



# Harwich Community Center Newsletter

March/April 2017

Town Offices Closed on Monday, April 17th, 2017 for  
Patriot's Day



## **SOCIAL SECURITY VSD MACHINE IS HERE!!**

The COA received a Video Service Delivery machine (VSD) from Social Security, that will have a **live person** answer a screen face to face with you on the third Monday of each month beginning at 9:05 by appt. only. You may access your benefits, ask questions, have a Social Security Card replaced, ask for a copy of your benefits page to be sent to you, sign up for disability benefits....all **at the COA** and they will send you anything you request. If you are asking questions the appt. will be for 15 minutes; if you are signing up for benefits you need to ask our COA receptionist for a one hour appt. This is to provide convenient assistance and to avoid travel to Hyannis! Simply call 508-430-7550 to make your appt. today.

## **THE TRAVEL DEPARTMENT AT THE COA IS TRAVELING ON...**

We have had many years of offering this Travel Service to our residents at the Harwich COA and provided some wonderful trips that our seniors have told us they enjoyed. The COA has seen a steady decline in the customers for this service as well as in the number of volunteers who offer to man the desk. Today you can quite simply look in the newspapers and call to sign up for the same trips as well as many seniors are ordering their trips online. Therefore, we are going to stop this service as of this newsletter notification, and we apologize for any inconvenience this may cause.

**THE COA OFFICES WILL BE CLOSED ON THURSDAY, APRIL 27th FROM 11:00 a.m. ON FOR THE ANNUAL VOLUNTEER RECOGNITION LUNCHEON AT THE RIVERWAY.**



Clutter.

## **CLUTTERER'S ANONYMOUS GROUP MEETING AT COMMUNITY CENTER**

CLA gives the clutterer an opportunity to identify with others who have the same problem. In CLA, we share our experience of both the suffering that results from cluttering and the joy of recovery. We offer unconditional acceptance and support to one another. We meet at the Harwich Community Center on Wednesdays at 9:30 a.m. for approx. 1 hour. We in Clutterers Anonymous, believe our "dis-ease" is threefold — physical, emotional, and spiritual.

## **Council on Aging Staff**

### **Executive Director**

Barbara-Anne Foley  
508-430-7550 ext. 10

### **Executive Assistant**

Gale Barnes  
508-430-7550 ext 11

### **Social Services Coord.**

Kevin Grunwald  
508-430-7551 ext 12

### **Town Nurse, Susan Jusell**

508-430-7505

### **Outreach Asst./Volunteer**

**Coordinator, Rick Anderson & for Medical Rides:**

508-430-7550 ext 13

### **Cranberry Coach COA Van**

508-241-1566

**Van Drivers:** Dan Eldredge  
& Gerald Golia

### **COA Fax Number**

508-430-7530

### **Travel Phone**

508-430-4710-ONLY FOR  
TRAVEL CALLS PLEASE!

### **Senior Dining Site**

508-430-7550

### **Harwich Community Center**

508-430-7568

### **Meals on Wheels**

508-430-1991

**To cancel a Meal from**

**"Meals on Wheels" call**

**508-394-4630 ask for the**

**Nutrition Dept. telling them  
you live in Harwich.**

# BLUE LIGHT SPECIAL



**By Amy Walinski , Elder Affairs Liaison-Harwich Police Dept.**

It is late at night and you are ready to head to bed. Just then, you hear a noise outside. You're not quite sure what you heard but you know you're not going crazy. Maybe it's an animal getting into the trash? You peek through the blinds and cannot see anything, but you know something or someone is outside. You decide to ignore it and head to bed.

Morning comes and you head out to your car. You settle in your driver's seat and find that something feels out of place. You look around and realize that the GPS and spare change you leave in your car are missing. You now call the police.



Like every other town, motor vehicle burglaries have been occurring sporadically throughout the Town of Harwich. The police department is actively investigating these incidents and there are several things that you can do prevent yourself from becoming a victim. **TAKE, LOCK, HIDE:** The basic crime fighting tools to preventing burglaries to motor vehicles.

Lock your vehicle. Criminals looking to break into cars are looking for an easy target. They target unlocked vehicles and vehicles with valuable items in plain view. Items that are most likely to be stolen are GPS units, cash and change, radar detectors, bags and briefcases.

So what can you do to prevent these types of crimes from happening to you? Hide valuables from sight, or, even better, take items with you. If criminals don't see anything, they are less likely to break in, and will go to the next vehicle.

The most important thing to remember is to lock your car doors. Typically, the vehicles that are broken into were left unlocked by the owner and any items that were left in plain view were taken. Rarely do criminals break into a locked vehicle. The noise from breaking a window is likely to attract attention and possibly get them caught so they avoid it and go for the easier targets.

What should you do if your vehicle gets broken into? Don't touch anything in or on your vehicle, call the Harwich Police Department, and make your neighbors aware of the burglary.

If you or someone in your house believes they heard or saw something out of the ordinary, call the police. If you see an individual or group that is acting suspicious or out late at night, call the police.



In closing, never hesitate to call the police if you think something unusual is going on and always lock your doors. Locking up dramatically decreases your likelihood of being victimized and it makes it that much tougher for the criminals. Remember the **YOU** are an important partner in the fight against crime.

## Notes from the Outreach Office-Kevin Grunwald, Social Services Coord.

"Well,

*spring sprang. We've had our state of grace and our little gift of sanctioned madness, courtesy of Mother Nature. Thanks, Gaia.*

*Much obliged. I guess it's time to get back to that daily routine of living we like to call normal."* [David Assael](#), *Northern Exposure*, Spring Break, 1991



**Spring Is Here (almost)!!:** For those of you who were wondering, I did survive the Polar Bear Plunge on January 1 (air and water temp both at around 44), and feeling renewed by that experience I came back prepared to plunge into this New Year (pun intended). While Spring tends to come late to Cape Cod, the right whales have returned to Provincetown and I believe the daffodils and hyacinth will be popping up soon. Most importantly, our **NEW ENGLAND PATRIOTS** just won a remarkable and unprecedented 5<sup>th</sup> Super Bowl Championship, and I think that victory should be enough to keep us warm and get us through whatever winter has left.

While February 13 was supposed to be a busy day here at the Council on Aging, the weather did not cooperate. In the morning we were scheduled for our second Housing Summit, with speakers on topics ranging from financial services to homecare to assisted living facilities. This was a follow-up to a popular program which was held in the Fall. Later in the day we had partnered with Nauset Neighbors to host a simulcast presentation by Dr. Atul Gawande, author of the book Being Mortal: Medicine and What Matters In the End. Winter weather intervened, and we hope to hold both of these events in the near future.

While the timing of these two presentations was coincidental, as I thought more and more about it I realized that there is a complementary aspect to these two topics. Housing is a critical issue for all of us here on the Cape, and while the housing needs of seniors are unique they are also quite fundamental. In his groundbreaking book Dr. Gawande reshapes the notion of the role of medicine as we approach the end of our lives, and suggests that healthcare professionals should promote our ability to live a meaningful life and to enable well-being. When speaking of the changing needs of people as we age he states: **"they ask only to be permitted, insofar as possible, to keep shaping the story of their life in the world—to make choices, and sustain connections to others according to their own priorities."**

As I reflected on that quote I realized that part of maintaining our independence is planning and making choices about where and how we will live while we can. While conditions (e.g. weather) and circumstances change over time, we have the ability to plan for the resources that we will need to maintain a good quality of life; to be able to do the things that we want to do. It's about being proactive, rather than waiting for things to happen to us, exercising our ability to choose as long as we're still able to do that, and to "keep shaping the story of our lives." As Jack Welch was fond of saying at GE, "control your destiny, or someone else will."

I believe that the Housing Summit will do a good job of identifying what many of those choices are, and I think it also will give people a chance to see what resources are available to them. **The Outreach Office is always available to assist you in undertaking this type of planning, and I encourage anyone who has questions to contact us at 430-7551** to discuss this in greater detail. It's up to you...

**Biking Group:** We couldn't be more excited that the bicycle Group will be led by Bikeways Committee Member, Fran Salewski! We had some great rides last year, and we hope to continue to add members to this activity. If you haven't ridden for a while..."it's just like riding a bicycle", (badaboom!). We will be kicking off our 1st ride of the season (weather permitting) on **Friday, April 28th at 1:00 p.m.** at the Tennis Courts at Brooks Park. This is intended to be a casual, recreational ride with no "drops." A bike waiver will need to be completed with COA Staff, and helmets are required.

**Food Programs:** I talked about "Food Insecurity" in the last newsletter, and I want to remind residents that these programs are there for you when you need them. This includes the monthly "Brown Bag" food program, bi-monthly government food deliveries, assistance with SNAP (Food Stamp) applications, and weekly Cranberry Coach trips to the Food Pantry. Programs vary in terms of eligibility and application requirements, so please contact Kevin at 508 430-7551; extension 12 for additional information.

**Fuel Assistance:** We will continue to accept applications for the Fuel Assistance program, which operates from Nov. 1 through April 30. To apply call the COA Outreach office at 508 430-7551 to schedule an appointment with Kevin or Rick. There is a fair amount of documentation that is needed for the application, and if you call we can send you a list of all of the documents that you'll need. Approval for Fuel Assistance may qualify you for other discounted utility rates.

