

# Town of Harwich COUNCIL ON AGING NEWS

Harwich Community Center ~ 100 Oak Street ~ Harwich, MA 02645

Tel: 508-430-7550 ~ Fax: 508-430-7530



NOV/DEC 2017

*We're here to support and enhance the quality of life for Harwich's seniors and their caregivers!*

## LAPTOPS FOR SENIORS



"Local help for local people." The Harwich COA has partnered with the Masonic Angel Foundation to bring free refurbished devices to seniors in need. If you are a senior who would either benefit from having a laptop, or might otherwise be unable to purchase one, let us know and we will add you to the list for when devices become available.

Each laptop is configured with Google Chrome and the operating system automatically updates and has built-in security features. All you have to do is sign up for a Google account to access a "Gmail" email account. Computers can help access a vast amount of information including pertinent health and financial information, as well as provide opportunities for socialization with peers, children and grandchildren.

We will be offering device advice programs in collaboration with Brooks Free Library to help get you started. And if you live in subsidized housing, you may even be eligible for reduced internet service.

If you have a laptop to donate, please bring it to the COA and it will be wiped clean, refurbished and returned right back here to our community. A win-win!

**For more information  
contact Rick in the Outreach Department  
at 508-430-7550.**

## *Don't forget....*

To "Fall Back" and change your clocks  
on Sunday, November 5th at 2:00 am



## DIRECTOR'S DIALOG



I wish to thank you for the warm welcome so many of you have given me. I am excited to be here and am enjoying getting to know the staff and volunteers, while becoming acquainted with our programs and participants. I want you to know I am committed to providing exceptional services and programs for the seniors and caregivers in Harwich.

This year the COA had to say goodbye to cherished staff members and transition is not always easy. But the COA team is working together to establish goals which ensure we provide a welcoming environment while continuing to promote healthy aging and offer relevant information, support, and enriching experiences.

This newsletter is one of the first changes you might notice. In anticipation of a state funding cut, we made the decision to streamline information and eliminate the color to reduce the costs, so that the impact of the cuts will be minimized. We hope you like it!

## ATTN. SNOW BIRDS:



Please help us save paper and money. Call us at 508-430-7550 to let us know if you'll be away this winter so we can remove your name from the mailing list and add it back when you return. Thank you!

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# SPECIAL UPCOMING PROGRAMS

## NEW TECH CAFÉ

### "You've Got E-Mail"

**Thursday, November 2th, 2pm**

Learn how to add a contact, send an email, download an attachment, unsubscribe to eliminate junk email, put items in folders, and more.



### "Getting Crafty with Pinterest"

**Thursday, December 7th, 2pm**

Come learn about an amazing source of craft inspiration and the basics of "pinning" which allow you to create digital boards of your favorite ideas. Pinterest is a great tool for planning and finding your next great craft project or baking challenge!



*Refreshments will be served.*

**PRE-REGISTRATION IS REQUIRED...CALL 508-430-7550**

Program is free. Space is limited.

This is a new collaboration between the COA and Brooks Free Library which will take place on the 1st Thursday of each month. We will introduce different technology platforms utilizing a short demonstration followed by time for Q&A. Attendance will be limited to facilitate a personalized learning experience. The purpose of the Tech Café is to connect seniors with technology and social media trends so that you can confidently interact with family and friends in an increasingly digital environment.

## MEN'S MORNING

### Men's Breakfast

**Friday, December 8th, 9am**

Special guests: Cape Cod Ukulele Group will perform holiday songs. No charge but donations gladly accepted.



### Men's Book Club

**Friday, December 8th, 10am**

Featuring, *Seabiscuit*, by Laura Hillenbrand. The book will be available at Brooks Free Library on November 6. Just ask at the desk for the COA Men's Book Group selection for the month.

*No Men's Morning in November due to holiday*

**PRE-REGISTRATION IS REQUIRED BY 12/6  
CALL Kevin at 508-430-7550 to register**

## WOMEN'S BREAKFAST

### Women's Breakfast

**Friday, December 22nd, 9am**

With special holiday music from the Monomoy High School handbell choir. No charge but donations gladly accepted. *No Women's Breakfast in November due to holiday.*



**PRE-REGISTRATION IS REQUIRED BY 12/20**

**CALL 508-430-7550 to register**

## HOLIDAY SUPPORT GROUP

**Beginning Friday, November 17th, 2pm**

**4 Sessions (11/17, 12/1, 12/8 & 12/15)**

This group will be facilitated by Judy Hunter, Bereavement Coordinator of Beacon Hospice. Sometimes the holidays can be a challenging time. In the midst of feeling pain and loss the celebrations and traditions of the holiday season can seem like more than you can bear. Our environment, people, shops, music, and almost everything around us speaks of joy, giving, and sharing. But if you've lost a loved one this year, you may be struggling with more immediate feelings of loss and sadness. These emotions are very real and normal, especially during the holiday season.

Please join us for understanding, support, and tips to help you survive a difficult holiday season.



