ROAD TEST



Senior Days

The local Plymouth and Brockton RMV offered special "Senior Days" on Wednesdays from 9:00 am to 12:00 pm throughout the month of October to provide an exclusive time for this population. OCES and Old Colony Planning Council (OCPC) hosted a table every Wednesday in the month of October. Armindo, OCES I&R Supervisor and Jane, OCPC Assistant Director Ombudsman, helped provide older adults with resources to support them to remain independent in the community.

Happenings At OCES

November was National Caregiver Month!

In Honor of National Caregiver Month, the Family Caregiver Support Program (FCSP) provided current enrolled Caregivers a OCES yearly planner. OCES and the FCSP wanted to show their appreciation for the hard work they selflessly provide to their loved ones each and every day. This care allows their loved ones to remain at home and live happier lives. We understand that caregiving is a never ending job and you rarely get a break. We cannot stress enough that caregivers need to schedule time for yourself to recharge their your own batteries. The daily planner was a gift from FCSP to remind them to pencil in self-care time everyday.



Nancy & Rochelle, OCES Family Caregiver Support Program Team



VIRTUAL SAVVY CAREGIVER WORKSHOP

OCES' Healthy Living Program offers a workshop to help understand the impact of dementia, strengthen family resources and gain confidence about your caregiving. Learn ways to take care of YOU and decrease caregiver burn out.

Contact Healthy Living Department for more informaiton at (508) 584 -1651 x373

SUSAN WILLIS



Susan Willis, Chief Programs Officer at Old Colony Elder Services (OCES), is retiring after more than 22 years! Susan has been instrumental in the success of OCES. Her passion, dedication and support of programs including Home Care, Protective Services and Adult Family Care, to name a few, have made a positive impact on many individuals, families and OCES staff. During retirement, Susan plans to spend more time with her family. "I will miss working here and OCES will hold a special place in my heart," she said. OCES will miss Susan and we wish her all the best in her retirement!

THANK YOU FOR SUPPORTING OCES

GIVING TUESDAY

BECAUSE OF GENEROUS DONORS
WE RAISED OVER \$11,000!

Be Prepared Before the Winter Storm Hits!

Suggestions For Residents With Visual Impairments

- Have back up canes at different locations, such as your home, homes of family members, car, and disaster kit.
- Store high-powered flashlights (LED lights with wide beams are best) and extra batteries. Light Sticks may also be helpful.
- Writing supplies such as a slate & stylus, 20/20 pens, writing guide
- Low vision items such as magnifiers, glasses, etc.
- Wind-up radio
- Talking alarm clock (with batteries) or braille watch
- Whistle & first aid kit
- Telephone/Contact list in large print and/or braille
- Chargers for electronic devices and battery packs
- During the COVID-19 pandemic, include face coverings, masks, hand sanitizer, and other needed cleaning supplies.
- Label Supplies: Mark emergency supplies with large print, fluorescent tape or braille (with print).

Be prepared to use alternate mobility cues and alternative methods to navigate your environment. Be prepared to lose the auditory clues you normally rely on following a major disaster. For more general information on other items needed for your disaster kit, go to www.mass.gov/mema



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