**Men's Breakfast:** We've had some interesting guests the past few months including our own Michael Kennedy on guitar and Bill Higgins, recently retired sports editor of the Cape Cod Times. On March 10 the Cape Cod Ukelele Club will entertain us with some Irish music, and on April 14 newly elected State Senator Julian Cyr will join us for breakfast. This is a fun event, and we encourage you to bring your friends! Breakfast is from 9:00-10:00 AM, and while there is no charge, please contact Kevin at 430-7551 ahead of time to register.

**Men's Book Group:** The Men's Book group is expanding, and meets on the second Friday of every month, immediately following breakfast. We have recently read an interesting collection of books, including Last Man Standing by David Baldacci, and Water for Elephants by Sara Gruen. All books chosen are generally available at Brooks Free Library. Please join us from 10-11, even if you haven't read the book. We welcome your suggestions for new books to read!



## Community Center MARCH & APRIL Events

Date	Time	Event
March 2nd	7-9:30 p.m.	Anything But Bridge
March 1st AND April 5th	6:00-7:30 p.m.	Dad's Support Group
March 4th	10 a.m., 1:00 p.m. & 3:00 p.m.	LIVE OWL SHOWS
March 6th & 20th	9:00 a.m.-4:00 p.m.	KD Quilters
March 7th, 14th & 23rd	5-7:00 p.m.	Kiwanis Club
March 7th	7:00-8:30 p.m.	Ukulele Group
March 17th	1:00-2:00 p.m.	Parkinson's Voice
March 18th	12:30-2:00 p.m.	Harwich Artist's Demonstration
March 25th	1:00-4:00 p.m.	Meet Your Local Farmer's
March 29th	2:00-5:00 p.m.	J1 Conference
April 4th	5:00-7:00 p.m.	Kiwanis Club
April 4, 11, 18, & 25th	7:00-8:30 p.m.	Ukulele Group
April 6th	10:00 a.m.-7:00 p.m.	Cape Cod Healthcare Blood Drive (Blood Mobile Outside)
April 12th	12:00-4:30 p.m.	Benefit's Fair-Town Run event open to public
April 29th	11:45-1:45 p.m.	Harwich Conservation Trust, Tour De Trash

**\$5.00 SUPPER CLUB ENTERTAINMENT LINE UP! CALL 508-430-7550 TO PRE-REGISTER TODAY!**

**March 6th & April 3rd Liz Saunders Sings**

**March 13th Roger Tincknell-Cultural Council Grant**

**March 20th & April 24th Ritchie Bern on Guitar**

**March 27th Vic Solo Patriotic Program**

**April 10th Harry French**





## SHINE NEWS



### Are you or someone you know turning 65 soon?

Every day there are 10,000 baby boomers turning 65 and are now eligible for Medicare. Those new to Medicare can make costly mistakes resulting in higher health care costs, gaps in coverage and possibly a lifetime late enrollment penalty. If you are collecting Social Security, you will automatically receive your Medicare card 2-3 months before turning 65. If you are not collecting, you are responsible for signing up for Medicare Part A (hospital insurance) and Part B (medical insurance) either online at [www.socialsecurity.gov](http://www.socialsecurity.gov) or at your local Social Security office. There are federal rules as to when you can enroll into Medicare Part A, Part B, Part C (Medicare Advantage Plans-HMOs, PPOs) and D (prescription coverage). If you miss these enrollment periods you may have to pay a late enrollment penalty and could have a gap in health care coverage. If you are covered by a group health plan through the company you or spouse is still actively working (not Cobra) you may delay taking Medicare Part B at 65 without a penalty. However, if the employer has less than 20 employees then Medicare is primary and the employer coverage is secondary. In this case you may need to have Medicare Parts A and B for complete coverage. This is only one example- each situation is unique and more questions need to be asked, options to look over and costs to compare. That is why it is very important to sit down with a SHINE (Serving the Health Insurance Needs of Everyone) counselor and go over your particular situation. SHINE volunteer counselors are trained and certified by the Executive Office of Elder Affairs and are re-certified each year to help those on, or eligible for Medicare, navigate the complex health insurance system. If you or someone you know will be turning 65 soon please call the senior center to make an appointment with a SHINE counselor at 508-430-7550.

### FOOT CARE CLINICS WITH BETTY BRADY

The COA Foot Clinics are by appt. only and the fee is \$35. The dates for the upcoming clinics are: **Friday, March 10th & Thursday, April 13th from 8:30 a.m.-2:30 p.m. and Wednesday, March 22nd and April 26th from 8:30 a.m.-11:30 a.m.** Gift Certificates are available and make a nice gift for a friend/family member. For appointments call 508-430-7550. today. **Home visits are \$55.**



### CRIBBAGE IS FUN

**The Thurs. afternoon Cribbage Group will continue year round at the Harwich Council On Aging at 1 PM. Open to all, beginners, novices, and skilled. Fun for all and a great way to meet New friends. To sign up please call (508) 430-7550 or drop in. Contact Rick Anderson, Volunteer Coordinator for more info.**

### BRIDGE IS BACK WITH NANCY BLEZARD

Starting Monday March 6th, Nancy Blezard will begin her Bridge Class again. Nancy Blezard's Bridge II course sessions are for 6 weeks each and will be ongoing into the Spring from 1:00-3:00 p.m. on Mondays; the fee is \$30.

## EXERCISE PROGRAMS

### MINDFUL YOGA BY KATHIE MARIN

Mindful Yoga Classes by Kathie Marin will be held at the Harwich Community Center, **Friday mornings: 9:00-10:15 a.m.**, March 3, 10, 17, 24, 31 and April 7, 14, 21, 28th **and the cost is \$8.00 per class.** Hatha yoga postures and stretches are done sitting in a chair and also standing. Emphasis is placed on meditation, bringing awareness to the present moment and connecting the breath to the movement of the body. Contact the instructor to sign up: Kathie Marin at [krmarin@msn.com](mailto:krmarin@msn.com) or call 508-430-8623.

### SUPERFIT AND SENIORFIT WITH CHARLIE ABATE

Every **Wed. and Fri.** Charlie offers a total body fitness program. He fuses stretching, hand weights, calisthenics, and movement exercises into a dozen unique musical routines that are easy to follow, invigorating, and loads of fun. You'll revitalize all your major muscle groups while you move and groove to the beat of the best music. Best of all you'll love your growing confidence and stamina. Pick the level that suits you best: **SUPERFIT 8:30-9:30 am** is a powerful hour that includes floor work on mats. For a slower, gentler workout with no work done on the floor, you'll love **SENIORFIT 9:30-10:30 am.** **This session is Feb 22-Mar 31; and Charlie's next session Apr 19-May 26 . Fee (\$38) per 6 week session.** Register now to reserve a space by contacting Charlie at 508-432-0370. Also ask how you can try out a free demo class.

### EXERCISE CLASS WITH JILL BROWN:

Jill is a Certified Personal trainer who specializes in Weight Mgmt., low impact exercise, and overall well being. **Tues.'s 6:00-7:00 pm and Saturdays 8:30-9:30 a.m.. Fee: 12 lessons for \$96.00**

### BALANCE BOOSTERS CLASS

Join COA Director, Barbara-Anne Foley for the Balance Boosters Class on Tuesdays and Fridays for one hour, throughout the year in **6 week sessions, from 9:30-10:30. March 14, 17, 21, 28, 31. April 4, 7, 11, 14, 18, and 21 & 25th. Fee: \$24 for 12 sessions 2 days a week-that's \$2 a class-can't beat the price! RSVP to 508-430-7550.** One hour of stretching safely while seated in a chair using your own body, wooden dowels, foam balls and paper plates. You will feel great without being winded, warm up without feeling sweaty and give your body the stretching it needs to maintain balance and flexibility. Call to 508-430-7550 to register.

### HATHA YOGA WITH MICHELE INSLEY

Hatha yoga classes offered throughout the year and welcome all levels. Postures and stretches are used in combination with the breath and humor to stretch the muscles, strengthen joints, improve balance and have fun! Participants are encouraged to develop proper alignment in the poses and cultivate a calm mind. Each class ends with a long relaxation. Classes are currently being offered every **Tuesday, Thursday & Saturday, from 9-10:30am ongoing** at the Harwich Community Center. **COST=\$15 per session, \$60 for 6 sessions.** For more information or to inquire about classes, please contact Michele Insley, E-RYT500 at [micheleinsley@gmail.com](mailto:micheleinsley@gmail.com) or 508-360-7227.

### 30/30 CLASS

Tuesdays/Thursdays 5:00 – 6:00 PM Multi-purpose room. One hour of total body fitness! 30 minutes of low-impact aerobics to music followed by 30 minutes of weights, balance, and floor work. Easy to follow, adaptable to multi-levels, join anytime. Classes are ongoing. For more information to contact Michele email her at [su-sangh@comcast.net](mailto:sangh@comcast.net)

### MARY ANN DEMELLO-AEROBICS/EXERCISE BALL

Burn fat with 25 Minutes of low-impact-aerobics and 25 minutes of great abdominals and resistance training using the Exercise Ball! **Tuesdays at 8:30 a.m.-9:30 a.m. and Thursdays at 9:30 a.m.-10:30 a.m.** The cost is \$8.00 per class or 2 classes for \$14 and it is pay as you go. Call Mary Ann at 774-994-0061 for questions. about her personal training or her classes. **No class on April 6th.**

## MARCH 2017

### Senior Dining Program Menu

Please call 430-7550 for reservations by 11am the day prior to the meal  
you want to attend & for any cancellations.