**PRE-REGISTRATION IS REQUIRED**

**Please call July to register at 508-778-1622**

## DEVICE ADVICE

### Drop-In Technology Assistance

**Tuesday, November 21st, 9-10am**

**Tuesday, December 19th, 9-10am**

"Device Advice" is your chance to sit down with someone from Brooks Free Library to answer basic questions about your personal device! Each meeting is 5-15 minutes long and is open to any type of device...iPad, eReader, iPhone, laptop, etc. "Device Advice" is perfect if you want an overview, need help downloading ebooks, or have a question about how to do something. This is not a device repair service and we cannot remove bugs or malware. Think of it as a friendly personal consultant who is here to provide free assistance. No registration is required, as this is a walk-in service!



**NEW**

## COOKING CLASSES



### "Easy Party Appetizers"

**Thursday, November 30th, 4-7pm, Cost: \$15**

Do you love to host parties but are tired of the same old cheese and cracker routine? Come learn a variety of easy to make appetizers that will impress your friends and family without breaking the bank or leaving your kitchen in chaos. We'll make and taste oven-baked "crab" rangoons, spicy sweet potato fritters, Spanish-style sautéed shrimp, cheese stuffed dates, stuffed clams, and more!

### "Heart-warming Holiday Brunch"

**Thursday, December 14th, 4-7pm, Cost: \$15**

When the weather outside is chilly, warm up your kitchen and feed your soul with a brunch menu that's as delicious as it is easy. We will make and taste cranberry orange scones, an egg and sausage casserole, and sweet potato and apple gratin.

**PRE-REGISTRATION IS REQUIRED**

**Payment is required to register**

**Make checks payable to "Harwich COA"**

Space is limited



Our Chef Instructor for these classes will be Kay Benaroch. Kay started cooking as a child and hasn't stopped since. After completing a Culinary Certificate Program at the Cambridge School of Culinary Arts, she assisted in

recreational classes at the school before starting to give classes in local adult education programs.

## HOLIDAY CARD & CRAFT WORKSHOP



**Thursday, December 7, 2017 from 2-4pm**

**Cost: \$15**

**Sponsored by the Friends of the HCOA**

Register in person at the COA, or mail check made payable to:

"Friends of the Harwich Council on Aging (FHCOA)"  
100 Oak Street  
Harwich, MA 02645.

**PRE-REGISTRATION IS REQUIRED**

**Payment is required to register**

**Make checks payable to "FHCOA"**

## MEMORY SCREENINGS



**Friday, November 17th, 9am-12pm**

November is National Memory Screening Month. Free, 30 minute, **confidential** memory screens will be administered by the Alzheimer's Family support Center of Cape Cod. Memory screens can help to identify possible causes of memory loss and you will receive information on actions that can be taken if there is reason for concern. Please call as soon as possible if you would like an appointment.

**NEW**

## MOVIE DAY



### "The Glass Castle"

**Tuesday, November 14th, 2pm**



Based on the best-selling memoir, this film stars Academy Award® winner Brie Larson and Academy Award® nominees Woody Harrelson and Naomi Watts. The Glass Castle

chronicles the adventures of an eccentric, resilient, tight-knit family and is a story of courage and unconditional love.

### "The Big Sick"

**Tuesday, December 12th, 2pm**



This acclaimed comedy is based on the real-life relationship and culture clash between comedian Kumail Nanjiani and his future wife, Emily Gordon. This is a funny and authentic story already creating Oscar buzz for it's leading actor.

*Light refreshments are served*

No charge, but donations gladly accepted

**PRE-REGISTRATION IS REQUIRED...CALL 508-430-7550**





# REGULAR ACTIVITIES

## FUN STUFF!

### BRIDGE CLASSES

**Mondays, 1-3pm, \$30 for 6 weeks**

This is a group for intermediate players and is focused on improving your bridge skills using conventions. The play of the hand is also a part of this class. New sessions start regularly and new participants are always welcome! Call Bridge Group Coordinator, Nancy Blezard, at 508-432-6203 for more information. (NOTE: There will be no Bridge in January or February.)

### CRIBBAGE

**Thursdays, 1pm**

Weekly cribbage games are held in the "Glass Room" at the COA. New players are always welcome!

### COMPUTER INTERNET ACCESS

The COA has free Wi-Fi and computer access whenever the "Glass Room" is not being used for a program. Please call to check availability.

### MAH JONGG

**Tuesdays, 9am-12pm**

This is a weekly group that gathers to play Mah Jongg. There are no lessons, but novice players are welcome to come. New players and "walk-ins" are always welcome!

### "BIG SCREEN" MOVIE DAY...NEW!

**Second Tuesday of the month, 2pm**

Come alone or with your friends to view a movie on the "big screen" in the multipurpose room. We'll even be serving popcorn!

### POOL & PING PONG

The Community Center has an amazing pool and ping-pong room. Don't let the kids have all the fun! Seniors are always welcome.