**Menu items subject to change by COA Chef**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. Fish Sandwich with French Fries & Coleslaw	2. Shrimp with Rice & Veggies	3. Tuna Roll with Chowder & Chips
6. Supper Club Turkey Dinner, Potato & Vegetable <b>Liz Saunders performs</b>	7. Steak & Cheese Sub with French fries & Coleslaw	8. Swedish meatballs with Noodles & veggie	9. Chicken Salad Roll with Cole-slaw & Chips	10. Men's Breakfast <b>NO LUNCH TODAY</b>
13. Baked Stuffed Filet of Sole, Potato & veggie <b>Roger Tincknell Cultural Council Grant</b>	14. Hot Pastrami & Swiss with French Fries & Coleslaw	15 Cranberry Chicken with Rice & Veggie	16. Turkey & Cheese Sub with French Fries & Coleslaw	17. St. Patrick's day Corned Beef Dinner
20. Supper Club Ham & beans Dinner with Potato Salad & Coleslaw <b>Ritchie Bern Guitar &amp; singing</b>	21.Chili & Corn Bread	22. ham & Swiss with Soup & Chips	23. Scallops with Potato & Veggie	24. 10-12HOUSING SUMMIT II Linda's homemade Pizza & Salad
27. Supper Club Pork Potted beef over Mashed Potato & veggie table <b>Vic Solo patriotic Stars &amp; Stripes Show</b>	28. Chicken Fajita Boat	29. Grilled Salmon with Potato & Veggie	30. Meatloaf with Potato & Veg-etable	31. Macaroni & Cheese with Salad

## APRIL 2017

### Senior Dining Program Menu

Please call 430-7550 for reservations by 11am the day prior to the meal  
you want to attend & for any cancellations.

**Menu items subject to change by COA Chef**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3.Chicken Marsala with Rice & Veggie <b>Liz Saunders performs</b>	4. Bubba Burger with Bacon Lettuce and Tomato	5.. Vegetable Lasagna with Salad	6. Western Sandwich with Chips & a Pickle	7.. Baked Fish with Potato & Veggie
10. SUPER CLUB Roast Pork with Potato & Veggie <b>Harry French Performs</b>	11.. Fried Chicken with Potato & Veggie	12.. Oriental beef with Mixed Veggies over Rice	13.. Crabmeat Salad Roll with Coleslaw & Chips	14. <b>Men's Breakfast</b> <b>NO LUNCH TODAY</b>
17.NO SUPPER CLUB PATRIOT'S DAY ALL TOWN OFFICES ARE CLOSED	18. Pizza & Salad	19. Balsamic Grilled Chicken with Veggies & Rice	20. Steak & Cheese Sub with Onion Rings	21. Hot Dog & Beans with Potato Salad & Coleslaw
24.SUPPER CLUB Shrimp Scampi with Lin- guine & Vegetable <b>Ritchie Bern Guitar &amp; Sing- ing</b>	25. Italian Sausage with Pas- ta & Salad	26. BLT Pocket with Chips and a Pickle	27. <b>NO SENIOR DINING PROGRAM TODAY VOLUNTEER RECOG- NITION LUNCHEON TODAY</b>	28. Tuna Roll with a Cup of Linda's Chowdah



### **BREAKFAST AT WINGATE OF HARWICH-JOIN US!!**

**HARWICH**—Wingate Senior Healthcare of Harwich will host a Harwich Council on Aging (COA) breakfast on **Friday, March 31st at 8 a.m. and Friday, April 28th at 8 a.m. with a speaker at each.** These breakfasts are **FREE** and open to the public. For more information or to reserve your space, please call **508-430-1717**. WINGATE is located at 111 Headwaters Drive just off Route 124. (Formerly EPOCH of Harwich).



### **Reiki & Zero Balancing Treatments**

Reiki is a Japanese word meaning universal life energy. Reiki addresses the imbalances in the body. It is a method of hands-on treatment that gently and powerfully promotes good health and well-being. Reiki can alleviate pain and stress, promote restful sleep, healing and relaxation. One of the greatest benefits may be the opportunity to let go and enjoy the peace of being nurtured and cared for. **Diane C. Thibodeau is a Reiki Master Teacher** who is offering an abbreviated 20- minute treatment. Next Reiki Clinic will be on **Tuesday, April 4th** by appt. 9-11:40 a.m. and . **NEW: "There will be availability for two people at one time to be treated. Tables will be set up and an additional practitioner will be available. Couples are welcome."** **Zero Balancing** with **Marcia Moeder**, a powerful body-mind therapy that uses skilled touch to address the relationships between energy and structures within the body **Thursday, March 16th and April 13th 1-3 p.m.** To schedule your appt. with Marcia call 508-430-7550 .

### **ALZHEIMER'S SUPPORT GROUP FOR PATIENTS AND FAMILIES**



The Alzheimer's Family Support Center of Cape Cod and the Harwich Council on Aging are partnering to offer our Alzheimer's Caregiver Support Group on the first & third Wednesdays of the month, 10:30-12 pm, **Dates: March 1st & 15th. and April 5th and 19th.** An activity group for people with cognitive impairment will run concurrently, to allow all to attend. These groups are being offered **FREE OF CHARGE**, thanks to the generous support of the "Remembery Walk Fund" & the Alzheimer's Family Support Center of Cape Cod. Caregiver support group facilitator: Fran Lavin, RN. For more info, to sign up for the group, or to find out more about their free services, contact the **Alzheimer's Family Support Center (508) 896-5170.**



### **CRANBERRY COACH VAN SCHEDULE**

**MONDAYS ARE SUPPER CLUB NIGHT SERVING AT 5:00 P.M.**

**Mondays:** March 6th Orleans Trip March 13th Market Basket March 20th Trader Joe's & Christmas tree Shop Plaza March 27th Thrift Shops April 3rd Cape Cod Mall & KMart April 10th Market Basket **April 17th No Van Service Town Offices are Closed** April 24th Patriot Sq and Movies  
**Tuesdays:** Senior Dining Program & Shaw's in afternoon.

**Wednesdays:** Senior Dining Program **NO SHOPPING IN PM UNTIL AFTER April 15th.**

**Thursdays:** Senior Dining Program & Stop & Shop & Harwich Food Pantry. **No Van Service April 27th other than to and from the Volunteer Recognition Luncheon.**

**Fridays:** Senior Dining Program and Current Events at Brooks Library

The Cranberry Coach will transport to and from any COA Program as well as bring Volunteers to COA to work. All **Monday Trips must have a minimum of 6 to make the trip.** Call 508-241-1566. You must call by the day before to make your reservation for the van for any program.

**NOTE: ALL MONDAY TRIPS ARE CONTINGENT UPON HAVING A VAN DRIVER AVAILABLE**

The background of the entire poster is a vibrant pink surface with a subtle, repeating pattern of stylized flowers and leaves. Scattered across this background are numerous Easter eggs, each uniquely decorated with various patterns and colors. Some eggs are white with blue or pink floral designs, others are solid colors like teal or yellow with black outlines, and some feature intricate mandala-like patterns. The eggs are arranged in a way that they appear to be part of the hunt.

# Harwich Community Center Egg Hunt!

Friday  
April 14th, 2017  
3:30PM

**\*\*At the Harwich Middle School\*\***

**Bring a decorated egg carton  
to collect your eggs in!**

**Be sure to arrive on time,  
the eggs won't last long!**



## REAL ESTATE TAX EXEMPTIONS OFFERED BY THE TOWN OF HARWICH

The Town of Harwich Assessors office has the most updated information relative to real estate tax exemptions for permanent, full-time residents of Harwich:

**Clause 22's Veterans Exemptions** 22 through 22E are eligible for \$400.00 exemption or higher if they have a Purple Heart or a minimum of 10% service-related disability. The exemption is offered to certain qualified veterans, their spouses, and parents on real estate owned and occupied in whole or in part as his or her domicile as of July 1<sup>st</sup> of the tax year. A veteran is anyone who has served in the armed forces during certain wars.

**Clause 37A Sight Impaired Exemption** - \$500 exemption. The Sight Impaired must own the property separately or jointly or as a tenant in common and occupy the property as his or her domicile as of July 1<sup>st</sup> of the tax year. The person must be legally blind according to the specifications of the Commission for the Blind and must furnish a certificate from the Division of the Blind as of July 1<sup>st</sup> of the tax year.

**Clause 41C Senior Exemption (65 years or over)** - \$1,000 exemption. An individual must be 65 years or older as of July 1<sup>st</sup> of the tax year. The individual must own and occupy the property as his or her domicile as of July 1<sup>st</sup> of the tax year. Gross receipts (**Income**) must be less than \$24,849 if single and \$37,274 if married. Whole estate (**Assets**) less the value of the home except for the value of any portion which exceeds three dwelling units and produces income cannot exceed \$40,652 if single and \$55,897 if married.

**Clause 17D Senior Exemption (70 or over), Surviving Spouse (no age limit), or Minor** - \$175 exemption. The individual must possess, the status of either a surviving spouse, or a surviving minor, or a person or persons 70 years or over who has owned and occupied the property as his or her domicile as of July 1<sup>st</sup> of the tax year. A person's whole estate (**Assets**), real and personal, cannot exceed \$40,000 excluding the total value of the domicile, not to exceed three dwelling units. Clause 17D prescribes no limitation on annual income for exemption eligibility.

**Clause 41A Deferral (65 years or over)** – To qualify for a deferral you must be 65 years of age as of July 1<sup>st</sup> of the tax year, have owned and occupied the property as your domicile on July 1<sup>st</sup>. The applicant's gross receipts (**Income**) from all sources in the preceding calendar year cannot exceed \$40,000. Under an agreement with the Town, you may defer payment of all, none, or any part of your taxes each year up to fifty percent of your property valuation. This allows a person to remain in his or her home as long as possible without having to pay the real estate taxes. The Town adds yearly interest of eight percent on the deferred taxes until they are paid. The taxes are eventually paid to the Town with interest by the estate (when the home is sold), or the heirs may obtain a bank mortgage to reimburse the Town. This tax deferral may be granted in addition to any other exemption.

**Clause 42 Surviving Spouse of Police Officer or Firefighter** – This clause relates to surviving spouses of police officers or firefighters killed in the line of duty. They are granted a total exemption on real property owned and occupied by them as their domicile on July 1, for so long as they remain unmarried.

## REAL ESTATE TAX EXEMPTIONS OFFERED BY THE TOWN OF HARWICH pg 2

The Town of Harwich Assessors office has the most updated information relative to real estate tax exemptions for permanent, full-time residents of Harwich:

**(Clause 18 Hardship Exemption** - This exemption provides that any person who, in the judgment of the assessors, is so aged, so infirm, and so poverty stricken that he/she is unable to contribute fully to the public charges, may be entitled to an exemption on a portion or all of his/her tax.

**Ch 59 S5K Senior Citizen Property Tax Work Off** - (60 years or over) This program offers seniors to work for the community. Applicants must be the assessed owner as of January 1. In exchange, the Town can provide residential property exemption of up to \$1,000 per year. For further information please contact the Council on Aging (508) 430-7550.

**Reverse Mortgage** - Any property owners who are considering or who presently have a reverse mortgage on their property should visit or call the Assessors Office to discuss possible tax relief that may be available.

**Ambulance Fee Waiver** – Residents may request a waiver from the Town Treasurer if unable to pay an ambulance bill. For further information please contact the Town Treasurer at (508) 430-7501.

**If you are having difficulty paying your Real Estate bill, please contact the assessors office for any relief that may be available. 508-430-7513.**

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**Meditation Workshop**  
**Saturday, March 4, 2017**  
**11:00 – 11:30am**

**Cost is \$5 per person**

Heard about the benefits of meditation and wondered what the practice is really like? Or maybe you've had some meditation instruction but haven't yet found a technique that fits your temperament or one allows you to sustain a regular practice. Michele Insley, 500 hour registered yoga teacher, will lead you through an introductory meditation workshop and demonstrate various meditation techniques. Gain the inspiration and clarity you need to continue meditating at home, ultimately bringing greater peace and contentment into your life. For more information call, 508.360.7227

**Ayurvedic**

**Introduction to Ayurveda**

**Saturday, March 11**

**11am - 12:30pm Free!**

**Ayurvedic**

Ayurvedic medicine ("Ayurveda" for short) is one of the world's oldest holistic healing systems. It was developed more than 3,000 years ago in India and is considered Yoga's sister science. It's based on the belief that health and wellness depend on a delicate balance between the mind, body, and spirit. Explore the Ayurvedic approach to living in harmony throughout the seasons. Ayurvedic Practitioners and owners of Life in Harmony of Chatham, Xiomy Avila and Chris Dynega, will share their knowledge about this approach to optimal health! Free!



## **FALL RISK PREVENTION EDUCATIONAL SEMINAR**

Cape Cod Orthopaedics Physical Therapy will be presenting on Fall risk prevention and the steps you should take if you suffer a fall. **Date: Friday, March 31st at 9:30 a.m.** This presentation will cover all aspects of risk stratification from low light conditions to poly-pharmacy. Handouts will be provided to assess your personal home fall risk level and educational material on how to make your living environment safer. Also incorporated will be an exercise routine that you will be able to perform at home to aide in fall prevention. The speaker is Dr. Sean O'Reilly, PT, DPT, OCS, CSCS, FAAOMPT, Rehabilitation Director of Cape Cod Orthopaedics Physical Therapy, Board Certified in Orthopaedics, Fellowship Trained in Orthopaedic Manual Therapy. **Call 508-430-7550 to pre-register by March 24th.**

## **DRIVING TIPS AND PITFALLS AS WE AGE**



Dave Haley, Instructor for Grand Prix Driving School will be at the Community Center on **Wednesday,**

**April 12th at 9:30 a.m.** to review helpful hints for driving as we age as well as pitfalls that he sees with aging drivers and how to avoid them. Please pre-register for this presentation by April 5th by calling 508-430-7550.

## **HAVE YOU HAD YOUR HOME SAFETY ASSESSMENT DONE YET?**

This program is a joint venture with the Harwich Council on Aging and the Harwich Fire Department. 2 Staff come to your home with clipboard in hand and a safety assessment checklist that includes smoke detectors and carbon monoxide detectors. We also check for Fall Prevention items such as scatter rugs and flashlights and how your snow removal is taken care of. This is a free service and can be done by calling the COA for an appointment at 508-430-7550. When you call, please have ready your name, address, phone and approx. age of your home. If we have batteries or detectors that will work in your home that have come through the grant we will use them. If not, and you want to purchase them that works as well, sometimes the Fire Association has purchased items in bulk that we would charge you that fee we paid for them and you make a check out to the Harwich Fire Association. The next available Assessment dates are: **March 15th & March 16th** and appt.'s are 1 hour and begin at 9:00 and the last appt. is at 12 noon.

## **Demystifying Dementia I Wednesday, May 17, 12:15-1:45**

### **Harwich Council on Aging**

The Alzheimer's Family Support Center of Cape Cod is proud to announce our first dementia-friendly educational series, Demystifying Dementia, with Patricia Collins, Director of Outreach for the AFSCCC. A full range of basic information will be provided, as well as plenty of time for questions and discussion. Please call the Alzheimer's Family Support Center at (508) 896-5170 to register, and for information about any of our free services.




### **Demystifying Dementia II**

**Wednesday, May 31, 12:15-1:45 pm**

The Alzheimer's Family Support Center of Cape Cod presents the second seminar in our series Demystifying Dementia, with Patricia Collins, Director of Outreach for the AFSCCC. **Demystifying Dementia II** discusses the different stages of cognitive decline and associated behaviors, current research, and where our communities might be headed in relation to dementia diseases in the years to come. Participants do not need to have taken Demystifying Dementia I in order to attend.

**Please call the Alzheimer's Family Support Center at (508) 896-5170 to register, for either or both seminars and for information about any of our free services.**