*There are many additional activities & fitness opportunities offered through the Recreation Dept. and Community Center...see page 9!*



## COA FITNESS!

### BALANCE BOOSTERS

**Tuesdays, 9:30-10:30am**

**Thursdays, 2:30-3:30pm**

**\$2 per class**

Maintain balance & flexibility with one hour of stretching safely while seated in a chair using your own body, wooden dowels, foam balls, and paper plates. Feel great without getting winded and help reduce your fall risk! This class is led by Town Nurse, Susan Jussell.

### MINDFUL YOGA

**Fridays, 9-10:15am**

**\$8 per class**

Everyone can do mindful yoga. Yoga poses and stretches are done standing and sitting in a chair, enabling students to focus on the poses rather than on any discomfort that may come from sitting or lying on the floor. Attention is placed on breathing and being present while in class. Each class ends with 10 minutes of meditation. Instructed by Kathie Marin.

### SUPERFIT

**Wednesday & Friday mornings, 8:30-9:30am**

**\$40 per 6 week session**

This is a popular class instructed by Charlie Abate. Superfit is a powerful hour that includes floor work on mat. Class will break after December 8th, and resume on January 3rd. For more information contact Charlie at 508-432-0370.

### SPAULDING PARKINSON'S PROGRAM

**Tuesday & Thursday mornings, 10-11:30am**

Under the guidance of licensed Physical Therapists, this program focuses on exercises and problem solving to improve day-to-day function and quality of life. For more information and cost information, please contact Heather Merrill at Spaulding at 508-240-7203.

### SENIORFIT

**Wednesday & Friday mornings, 9:30-10:30am**

**\$38 per 6 week session**

This is a popular class instructed by Charlie Abate. Seniorfit is a slower, gentler workout with no work done on the floor. Class will break after December 8th, and resume on January 3rd. For more information contact Charlie at 508-432-0370.

# WELLNESS PROGRAMS

## AL-ANON

**Fridays, 5:30-6:30pm**

This is an AA support group. Do you wish the drinking would stop? You have choices and Al-Anon Family Groups can help.

## CLUTTERERS ANONYMOUS

**Wednesdays, 9:30-10:30am**

This is a 12-Step Recovery Program for both clutterers and hoarders. All are welcome.

## DIET & NUTRITION SUPPORT

**With Ginny O'Halloran, RN, Tuesdays, 9-10am**

This group offers support and strategies to lose and maintain your desired weight. The group assists in understanding food labels, making better food choices, and evaluating current and new diet information.

## FOOTCARE CLINICS

**With Betty Brady - 11/2, 11/29, 12/8, 12/20**

**With Janet Tinney - 11/17, 12/15**

Trained nurses will provide a general assessment of your feet and will trim, file, clean and reduce thickening of nails, smooth corns & calluses and massage your feet. Appointments at the COA are \$35, and home visits are available for \$55. Please call the COA at 508-430-7550 to schedule your appointment.

## FUEL ASSISTANCE

Trained staff members will assist you in filling out and submitting Fuel Assistance forms. There are a number of verification documents which will be needed so please call the COA at 508-430-7550 to schedule an appointment or inquire about eligibility.

## HOME SAFETY ASSESSMENTS

Staff members of the COA and the Harwich Fire Dept. will come to your home to assess your safety risks. Smoke detectors and carbon monoxide detectors will be checked, and your home will be assessed for fall risks to be sure your home is as safe as possible. If your smoke detectors and carbon monoxide detectors are not working properly or determined to be out of date, batteries will be replaced or new ones will be installed. The Fire Department purchases items in bulk and offers them to you at cost. In addition, recommendations will be made to reduce the fall risks in your home. Remember, prevention is key to your safety. Call 508-430-7550 and ask to be put on the list and we will call you back to schedule your appointment.

## MEDICAL EQUIPMENT LOANS

Durable medical equipment is available for loan (canes, walkers, commodes, shower seats, wheelchairs, etc.). Call or stop by the COA prior to purchasing to see if we have what you need. All equipment is free, but we require a \$25 deposit for wheelchairs and rolators which is forfeited if kept for longer than 30 days. *(NOTE: Please clean equipment thoroughly before returning.)*

## OVEREATERS ANONYMOUS

**Mondays, 2-3pm & Thursdays, 10-11am**

OA is a fellowship of men and women from all walks of life who meet in order to help solve a common problem - compulsive overeating. Anorexics, bulimics, and those young and old are welcome.

## S.H.I.N.E. - Health Insurance Counseling

SHINE (Serving Health Information Needs of Everyone...on Medicare) offers free assistance to help older adults navigate the complex health insurance system. SHINE Counselors are volunteers trained and certified annually by the Executive Office of Elder Affairs to help those on or eligible for Medicare. Call the COA at 508-430-7550 for appointment times.

## SIGHT LOSS SERVICES SUPPORT GROUP

**1st Tuesday of the month, 10-11:30am**

Peer meetings for those with vision loss and blindness. Speakers and experts give presentations, and the group discusses coping techniques and medical advances. Please RSVP to Sight Loss Services at 508-394-3904.