# HARWICH COUNCIL ON AGING CALENDAR MARCH 2017

| Monday                                                                                                                                                                                                                                                                                                                                                                                                                              | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
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| <p><b>6</b></p> <p>7:00 Walking Club-Gym</p> <p>9:00 Walking Club Brooks Park</p> <p><b>9:30 Balance Boosters Class- make up snow day</b></p> <p>1:00-3:00 Bridge with Nancy</p> <p>1-4:00 Open Game Rm &amp; Gym 1/2</p> <p>2-3:00 Overeaters Anonymous</p> <p>5:00 Supper Club-Liz Saunders Performs</p>  <p><b>COA Van-Orleans Trip</b></p> | <p><b>DON'T FORGET TO PURCHASE YOUR "LIVE OWL SHOW" TICKETS THROUGH HARWICH CONSERVATION TRUST</b></p>                                                                                                                                                                                                                                                                                                                                                           | <p><b>1</b> 9:00 Walking Club Brooks Park</p> <p>8:30-9:30 Superfit with Charlie</p> <p><b>9:30-12 Wellness Clinic Town RN</b></p> <p>9:30 Footfit Class</p> <p>9:30-10:30 Seniorfit -Charlie</p> <p><b>9:30 COA BOARD MTG</b></p> <p><b>9:30 Clutterer's Anonymous</b></p> <p>10:30-12 Caregiver Support</p> <p>Grp Call Alzheimer's Family Support Ctr 508-896-5170</p> <p>11:30 Sr. Dining Program</p> <p>1:00 Legal Services with Tom Kosman, Esq. by appt.</p> <p>1-4:00 Open Game Rm &amp; Gym 1/2</p> <p><b>6-7:30 Dad's Support Group</b></p> | <p><b>2</b></p> <p><b>Stop &amp; Shop COA Van</b></p> <p>7:00 Walking Club-Gym</p> <p>9:00 Yoga with Michele</p> <p>9:30 Mary Ann's Ex's &amp; the Ball</p> <p><b>10-11 Overeaters Anonymous</b></p> <p>10:30-12 Open Tennis-Gym</p> <p>11:30 Sr. Dining Program</p> <p><b>1:00 Cribbage Game</b></p> <p>2:00 Harwich Family Food Pantry</p> <p>1-4:00 Game Room Open</p> <p>5:00 30/30 Fitness</p> <p>7-9:30 pm Anything but Bridge</p>                                  | <p><b>3</b></p> <p>8:30 Pilates Mat Class</p> <p>8:30-9:30 Superfit with Charlie</p> <p>9:00 Walking Club- Brooks Park</p> <p>9-12 S.H.I.N.E. Counseling</p> <p><b>9:00 Mindful Yoga with Kathie</b></p> <p>9:30-10:30 Seniorfit -Charlie</p> <p><b>10-11:30 Blood Pressure Clinic</b></p> <p><b>RN-Bayada Nursing</b></p> <p>11-1:00 50+ Volleyball-Gym</p> <p><b>11:30 Senior Dining Program</b></p> <p>1-4:00 Game Room Open</p> <p>2:00 Current Events Brooks Library.</p> <p><b>No Balance Class today</b></p>                                                                                                                                                                                                  |
| <p><b>6</b></p> <p>7:00 Walking Club-Gym</p> <p>9:00 Walking Club Brooks Park</p> <p><b>9:30 Balance Boosters Class- make up snow day</b></p> <p>1:00-3:00 Bridge with Nancy</p> <p>1-4:00 Open Game Rm &amp; Gym 1/2</p> <p>2-3:00 Overeaters Anonymous</p> <p>5:00 Supper Club-Liz Saunders Performs</p>  <p><b>COA Van-Orleans Trip</b></p> | <p><b>7</b> 7:00 Walking Club-Gym</p> <p>8:30 Mary Ann's Ex's &amp; the Ball</p> <p><b>9:00 Free Hearing Screenings-Barbara Eaton</b></p> <p>9:00 Nutrition &amp; Diet Support</p> <p>9-12 Mah Jongg</p> <p>9-12 S.H.I.N.E. Counseling</p> <p>9:00 Yoga with Michele</p> <p>10-12 Sight Loss Support Grp.</p> <p>11-1 50+. Volleyball-Gym</p> <p>11:30 Sr. Dining Program</p> <p><b>1:00 Legal Services-Elizabeth Lynch, Esq by appt</b></p> <p>1-4:00 Open Game Rm</p> <p>5:00 30/30 Fitness</p> <p><b>6:00 Exercise Class with Jill Brown</b></p> | <p><b>8</b></p> <p>8:30-9:30 Superfit with Charlie</p> <p>9:00 Walking Club Brooks Park</p> <p>9:30 Footfit Class</p> <p><b>9:30-12 Wellness Clinic Town RN</b></p> <p>9:30-10:30 Seniorfit- Charlie</p> <p><b>9:30 Clutterer's Anonymous</b></p> <p>10:00 Friends of Harwich COA Board Mtg.</p> <p>11:30 Sr. Dining Program</p> <p>1-4:00 Open Game Rm &amp; Gym 1/2</p> <p><b>2-4:00 "Buried in Treasures grp. With Kevin Grunwald last class."</b></p> <p>7-8:30 Compassionate friends grp.</p>                                                    | <p><b>9</b></p> <p><b>Stop &amp; Shop COA Van</b></p> <p>7:00 Walking Club-Gym</p> <p>9:00 Yoga with Michele</p> <p>9:30 Mary Ann's Ex's &amp; the Ball</p> <p><b>10-11 Overeaters Anonymous</b></p> <p>10:30-12 Open Tennis-Gym</p> <p>11:30 Sr. Dining Program</p> <p><b>1:00 Cribbage Game</b></p> <p><b>1-2:30 "History of T.V. Commercials" with Rick Anderson</b></p> <p>1-4:00 Game Room Open</p> <p>2:00 Harwich Family Food Pantry</p> <p>5:00 30/30 Fitness</p> | <p><b>10</b></p> <p>8:30 Pilates Mat Class</p> <p>8:30-9:30 Superfit with Charlie</p> <p><b>8:30-2:30 Betty Brady's Foot Care Clinic by Appt.</b></p> <p>9:00 Walking Club- Brooks Park</p> <p><b>9:00 MEN'S BREAKFAST followed by Men's Book Club</b></p> <p><b>Ukulele Club Performs at Men's Breakfast</b></p> <p>9-12 S.H.I.N.E. Counseling</p> <p><b>9:00 Mindful Yoga with Kathie</b></p> <p><b>No Balance Class today</b></p> <p>9:30-10:30 Seniorfit -Charlie</p> <p><b>10-11:30 Blood Pressure Clinic</b></p> <p><b>RN-Wingate Nursing &amp; rehab.</b></p> <p>11-1:00 50+ Volleyball-Gym</p> <p><b>NO Senior Dining Program</b></p> <p>1-4:00 Game Room Open</p> <p>2:00 Current Events Brooks Library</p> |

## HARWICH COUNCIL ON AGING MARCH 2017 CALENDAR PG 2

| Monday                                                                                                                                                                                                                                                                                                                                                                                                    | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Wednesday                                                                                                                                                                                                                                                                                                                                                                        | Thursday                                                                                                                                                                                                                                                                                                                                                                                           | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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| <p><b>13</b> 7:00 Walking Club-Gym<br/>9:00 Walking Club Brooks Park<br/>1-4:00 Open Game Rm &amp; Gym<br/>1:00-3:00 Bridge with Nancy<br/>2-3:00 Overeaters Anonymous<br/>5:00 Supper Club-Roger Tincknell performs</p>  <p><b>COA Van- Market Basket</b></p>                                                         | <p><b>14</b> 7:00 Walking Club-Gym<br/>8:30 Mary Ann's Ex's &amp; the Ball<br/>9:00 Nutrition &amp; Diet Support<br/>9:00 Yoga with Michele<br/>9-12 Mah Jongg<br/>9-12 S.H.I.N.E. Counseling<br/><b>9:30 Balance Boosters</b><br/>11-1 50+. Volleyball-Gym<br/>11:30 Sr. Dining Program<br/>1-4:00 Open Game Rm<br/>5:00 30/30 Fitness<br/><b>6:00 Exercise Class with Jill Brown</b></p>                                                                            | <p><b>15</b> 8:30-9:30 Superfit with Charlie<br/>9:00 Walking Club Brooks Park<br/><b>9:30-12 Wellness Clinic Town RN</b><br/><b>9:30 Clutterer's Anonymous</b><br/>9:30 Footfit Class<br/>9:30-10:30 Seniorfit with Charlie<br/><b>10:30-12 Caregiver Support Grp</b><br/><b>Call Alzheimer's Family Support Ctr 508-896-5170</b><br/>1-4:00 Open Game Rm &amp; Gym<br/>1/2</p> | <p><b>16</b> <b>Stop &amp; Shop COA Van</b><br/>7:00 Walking Club-Gym<br/>9:00 Yoga with Michele<br/>9:30 Mary Ann's Ex's &amp; the Ball<br/><b>10-11Overeaters Anonymous</b><br/>11:30 Sr. Dining Program<br/><b>1:00 Cribbage Game</b><br/><b>1-3:00 Zero Balancing with Marcia Moeder, R.N. by Appt. only</b><br/>1-4:00 Open Game Rm<br/>2:00 Harwich Family Pantry<br/>5:00 30/30 Fitness</p> | <p><b>17</b> 8:30 Pilates Mat Class<br/>9:00 Walking Club Brooks Park<br/>9-12 S.H.I.N.E. Counseling<br/><b>9:00 Mindful Yoga with Kathie Barbara-Anne</b><br/>9:30-10:30 Seniorfit with Charlie<br/><b>10-11:30 Blood Pressure Clinic R.N. with Bayada Nursing</b><br/>11-1 50+ Volleyball-Gym<br/>11:30 Sr. Dining Program<br/>1-2:00 Parkinson's Voice<br/>2:00 Current Events Brooks Library</p>                                                                                  |
| <p><b>20</b> 7:00 Walking Club-Gym<br/><b>9:00-12:00 Social Security Machine Live by Appt. NEW!</b><br/>9:00Walking Club Brooks Park<br/>1:00-3:00 Bridge with Nancy1-2-3:00 Overeaters Anonymous<br/>4:00 Open Game Rm &amp; Gym<br/><b>5:00 Supper Club-Ritchie Bern on Guitar &amp; Sings</b><br/><b>COA Van-Trader Joes &amp; Xmas Tree Shops</b></p>                                                 | <p><b>21</b> 7:00 Walking Club-Gym<br/>8:30 Mary Ann's Ex's &amp; the Ball<br/>9:00 Nutrition &amp; Diet Support<br/>9-12 Mah Jongg<br/>9-12 S.H.I.N.E. Counseling<br/>9:00 Yoga with Michele<br/><b>9:30 Balance Boosters with Barbara-Anne</b><br/>11-1 50+. Volleyball-Gym<br/>11:30 Sr. Dining Program<br/>1-4:00 Open Game Rm<br/>5:00 30/30 Fitness<br/><b>6:00 Exercise Class Jill Brown</b></p>                                                               | <p><b>22</b> 8:30-9:30 Superfit with Charlie<br/><b>8:30-11:30 Betty Brady's Foot Clinic</b><br/>9:00 Walking Club Brooks<br/><b>9:30-12 Wellness Clinic-Town RN</b><br/><b>9:30 Clutterer's Anonymous</b><br/>9:30 Footfit Class<br/>9:30-10:30 Seniorfit with Charlie<br/>11:30 Sr. Dining Program<br/>1-4:00 Open Game Rm &amp; Gym<br/>1/2</p>                               | <p><b>23</b> <b>Stop &amp; Shop COA Van</b><br/>7:00 Walking Club-Gym<br/>9:00 Yoga with Michele<br/>9:30 Mary Ann's Ex's &amp; the Ball<br/><b>10-11Overeaters Anonymous</b><br/>11:30 Sr. Dining Program<br/><b>1:00 Cribbage Game</b><br/>1-4:00 Open Game Rm<br/>2:00 Harwich Family Pantry<br/>5:00 30/30 Fitness</p>                                                                         | <p><b>24</b> 8:00 <b>FREE Wingate Bkfst</b><br/>8:30 Pilates Mat Class<br/>8:30-9:30 Superfit with Charlie<br/>9:00 Walking Club Brooks Park<br/>9-12 S.H.I.N.E. Counseling<br/><b>9:00 Mindful Yoga with Kathie Barbara-Anne</b><br/>9:30-10:30 Seniorfit with Charlie<br/><b>10-12 HOUSING SUMMIT II</b><br/><b>10-11:30 Blood Pressure Clinic R.N. with Wingate of Harwich</b><br/>11-1 50+ Volleyball-Gym<br/>11:30 Sr. Dining Program<br/>2:00 Current Events Brooks Library</p> |
| <p><b>27</b> 7:00 Walking Club-Gym<br/>9:00 Walking Club Brooks Park<br/>1:00-3:00 Bridge with Nancy<br/>1-4:00 Open Game Rm &amp; Gym<br/><b>1:45-3:30 Women's Book group</b><br/>2-3:00 Overeaters Anonymous<br/><b>5:00 Supper Club-Vic Solo performs Patriotic Songs</b></p>  <p><b>COA Van-Thrift Shops</b></p> | <p><b>28</b> 7:00 Walking Club-Gym<br/>8:30 Mary Ann's Ex's &amp; the Ball<br/>9:00 Nutrition &amp; Diet Support<br/>9-12 Mah Jongg<br/>9-12 S.H.I.N.E. Counseling<br/>9:00 Yoga with Michele<br/><b>9:30 Balance Boosters with Barbara-Anne</b><br/>11-1 50+. Volleyball-Gym<br/><b>11:30 Sr. Dining Program</b><br/><b>Students from Spain join us today for lunch</b><br/>1-4:00 Open Game Rm<br/>5:00 30/30 Fitness<br/><b>6:00 Exercise Class Jill Brown</b></p> | <p><b>29</b> 8:30-9:30 Superfit with Charlie<br/>9:00 Walking Club Brooks<br/><b>9:30-12 Wellness Clinic-Town RN</b><br/><b>9:30 Clutterer's Anonymous</b><br/>9:30 Footfit Class<br/>9:30-10:30 Seniorfit with Charlie<br/>11:30 Sr. Dining Program<br/>1-4:00 Open Game Rm &amp; Gym<br/>1/2</p>                                                                               | <p><b>30</b> <b>Stop &amp; Shop COA Van</b><br/>7:00 Walking Club-Gym<br/>9:00 Yoga with Michele<br/>9:30 Mary Ann's Ex's &amp; the Ball<br/><b>10-11Overeaters Anonymous</b><br/>11:30 Sr. Dining Program<br/><b>1:00 Cribbage Game</b><br/>1-4:00 Open Game Rm<br/>2:00 Harwich Family Pantry<br/>5:00 30/30 Fitness</p>                                                                         | <p><b>31</b> 8:30 Pilates Mat Class<br/>8:30-9:30 Superfit with Charlie<br/>9:00 Walking Club Brooks Park<br/>9-12 S.H.I.N.E. Counseling<br/><b>9:00 Mindful Yoga with Kathie Barbara-Anne</b><br/>9:30-10:30 Seniorfit with Charlie<br/><b>10-11:30 Blood Pressure Clinic R.N. with Bayada Nursing</b><br/>11-1 50+ Volleyball-Gym<br/>11:30 Sr. Dining Program<br/>2:00 Current Events Brooks Library</p>                                                                           |

# HARWICH COUNCIL ON AGING CALENDAR APRIL 2017

| Monday                                                                                                                                                                                                                                                                                                                                                                              | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Thursday                                                                                                                                                                                                                                                                                                                                                                                                           | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
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| <p><b>3</b><br/>7:00 Walking Club-Gym<br/>9:00 Walking Club Brooks Park<br/>1-3:00 Bridge with Nancy Blezard<br/>1-4:00 Open Game Rm &amp; Gym 1/2<br/><b>2-3:00 Overeaters Anonymous</b><br/><b>5:00 Supper Club-Liz Saunders Performs</b></p>  <p><b>COA Van-Cape Cod Mall &amp; KMart</b></p> | <p><b>4</b><br/>7:00 Walking Club-Gym<br/>8:30 Mary Ann's Ex's &amp; the Ball<br/><b>9:00 Free Hearing Screenings-Barbara Eaton</b><br/>9:00 Nutrition &amp; Diet Support<br/>9-12 Mah Jongg<br/>9-12 S.H.I.N.E. Counseling<br/>9:00 Yoga with Michele<br/><b>9-11:40 Reiki with Diane</b><br/><b>9:30 Balance Boosters with Barbara-Anne</b><br/>10-11:30 Sight Loss Support Grp.<br/>11-1 50+. Volleyball-Gym<br/>11:30 Sr. Dining Program<br/><b>1:00 Legal Services-Elizabeth Lynch, Esq by appt</b><br/>1-4:00 Open Game Rm<br/>5:00 30/30 Fitness<br/><b>5-7 Kiwanis Mtg</b><br/><b>6:00 Exercise Class with Jill</b></p> | <p><b>5</b> 8:30-9:30 Superfit with Charlie<br/>9:00 Walking Club Brooks Park<br/><b>9:30-12 Wellness Clinic Town RN</b><br/><b>9:30 FootFit Class</b><br/>9:30-10:30 Seniorfit Charlie<br/><b>9:30 COA BOARD MTG</b><br/><b>9:30 Clutterer's Anonymous</b><br/>10:30-12 Caregiver Support<br/>Grp Call Alzheimer's Family Support Ctr 508-896-5170<br/>11:30 Sr. Dining Program<br/><b>1:00 Legal Services with Tom Kosman, Esq. by appt.</b><br/>1-4:00 Open Game Rm &amp; Gym 1/2<br/><b>6-7:30 Dad's Support Group</b></p> | <p><b>6</b><br/><b>Stop &amp; Shop COA Van</b><br/>7:00 Walking Club-Gym<br/>9:00 Yoga with Michele<br/>the Ball<br/>10:30-12 Open Tennis-Gym<br/><b>10-11 Overeaters Anonymous 10am-7pm Cape Cod Healthcare Blood Mobile (outside)</b><br/>11:30 Sr. Dining Program<br/><b>1:00 Cribbage Game</b><br/>2:00 Harwich Family Food Pantry<br/>1-4:00 Game Room Open<br/>5:00 30/30 Fitness</p>                        | <p><b>7</b><br/>8:30 Pilates Mat Class<br/>8:30-9:30 Superfit with Charlie<br/>9:00 Walking Club- Brooks Park<br/><b>9:00 Mindful Yoga with Kathie</b><br/>9-12 S.H.I.N.E. Counseling<br/>9:30-10:30 Seniorfit with Charlie<br/><b>9:30 Balance Boosters with Barbara-Anne</b><br/><b>10-11:30 Blood Pressure Clinic RN-Bayada Nursing</b><br/>11-1:00 50+ Volleyball-Gym<br/>11:30 Senior Dining Program<br/>2:00 Current Events Brooks Free Library<br/>1-4:00 Game Room Open</p>                                                                                                                                                  |
| <p><b>10</b><br/>7:00 Walking Club-Gym<br/>9:00 Walking Club Brooks Park<br/>1-3:00 Bridge with Nancy Blezard<br/>1-4:00 Open Game Rm &amp; Gym 1/2<br/><b>2-3:00 Overeaters Anonymous</b><br/><b>5:00 Supper Club-Harry French Performs</b></p>  <p><b>COA Van-Market basket</b></p>          | <p><b>11</b><br/>7:00 Walking Club-Gym<br/>8:30 Mary Ann's Ex's &amp; the Ball<br/>9:00 Nutrition &amp; Diet Support<br/>9-12 Mah Jongg<br/>9-12 S.H.I.N.E. Counseling<br/>9:00 Yoga with Michele<br/><b>9:30 "Driving Tips &amp; Pitfalls as we Age" by Dave Haley Grand Prix Driving School</b><br/><b>9:30 Balance Boosters with Barbara-Anne</b><br/>11-1 50+. Volleyball-Gym<br/>11:30 Sr. Dining Program<br/><b>12-4:30 Benefits Fair</b><br/>1-4:00 Open Game Rm<br/>5:00 30/30 Fitness<br/><b>6:00 Exercise Class with Jill</b></p>                                                                                     | <p><b>12</b><br/>8:30-9:30 Superfit with Charlie<br/>9:00 Walking Club Brooks Park<br/>9:30-10:30 Seniorfit Charlie<br/><b>9:30 FootFit Class</b><br/><b>9:30-12 Wellness Clinic Town RN</b><br/><b>9:30 Clutterer's Anonymous</b><br/>10:00 Friends of Harwich COA Board Mtg.<br/>11:30 Sr. Dining Program<br/><b>1-3 Zero Balancing with Marcia Moeder</b><br/>1-4:00 Open Game Rm &amp; Gym 1/2</p>                                                                                                                         | <p><b>13</b><br/><b>Stop &amp; Shop COA Van</b><br/>7:00 Walking Club-Gym<br/><b>8:30-3:30 Betty Brady's Foot Clinic</b><br/>9:00 Yoga with Michele<br/>9:30 Mary Ann's Ex's &amp; the Ball<br/>10:30-12 Open Tennis-Gym<br/><b>10-11 Overeaters Anonymous</b><br/>11:30 Sr. Dining Program<br/><b>1:00 Cribbage Game</b><br/>1-4:00 Game Room Open<br/>2:00 Harwich Family Food Pantry<br/>5:00 30/30 Fitness</p> | <p><b>14</b><br/>8:30 Pilates Mat Class<br/>8:30-9:30 Superfit with Charlie<br/>9:00 Walking Club- Brooks Park<br/><b>9:00 MEN'S BREAKFAST- SPEAKER: STATE SENATOR, JULIAN CYR followed by Men's Book Club</b><br/>9-12 S.H.I.N.E. Counseling<br/><b>9:00 Mindful Yoga with Kathie</b><br/><b>9:30 Balance Boosters with Barbara-Anne</b><br/>9:30-10:30 Seniorfit with Charlie<br/><b>10-11:30 Blood Pressure Clinic RN-Wingate of Harwich Nursing</b><br/>11-1:00 50+ Volleyball-Gym<br/>12:00 Current Events Brooks Library<br/>1-4:00 Game Room Open<br/><b>3:30 Community Center Egg Hunt Harwich Middle School grounds</b></p> |