## SOCIAL SECURITY APPOINTMENTS

**3rd Monday of each month**

Residents of Harwich and the Lower Cape can communicate with a local Social Security representative using our special Community Social Security Video Service right here at the Harwich COA. You can video conference with a live person without waiting in line. Available services include applying for SS or SSI benefits, reporting changes, asking questions, and more. Call 508-430-7550 to schedule your appointment.

## WELLNESS CLINIC

**Wednesdays, 9:30am-12pm**

This is a walk-in wellness clinic with Town Nurse, Susan Jussell, where you can have your blood pressure taken, ask health related questions, or discuss your health education needs.

# OUTREACH & HEALTH NEWS

## NOTES FROM THE OUTREACH OFFICE

With Kevin Grunwald,  
Social Service Coordinator



### Is It Really November?



On November 11 we celebrate Veteran's Day. Like many of you I recently watched Ken Burns' documentary on the Viet Nam War on public television. While my memories of that time are still vivid, it's hard to believe that the war ended more than 40 years ago. I am struck by the fact that the generation that we serve at the COA was significantly impacted by that war, even if it just meant following it on the news every night. Some of you served, some of you protested, and many of you lost family, friends and loved ones. This was a time that both divided and defined the citizens of our country, and I think the documentary did a great job of portraying the many social and political changes that were taking place during those years. With the luxury and virtue of hindsight I think this is a great opportunity to bring some fresh perspective to those times, and this may be a time to look back on your memories from that tumultuous time. Please feel free to contact me if you're looking for a forum for that discussion.

### Planning ahead

Despite an unseasonably warm (and humid) September and October we can't deny the fact that a hint of Fall is definitely in the air. This has been a busy time at the Council on Aging, with a second Death Café in September, the simulcast with Dr. Atul Gawande speaking about his book *Being Mortal*, and a Pre-Planning seminar sponsored by the Cemetery Department. While we hope the real winter weather holds off for as long as possible, this is the perfect time to start planning both short-term and long-term for this phase of your life. This includes emergency preparedness in the event of a power loss, plans for snow removal and transportation, and longer term planning regarding your housing situation and how your changing lifestyle might have an impact on your ability to stay in your home. The Outreach Staff of the Council on Aging are available to work with you to discuss options and resources to meet your evolving needs.



## HERE'S TO YOUR HEALTH

With Susan Jussell,  
Town Nurse



### Let's avoid getting sick!

'Tis the season for cold and virus. There are few things we can all do to keep each other and ourselves well this winter. The first and most important is good handwashing for 30 seconds with hot soapy water. Here are some additional things you should do to avoid getting sick:

- Receive the flu and pneumonia vaccinations if you are able to
- Try to get 7 1/2 hours of sleep or more every night
- Avoid sharing water bottles, cups, utensils and other things that would be likely to spread germs
- Stay hydrated
- Eat a balanced diet with an ample amount of fruits and vegetables
- Exercise and practice stress reduction activities
- Avoid those that are coughing or say they don't feel well
- Avoid touching your face with your hands, especially until your hands are clean

If you are not feeling well, it is always okay to call your doctor's office and report what symptoms you're having. Do not ignore a fever greater than 100°F that lasts for 24 hours or more, especially if accompanied by severe headaches or muscle aches with periods of chills or sweats with a cough, or sore throat. These are symptoms of the flu, and an early diagnosis can allow treatment that may shorten or lessen effects of the virus. Taking good care yourself helps to keep our community healthy!

## STOP FLU THE SPREAD OF REMEMBER THE 3 C'S



### 1 CLEAN

Wash your hands often. Scrub your hands for at least 20 seconds with soap and water or use an alcohol-based hand cleaner.



### 3 CONTAIN

Contain germs by steering clear of others who are sick. If you do get sick, stay at home until you're well again, so you don't spread more germs.

### 2 COVER

Cover your cough. Use a tissue to cover your mouth and nose when you cough or sneeze. Don't have a tissue? Your sleeve will do.



# CAREGIVERS CORNER

## DEMENTIA CAREGIVING SUPPORT GROUP

1st and 3rd Wednesdays, 10:30am-12pm

This group will help families develop better coping strategies, learn more about Alzheimer's Disease and dementia, and help connect to support services in the community. Two groups meet at the same time, one for caregivers and family members, and the other an activity group for those with cognitive impairments.



Group Facilitator: Fran Lavin, RN  
Of Cape Cod Alzheimer's Family Support Center

**PRE-REGISTRATION IS REQUIRED**  
Call 508-896-5170 for more information.

## SUPPORTIVE DAY PROGRAM

The Day Center Program at the Orleans Senior Center is a regional adult supportive day program offering a safe, caring, person-centered environment for older adults with physical and cognitive disabilities, and for those in need of social stimulation. It also provides respite time for caregivers of older adults.

They offer a structured day that includes music, art and fitness to promote optimal social, emotional and physical wellness while allowing clients to remain in their own homes for as long as possible. There is even a special "Men's Day" on Tuesdays.

The Day Center Program is open to residents of Orleans, Brewster, Chatham and Harwich and attendance is subsidized by these communities. Fees for Harwich residents are \$55 per day which includes all activities and meals. Financial assistance may be available for eligible families to help defray costs.

To learn more about scheduling a complimentary trial day or for more information about eligibility, contact the Day Center Director at 508-255-6333.

*Caregiving often calls us  
to lean into **love**  
we didn't know **possible**.*

-Tia Walker, author

## ARE YOU A CAREGIVER IN NEED OF HELP?



For information about community resources available to help support you, please call the Social Services Coordinator at 508-430-7550.

## GRANDPARENTS RAISING GRANDCHILDREN

A special group for grandparents raising their grandchildren will take place the last Tuesday of the month, from 9:30-10:30am at Harwich Elementary School, 263 South Street. This group is sponsored by Child and Family Services and Monomoy Early Childhood Council. For more information call 508-430-1692.

## 10 Holiday Tips For Family Caregivers

1. Recognize Your Signs of Stress & Burnout
2. Anticipate Your Holiday Hot Button Moments
3. Acknowledge Your Feelings Good & Bad
4. Put Selfcare Back On Your List
5. Find a Healthy Stress Relief Outlet
6. Get Support
7. Do *Mindful* Planning
8. Ask for Help
9. Keep Your Holiday Simple
10. Start New Traditions

# FRIENDS NEWS



100 OAK STREET, HARWICH, MASSACHUSETTS 02645

NOVEMBER-DECEMBER, 2017

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

I hope you are enjoying the late Fall & early Winter weather and the beauty that the season provides. We are so fortunate to live on Cape Cod, and especially in Harwich!

The Friends' Board of Directors has been working diligently, but unsuccessfully, to find a low mileage, good condition, used minibus so that we could again start up our service. That search has proven to be quite problematic and, at the time this newsletter is being written, we are seeking quotes on a brand new minibus. Hopefully the quotes will prove reasonable.

The Board is considering a number of fun events for the next several months. Watch for the events and dates. Hope you will join us for some, if not all, of these fun times.

As you know, like any other non-profit, we are dependent on donations from both individuals and businesses, bequests, and fundraisers to help Harwich's seniors. Please consider a donation to the Friends to help us continue to support our Harwich Seniors.

Finally, if you have not paid your annual dues yet, please do so using the form below. Every bit counts!

Jack Brown, FHCOA President

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## FY 2017-2018 MEMBERSHIP

Annual dues are \$5.00 per person / Life Membership dues are \$40

### Member #1 (Please Print)

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

Town \_\_\_\_\_ Phone \_\_\_\_\_

ANNUAL DUES: \$5.00 \_\_\_\_\_ Lifetime Dues: \$40.00 \_\_\_\_\_

Donation: \$ \_\_\_\_\_

Donation to be applied to:  
General Use \_\_\_\_\_ Specific Purpose \_\_\_\_\_

### Member #2 (Please Print)

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

Town \_\_\_\_\_ Phone \_\_\_\_\_

ANNUAL DUES: \$5.00 \_\_\_\_\_ Lifetime Dues: \$40.00 \_\_\_\_\_

Donation: \$ \_\_\_\_\_

Donation to be applied to:  
General Use \_\_\_\_\_ Specific Purpose \_\_\_\_\_

USE THIS SLIP TO MAIL DUES TO THE FRIENDS, OR DROP MEMBERSHIP OFF AT COA

Please make checks payable to: Friends of the Harwich COA

Mail to: Membership Chair, Andrea Terney, Friends of the HCOA, 100 Oak Street, Harwich, MA 02645



# COMMUNITY CENTER NEWS

## SPECIAL DATES

### **Cape Cod Cares for the Troops**

**November 14th**

Drop off donations at the Community Center by November 14th (*see p. 10 for details*)

### **Blood Drive, Cape Cod Healthcare**

**November 16th**

### **Transgender Day of Remembrance**

**November 17th**

5pm-9pm in Multi-Room

### **Holiday Community Yard Sale**

**November 25th**

10am-2pm, Sponsored by Kiwanis of Lower Cape Cod

### **Holiday Boutique**

**December 2nd**

9am-1pm in Multi-Room, Sponsored by Garden Club of Harwich

### **Town Band Concert**

**December 12th**

7pm-9pm in Multi-Room

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## COMMUNITY CENTER ACTIVITIES

The Harwich Community Center runs many activities with independent instructors. There are rug braiding classes, a weight room, a "Stitchers" group, rug hooking, quilting, community music groups, service and social groups, gardening groups, business groups, support groups, and more! For more information, stop in and pick up an updated Activities Information Booklet. Staying active and engaged is beneficial to healthy aging, and there's something here for you!

**Community Center  
BUILDING CLOSED:**

**November 11th, Veterans Day**

**November 23rd & 24th, Thanksgiving Holiday**

**December 25th, Christmas**

## MORE HEALTH & FITNESS PROGRAMS

### **Insight Meditation Circle**

**Tuesdays, 7-8pm**

Meditation & discussion group. Call Annette at 508-432-6655 for more information. Cost: FREE

### **Hatha Yoga**

**Tuesdays, Thursdays & Saturdays, 9-10:30am**

Postures and stretches in combination with breath to stretch muscles, strengthen joints, and improve balance. Call Michele at 508-360-7227 for more information. Cost: \$15/class or \$60 for 6 sessions

### **Circuit Fitness**

**Tuesdays & Thursdays, 5-6pm**

One hour adult fitness class with "stations". Call Susan at 508-287-8759 for more information and pricing.