| Monday                                                                                                                                                                                                                                                                                                                        | Tuesday                                                                                                                                                                                                                                                                                                                                                                               | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Thursday                                                                                                                                                                                                                                                                                                                                                                        | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>17</b><br><b>PATRIOT'S DAY</b><br><b>ALL TOWN</b><br><b>OFFICES ARE</b><br><b>CLOSED</b>                                                                                                                                                                                                                                   | <b>18</b><br>7:00 Walking Club-Gym<br>8:30 Mary Ann's Ex's & the Ball<br>9:00 Nutrition & Diet Support<br>9:00 Yoga with Michele<br>9-12 Mah Jongg<br>9-12 S.H.I.N.E. Counseling<br><b>9:30 Balance Boosters with Barbara-Anne</b><br>11-1 50+, Volleyball-Gym<br>11:30 Sr. Dining Program<br>1-4:00 Open Game Rm<br>5:00 30/30 Fitness<br><b>6:00 Exercise Class with Jill Brown</b> | <b>19</b><br>8:30-9:30 Superfit with Charlie<br>9:00 Walking Club Brooks Park<br><b>9:30-12 Wellness Clinic Town RN</b><br><b>9:30 Clutterer's Anonymous</b><br><b>9:30 FootFit Class</b><br><b>10:30-12 Caregiver Support Grp</b><br><b>Call Alzheimer's Family Support Ctr 508-896-5170</b><br>11:30 Sr. Dining Program<br>1-4:00 Open Game Rm & Gym<br>1/2<br>Van-Stop & Shop Market pm                                                                                   | <b>20</b><br><b>Stop &amp; Shop COA Van</b><br>7:00 Walking Club-Gym<br>9:00 Yoga with Michele<br>9:30 Mary Ann's Ex's & the Ball<br><b>10-11 Overeaters Anonymous</b><br>11:30 Sr. Dining Program<br><b>1:00 Cribbage Game</b><br>1-4:00 Open Game Rm<br>2:00 Harwich Family Food Pantry<br>5:00 30/30 Fitness                                                                 | <b>21</b><br><b>8:30 Pilates Mat Class</b><br>9:00 Walking Club Brooks<br><b>9:00 Mindful Yoga with Kathie</b><br>9-12 S.H.I.N.E. Counseling<br><b>9:30 Balance Boosters with Barbara-Anne</b><br><b>10-11:30 Blood Pressure Clinic R.N. with Bayada Nursing</b><br>11-1 50+ Volleyball-Gym<br>11:30 Sr. Dining Program<br>2:00 Current Events Brooks Library                                                                                                                                                                                                                |
| <b>24</b><br>7:00 Walking Club-Gym<br>9:00 Walking Club Brooks Park<br><b>9:00-12:00 Social Security Machine Live by Appt. NEW!!</b><br>1-3 Bridge with Nancy Blezard<br>1-4:00 Open Game Rm & Gym<br>1/2<br>2-3:00 Overeaters Anonymous<br><b>5:00 Supper Club-Ritchie Berns Performs</b><br><b>COA Van-Patriot's Square</b> | <b>25</b><br>7:00 Walking Club-Gym<br>8:30 Mary Ann's Ex's & the Ball<br>9:00 Nutrition & Diet Support<br>9-12 Mah Jongg<br>9-12 S.H.I.N.E. Counseling<br>9:00 Yoga with Michele<br><b>9:30 Balance Boosters with Barbara-Anne</b><br>11-1 50+, Volleyball-Gym<br>11:30 Sr. Dining Program<br>1-4:00 Open Game Rm<br>5:00 30/30 Fitness<br><b>6:00 Exercise Class with Jill Brown</b> | <b>26</b><br>8:30 Walking Club Brooks Park<br>8:30-9:30 Superfit with Charlie<br><b>8:30-11:30 Betty Brady's Foot Clinic</b><br>9:00 Walking Club Brooks Park<br>9:30-10:30 Seniorfit with Charlie<br><b>9:30 FootFit Class</b><br><b>9:30-12 Wellness Clinic Town RN</b><br><b>9:30 Clutterer's Anonymous</b><br>11:30 Sr. Dining Program<br><b>12:30-3:00 Legal Services with Michael Lavender, Esq. by Appt</b><br>1-4:00 Open Game Rm & Gym<br>Van-Stop & Shop Market pm | <b>27</b><br>7:00 Walking Club-Gym<br>9:00 Yoga with Michele<br>9:30 Mary Ann's Ex's & the Ball<br>10-11 Overeaters Anonymous<br><b>11:00 COA CLOSING AT 11:00 TODAY</b><br><b>11:00 volunteer Recognition Luncheon at Riverway Lobster House Restaurant</b><br><b>NO SENIOR DINING PROGRAM TODAY</b><br><b>1:00 Cribbage Game</b><br>1-4:00 Open Game Rm<br>5:00 30/30 Fitness | <b>28 8:00 Wingate Breakfast</b><br><b>8:30 Pilates Mat Class</b><br>8:30-9:30 Superfit with Charlie<br>9:00 Walking Club Brooks pk<br>9-12 S.H.I.N.E. Counseling<br><b>9:00 Mindful Yoga with Kathie</b><br><b>9:30 NO Balance Class today</b><br>9:30-10:30 Seniorfit with Charlie<br>No senior dining today<br><b>10-11:30 Blood Pressure Clinic R.N. with Wingate Nursing</b><br>11-1 50+ Volleyball-Gym<br>11:30 Sr. Dining Program<br><b>1:00 COA Bicycle Group meets at Brooks Pk weather permitting</b><br>1-4:00 Open Game Rm<br>2:00 Current Events Brooks Library |

## RICK'S VOLUNTEER CORNER

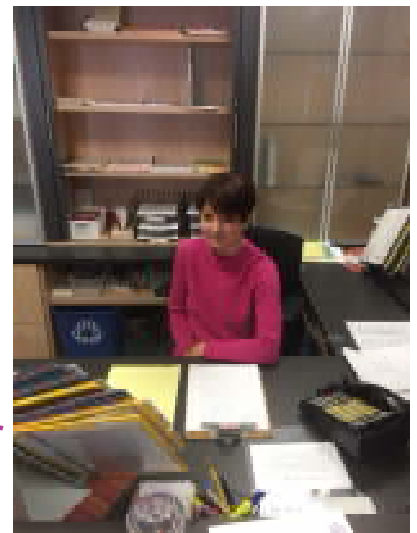


### APRIL IS VOLUNTEER MONTH

Many years ago, Aristotle wrote; "What is the essence of life? To serve others and do good". Those words are as true today as the day they were spoken. If you would like to enrich your life through volunteering we have needs in the following Areas: Friendly Visitors, Medical Drivers, Greeters, Dining Room Aides and Front Desk Receptionists.. We are please to

welcome new volunteers Tatiana Markos, who is helping us as a dining room aide and Jerry Muller who is assisting in our food delivery program.

Our featured volunteer of this issue is Stephanie Marques who has been inspirational in Volunteering on multiple days at the front desk, in the dining room and is always there for our monthly food delivery program. Soon she will be returning to her regular job and we will miss her and send our heartfelt thanks for all she has contributed to the COA.



### ANNUAL VOLUNTEER RECOGNITION LUNCHEON



The Volunteer Recognition Luncheon at Riverway will be held again this year on Thursday, April 27, 2017 at 11:30 a.m. The Van will be available for transportation.

#### **Volunteer Job Descriptions:**

**Friendly Visitor**-Provide companionship to seniors who are isolated and have limited contact with family and friends.

**Desk Receptionist**-Respond to calls, make appointments, answer questions in person and on the phone.

**Greeter**-Answers questions about the COA and assists in the medical equipment loan program.

**Medical Drivers**-Drive seniors to medical appointments in the local area.

**Dining Room Aide**-Set up, serving and clean up for our luncheon and supper club programs.

Rick Anderson, Volunteer Coordinator, Phone (508) 430-7550 Ext. 13. Email: rander-son@town.harwich.ma.us.





### NUTRITION & DIET SUPPORT GROUP

- Want to watch your Weight for \$0.25 a visit?
- Learn what's important on Food Labels?
- Not Diet, but Eat Well, Eat Healthy.?
- Then come and join us!
- It works, and it's fun!
- We meet every **Tuesday mornings at 9:00 AM** at the Harwich Community Center. For more information call Ginny O'Halloran at 508-430-1909.

### OVEREATERS ANONYMOUS MEETING AT THE COMMUNITY CENTER

Mondays from 2:00-3:00 p.m. and again on Thursdays from 10:00-11:00 a.m.



### THE PILATES SCHOOL has 2 classes AT THE HARWICH COMMUNITY CENTER

**FOOT FIT:** Wednesdays & Fridays 9:30 a.m. \$15 per class. Instructor: Carolina Alcantara  
Do you droop? Does standing make you want to sit? Are you friends with your feet? Using the concepts of Pilates, learn to align, lengthen and strengthen your spine from a strong base of support. Good for all ages, the class is designed to help you sit taller, stand straighter and move better on happier feet, with tips for daily practice. Bring a mat to class.

**PILATES MAT:** Wednesdays and Fridays 8:30 a.m. \$20 per class. Instructor: Carolina Alcantara. Pilates improves: Posture, Flexibility, Strength & Attitude. Beginners encouraged-call now to pre-register: 508-432-2111

### DO YOU KNOW ABOUT CHAPTER 59 S5K? PROPERTY TAX WORK OFF PROGRAM?

If you are age 60 or over this program offers seniors to work for the community. Applicants must be the assessed owner as of January 1st. In exchange, the Town can provide residential property exemption of **up to \$1,000 per year!!** If you are physically unable to do this work yourself, the law allows a family member to do the 100 hours total of work for you. **AND...** if you income qualify for this program you **ALSO** income qualify for an additional **Clause 41C Senior Exemption additional \$1,000.** Gross receipts (Income) in 2016 must be less than \$24,849 if single and \$37,274 if married. Whole estate (Assets) less the value of the home except for the value of any portion which exceeds three dwelling units and produces income cannot exceed \$40,652 if single and \$55,897 if married. If you are interested in this program, please contact the Town of Harwich Assessor's Office at 508-430-7503 and tell the receptionist you want to find out more information about either or both of these exemptions.

Once you have been income qualified by the Assessor's Office for the Sr. Tax Work Off Program, you should then give the COA Director, Barbara-Anne Foley a call, who will request a C.O.R.I. Form to be completed by you (Criminal Offender Record Information), along with a short application form. After both of these forms are complete, Barbara-Anne will work with Town Department Heads to place you based on the department needs and your background and skill set. This program is a win-win for both you and the Town of Harwich. All of the Sr. Tax Workers have told us they very much enjoy their work, feel like they are contributing back to the town, and of course appreciate the exemption as well.



## To Our (re-scheduled) Housing Summit II

**Date:** Friday, March 24, 2017

**Time:** 10:00-12:00

**Location:** Harwich Community Center, 100 Oak Street, Harwich, MA.

**Phone:** For more information and to R.S.V.P. by: 508-430-7550

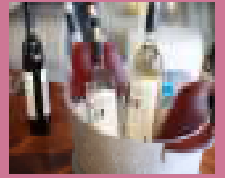
### Topics to be covered:

- Community Development Partnership-Jean Stanley
- De-Cluttering/Downsizing-Serve Pro-Beth Russell
- Elder Services of Cape Cod & the Islands-Kim Collins-Nahas, Steven Connelly
- Federal Savings Bank-Bob Tranchell
- Habitat for Humanity-Mary Ann Mills-Lassiter
- Harwich Council on Aging Social Services-Kevin Grunwald
- Harwich COA & Fire Dept.'s-Grant for Home Safety
- Harwich Housing Committee & Housing Authority-Art Bodin
- Housing Assistance Corporation, Alisa Galazzi, Rick Presbrey & Cindy Maule.
- Jack Conway Real Estate-Richard Waystack
- Legal Issues -Elder Law Attorney, Charlie Case
- Pine Oaks Village Senior Housing-Judy Smith & Melanie Bach
- Senior Property Tax Exemptions-Bruce Nightingale
- Veteran's Information-Regina Gambuso
- Wingate of Harwich & Brewster including Assisted Living-Maureen Gardner & Maureen Kalivas



# WINE TASTING & CHOCOLATE PARTY!!

## JOIN US!!



Come & join the fun!!!  
It doesn't get better  
than this

- Wine Tasting
- Great Food
- Chocolate



Also Supported by  
Volunteers from the  
Harwich Council  
on Aging.

When: Saturday, March 25, 2017, at  
First Crush Winery @ 3:30 p.m.

Where: 527 Main Street, Harwich,  
MA. First Crush Winery resides in  
buildings 16-18 enter at 18

Food: All food generously donated  
by Maplewood at Brewster

Cost: \$25.00 per person ~Proceeds to  
benefit~ Alzheimer's family Support Cen-  
ter of Cape Cod.

(Your Ticket is Tax Deductible) Call  
AFSCC at 508-896-5170 for tickets





## The History Of Television Commercials

Come join us for a fun-filled program of classic

Television commercials of the 1950's & 60's. To be held

On Thursday March 9, 2017 from 1 to 2:30 pm at the Harwich Council On Aging.

Featuring films of both memorable and forgettable

Advertisements of the past and a historical discussion

Of the evolvement of television commercials from

Their inception in 1941 to today by Rick Anderson. Please call and reserve a seat at (508) 430-7550.



*Please join us for the*



**Alzheimer's Family Support Center re-scheduled Champagne Brunch R.S.V.P.  
to 508-896-5170**

***Celebrating two years of service to the Cape community***

**Sunday, April 2nd , 12:00 noon Dennis Inn • 25 Scarsdale Rd.**

**\$20 per person please RSVP as seating is limited (508) 896-5170**

## **Be Alert to Tax Scams**

In recent years, thousands of people have lost money and had their personal information compromised due to tax scams and fake IRS communications.

### **The IRS will NEVER:**

- **Call to demand immediate payment using a specific payment method** such as a prepaid debit card, gift card or wire transfer. Generally, the IRS will first mail you a bill if you owe any taxes.
- **Threaten to immediately bring in local police** or other law-enforcement groups to have you arrested for not paying.
- **Demand you pay taxes without giving you the opportunity to question** or appeal the amount they say you owe.
- **Ask for credit or debit card numbers over the phone.**
- **The IRS does not initiate contact with taxpayers** by email, text messages or social media to request personal or financial information. **The IRS does not threaten taxpayers with lawsuits, imprisonment or other enforcement action.**

~~ Courtesy of the Commonwealth's Comptroller ~~

## Friends of the Harwich Council on Aging



**Mission:** To Support the Harwich Council on Aging, in ways not available by Town budget and to provide for Senior needs and programs.

A Non-Profit 501C3

Membership dues, donations, bequests, fundraisers support this mission.

**March/April 2017**

Dear Friends,

The Friends' Board has been working persistently to put together a multi-pronged effort to help Harwich's seniors in five important areas:

**Socialization opportunities      Medical Equipment and Other Needs**

**Nutrition      Transportation      Emergency Assistance**

Across Harwich and Cape Cod, seniors experience the same issues and on occasion have difficulty dealing with them. Often they find workable solutions; sometimes they do not. In one case, Emergency Assistance, we are fortunate to have an outstanding Public Services operation. Our Police, Fire, and EMT personnel are second to none in helping our seniors, and, indeed, all of our citizens, be safe and well-cared for. Given that, it is essential that our community, including our seniors, openly and clearly, support those who help so many of us. The Friends will do its job here as well.

**REMINDER:** Please call 508-241-1566 to request rides on COA's "Cranberry Coach" .

We are dependent on donations. from both individuals and businesses, bequests, and fundraisers help Harwich's seniors. Please consider helping us in our efforts in any way you can, including volunteering in our efforts. Harwich's seniors appreciate it, and need it.

I hope you enjoyed the warmer-than-usual winter and that March and April are enjoyable.

**Jack Brown, FHCOA President**

### **Membership Form 2017-2018**

Checks Payable: FHCOA      **Attn: Andrea Terney, Treasurer**  
100 Oak Street, Harwich, MA. 02645

Member: \_\_\_\_\_ Annual/Individual: \$5.00 \_\_\_\_\_

Member: \_\_\_\_\_ Lifetime/Individual: \$40.00 \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Additional Donation Appreciated: \$ \_\_\_\_\_

Designated for: Minibus Operation \_\_\_\_\_

### **Board of Directors**

Jack E. Brown, Chairman

Andrea Terney- Treasurer

JoAnne Brown, Secretary

Richard Waystack

Nicole Muller

**Council on Aging Board**

**Adrienne Johnson -Chair**

**Joe Johnson-Vice Chair**

**Ralph Smith**

**Lee Culver**

**Michael Smith**

**Richard Waystack**

**James Mangan**

**COA Disclaimer**

The Harwich COA offers many legal, financial, medical, recreational and other services and /or activities by volunteers or nominal cost practitioners. Seniors participating in those services do so with the understanding that the Harwich COA, the Town of Harwich or its employees do not assume any legal or other responsibility for any advice or services rendered by such volunteers or nominal cost practitioners.

**Harwich Council on Aging  
Mission Statement**

The Council on Aging provides comprehensive support for Harwich's senior population, including services for socialization, information and referral, entertainment, health promotion and education. Through these services and as an advocate for seniors in the community and beyond, the COA enhances the quality of life for the town's seniors and their caregivers.

**Office of Elder Affairs**

**provided by the Executive**

**The Harwich Council on Aging newsletter printing is made possible with a Grant**

**"The only people with whom you should try to get even are those who  
have helped you." - John E. Southard**

**PRE-SORTED**

**STANDARD**

**U.S. POSTAGE PAID**

**PROVIDENCE, R.I.**

**PERMIT NO. P1 2475**

**Harwich Council on Aging**

**100 Oak Street**

**Harwich, MA. 02645**