### **Exercise Class with Jill**

**Thursdays, 6-7pm & Saturdays, 8:30-9:30am**

Class includes cardio, strength training and stretching. Call Jill at 508-237-6209 for more information. Cost: \$96 for 12 lessons

### **Mary Ann's Exercise**

**Tuesdays & Thursdays, 9-10am**

Fat burning, low impact aerobics with arm and leg work using exercise ball. Call Mary Ann at 774-994-0061 for more information. Cost: \$10 per class

### **Senior Volleyball**

**Tuesdays & Fridays, 11am-1pm**

Players must have intermediate volleyball skills to perform underhand serves, pass, and keep the ball in play. Rules are relaxed. Call Ray at 508-432-4718 for more information. Cost: FREE

### **Foot Fit - Perfecting Posture from the Bottom Up**

**Wednesdays & Fridays**

**8:30-9:30am, Pilates Mat**

**9:30-10:30am, Foot Fit**

Using concepts of Pilates, learn to align, lengthen and strengthen your spine. Call Lyn at 508-432-2111 for more information. Cost: \$20 per class

### **Line Dancing for Fun & Fitness**

**Mondays & Thursdays, many times & levels**

Learn fun mini dance routines to music. Social, upbeat way to get some light exercise. Call Karen at 774-237-3037 for more information and pricing.

## SHINE NEWS

Don't Delay...

**Medicare Open Enrollment Ends  
December 7th!**



Medicare's Annual Open Enrollment began **October 15th and ends December 7th**. Please make sure you review your 2018 Medicare options during this period.

During the Annual Open Enrollment period you will have a chance to **CHANGE** your plan. This change will take effect January 1, 2018. SHINE Counselors can help you understand your plan's changes, screen you for assistance programs and discuss other options you may have. If you do not change your plan during this period you may have to stay with your existing plan for another whole year. *(Note: the open enrollment may not affect those with retiree coverage).*

**DO NOT WAIT UNTIL IT'S TOO LATE - Appointments fill up fast!** Call the COA and make an appointment with a SHINE counselor for this year's open enrollment. Make sure you bring a list (or bottles) of your current medications to the appointment and if you are a couple, please ask for 2 appointments.

***Call the Harwich COA at 508-430-7550  
to make a free, confidential appointment  
with a state-certified SHINE counselor.***

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## ANTIQUe APPRAISAL DAY

**November 5, 1-3:30pm**

**At West Dennis Old Graded Schoolhouse**

**Sponsored by**

**the Daughters of the American Revolution**

Learn the value and history of up to two family heirlooms or attic treasures, or just attend to learn! Henry T. Callan, well-know appraiser and antiques dealer will address the audience about each item and provide verbal appraisals. No coins, stamps or jewelry. Images of large items welcome. Cost: \$10 per person; \$5 per item. For more reservations or more information, contact Mary Anne at 508-394-9723 or Patty at 774-208-8661.

## SUPPORT OUR TROOPS THIS HOLIDAY SEASON



The Harwich Community Center is partnering with Cape Cod Cares for Our Troops to hold a holiday collection drive for our troops. Cape Cod Cares for Our Troops has been sending care packages to our deployed troops since 2005, supporting Blue Star families, Veterans, Wounded Warriors, and honoring Gold Star Heroes and their families. We need your donations to continue to show our support.

Wish List items include: hats, gloves, scarves, socks, t-shirts, travel games, paper & pens, puzzle books & Sudoku, washcloths & hand towels, batteries, deodorant, hand sanitizer, foot powder, Kleenex, hand lotion, shaving items, toothbrush & toothpaste, candy, gum, Little Debbie's snacks, microwave popcorn and soups, power bars, single serving cereal, and more.

We also encourage donors to include personal letters of appreciation. These are often the most cherished items in the care packages.

You can drop off your donations at the Community Center in the special boxes in the lobby.

***Donation collections end date is November 14th***

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## OCTOBER IS FIRE SAFETY MONTH



- When you turn your clocks back, it's a good time to check the batteries on your smoke and carbon monoxide detectors. These alarms should be on every level of the home and outside sleeping areas, and they should be replaced with new units every 10 years.
- Unattended cooking is the leading cause of fires in the home and leading cause of fire injuries to older adults. Remember to set a timer every time you have something on the stove or in the oven. Keep potholders and kitchen towels away from the stove.
- Keep warm, but keep safe. Have your heating system cleaned and inspected by a professional. If you use a space heater make sure it is a minimum of 3-feet from anything that can catch fire.
- Plan for emergencies. Make sure the house number is clearly visible from the street.

## SENIOR DINING



### Senior Dining Lunches

Lunch includes a delicious home-cooked meal by Chef Linda along with a special dessert treat served Tuesdays - Fridays. (No lunch on Friday if there is a breakfast program.) The cost is \$3 for residents and \$4 for non-residents. Come alone and make new friends, or come with a group...either way, we're sure you'll enjoy it! Reservations are required by 11am the day before the meal you want to attend by calling the COA at 508-430-7550. Please also call by 11am if for any reason you need to cancel your reservation.

### Supper Club

Come join us for a traditional supper on Mondays at 5pm. Meal includes a home-cooked dinner, dessert and entertainment. The cost is \$5 for residents and \$6 for non-residents.

## NUTRITIONAL SUPPORT PROGRAMS



### Brown Bag Food Program

The COA works with the Greater Boston Food Bank and the Family Pantry to distribute brown bags of food for eligible seniors on the 1st Friday of the month. Bags may include fresh fruit or vegetables, meat or frozen food, and shelf stable items. If you have a low income and/or are on Mass Health, SNAP, or Fuel Assistance you will qualify. For more information contact the Social Service Coordinator at 508-430-7550.

### MEALS ON WHEELS

Sponsored by Elder Services of Cape Cod and the Islands. Meals are delivered to homebound seniors by volunteers. Voluntary donation of \$3 per meal. For more information call 508-394-4630.

### S.N.A.P.

The Supplemental Nutrition Assistance Program (SNAP) helps low income individuals and families buy healthy, nutritious food. A SNAP household's monthly benefit depends on household size, income and expenses. If you would like more information please contact the Social Service Coordinator at 508-430-7550.

### USDA Food Program

This bi-monthly food distribution is helpful to supplement your food supply. To see if you qualify for this benefit, please contact the Social Service Coordinator at 508-430-7550.

## MENU

### Supper Club Menu

Mon 11/6 Roast Pork with Potato & Vegetable  
 Mon 11/13 Shrimp Scampi with Salad & Roll  
 Mon 11/20 Meatloaf with Potato & Vegetable  
 Mon 11/27 Baked Fish with Potato & Vegetable  
 Mon 12/4 Fried Chicken with Potato & Vegetable  
 Mon 12/11 American Chop Suey Dinner  
 Mon 12/18 Turkey Dinner with Potato & Vegetable

### Senior Dining Lunch Menu

#### November

Wed 11/1 American Chop Suey with Roll  
 Thu 11/2 Egg Salad Sandwich with Chips  
 Fri 11/3 Fish Sandwich with Fries & Coleslaw  
 Tues 11/7 Beef Stew with Roll  
 Wed 11/8 Grilled Chicken Caesar Salad with Roll  
 Thu 11/9 BLT Wrap with Chips & Coleslaw  
 Tue 11/14 Corned Beef with Potato & Vegetable  
 Wed 11/15 Chicken Fajita Bowl with Rice  
 Thu 11/16 Grilled Ham & Cheese Sandwich with Chips  
 Fri 11/17 Meatball Sub with French Fries  
 Tue 11/21 Veggie Lasagna with Salad & Roll  
 Wed 11/22 Hot Dog & Beans with Potato Salad  
 Tue 11/28 Macaroni & Cheese with Salad & Roll  
 Wed 11/29 Grilled Chicken Sandwich with Fries  
 Thu 11/30 Hot Pastrami Sandwich with Coleslaw

#### December

Fri 12/1 Pizza & Salad  
 Tues 12/5 Pasta & Meatballs  
 Wed 12/6 Bubba Burger with French Fries  
 Thu 12/7 Turkey & Cheese Sandwich with Chips  
 Tue 12/12 Hot Chicken Sandwich with Potato & Veggie  
 Wed 12/13 Pork Chop with Potato & Vegetable  
 Thu 12/14 Chili Bowl  
 Fri 12/15 Tuna Roll with Soup & Chips  
 Tue 12/19 Sausage & Pepper Sub with Fries & Coleslaw  
 Wed 12/20 Pulled Pork Sandwich with Fries  
 Thu 12/21 Taco Bowl with Rice  
 Tue 12/26 Veggie Lasagna with Salad & Roll  
 Wed 12/27 Chicken Cordon Bleu with Potato & Veggie  
 Thu 12/28 Hot Roast Beef Sandwich & Potato & Veggie  
 Fri 12/29 Chicken Salad Sandwich with Fries



# VOLUNTEER SPOTLIGHT



## VOLUNTEER SPOTLIGHT



Our featured volunteer is **Lois Robinson** a dedicated, long serving desk volunteer. Wednesday afternoons are made brighter by Lois and her special kindness.

## HAVE FUN DOING TAXES

Do you enjoy people? Do you think numbers can be fun? If yes, then we're looking to share the fun with you!



Since 1968 AARP Foundation TAX-Aide Volunteers have been helping low and moderate income taxpayers complete their Federal and State income tax returns free of charge.

New volunteers participate in a training program each year. Over a three-week period of time (twice a week for 3 weeks) volunteers are trained in the process of completing tax returns. Counselors, upon passing the required test, are assigned to various centers across the Cape and Islands. Preference is given to centers near their homes. From February through April 15 wonderful people are met and needed help is given. Schedules are flexible and allow for vacation time.

*Find out more about the fun you can have by being a Tax-Aide Volunteer Counselor.*

**For more information contact:**

**Pat Zeiss, Volunteer Coordinator**  
at: [patzeiss@juno.com](mailto:patzeiss@juno.com) or call 508-255-2292

## CURRENT VOLUNTEER NEEDS

**With Rick Anderson,  
Volunteer Coordinator**



Now that summer is over and company has gone home, it's a great time to get involved and volunteer! If you would like to enrich your life through volunteering we have needs in the following areas:

### Dining Room Aides

Help set-up, serve and clean up for our meal programs. Volunteers even receive a free meal!

### Receptionist

Help us welcome visitors while you respond to calls, make appointments, and answer questions. You get to know a lot about the COA and our community!

### Medical Drivers

Drive seniors to medical appointments in the local area. Transportation is a top need of seniors and we are happy to have volunteers that wish to drive once a week or even once a month!

### Food Delivery

We need help delivering food for our Brown Bag and USDA food programs. USDA delivery happens 6 Tuesdays a year, and the Brown Bag delivery is the first Friday of the month. Food is picked up at the COA and then delivered to private homes. This is a great volunteer opportunity for men and couples, or anyone who with a strong body and kind heart who wants to make a real difference in the life of a neighbor!

### Girl Power Mentors

Senior women are needed to be mentors to elementary school girls in our special "Girl Power" program in the winter and spring of 2018. This is a fun and meaningful intergenerational program and a great way to stay young at heart!

***If you would like to learn more  
about these meaningful COA volunteer opportunities,  
please call Rick at 508-430-7550.***

VOLUNTEER  
all that's missing is U!



# TRANSPORTATION INFORMATION

## CRANBERRY COACH



### COA Transportation Services

Transportation on our handicapped accessible van is provided for shopping, COA programs and special trips. You must call 508-241-1566 ***the day before*** to make a reservation for a ride.

### Weekly Schedule

Mondays	Special Trips & Supper Club
Tuesdays	COA Lunch & Programs Shaws in the afternoon
Wednesdays	COA Lunch & Programs Stop & Shop in the afternoon
Thursdays	COA Lunch & Programs Stop & Shop and Harwich Food Pantry
Fridays	COA Lunch & Programs Current events at Brooks Free Library

### Monday Trips

Mon. 11/6	Local Thrift Shops
Mon. 11/13	Market Basket
Mon. 11/20	Orleans Shopping
Mon. 11/27	Dennis & Dennisport Shopping (Marshalls plaza, or Dollar Store & Ocean State Job Lot)
Mon. 12/4	Hyannis Shopping
Mon. 12/11	Market Basket
Mon. 12/18	Orleans Shopping

**Please call 508-241-1566 by Friday at noon to reserve your ride for the following Monday.**

*All Monday trips need a minimum of 5 to make the trip.*

### Special Holiday Transportation

#### Monomoy Thanksgiving Meal

Rides will be provided to the special Thanksgiving Dinner being held at Monomoy High School at 4pm on Thursday, November 9th. You must have confirmed your meal reservation before requesting a ride. Meal reservations are made by calling 508-430-7200 X5837. Space is limited. You must call 508-241-1566 to reserve your ride by noon on November 7th.

#### Town Band Holiday Concert

Rides will be provided to the special Town Band Holiday Concert being held at the Community Center at 7pm on Tuesday, December 12th. Space is limited. You must call 508-241-1566 to reserve your ride by noon on December 8th.

## COA VOLUNTEER MEDICAL RIDES

Volunteers provide rides to medical appointments from Wellfleet to Hyannis. Requests for rides must be made a MINIMUM OF 4 BUSINESS DAYS in advance, this does not count the day of your appointment. More advance notice is always appreciated. Guidelines:

- Ride requests should be made by calling the COA at 508-430-7550 Monday-Friday, between 9am-2pm. We cannot be responsible for requests left on voicemail.
- No extra riders are permitted unless required due to disability.
- We are unable to provide ongoing rides for medical therapy.
- A stop to a pharmacy after your medical appt. is at the discretion of the volunteer driver.
- You may not request any additional stops during your ride.
- Limit of 3 volunteer rides per month.
- Please provide a cash donation to your driver:
  - \$5 for rides to Harwich, Chatham, Orleans, Brewster and Dennis
  - \$15 for rides to Hyannis, Yarmouth and Wellfleet.

***We do our best to find rides.***

***However, ride availability is based on volunteer availability.***

## COMMUNITY TRANSPORTATION RESOURCES

### DART

Low cost public transportation is provided by the CCRTA DART bus, by reservation from curb to curb. You must register by calling 1-800-352-7155 weekdays, 8am-5pm.

### H2O




Fixed route public transportation provided on CCRTA buses between Orleans and Hyannis, with stops in Harwichport and at Shaws in Harwich. Call 1-800-352-7155 for information. You will need exact change.

### Boston Hospital Transportation

Transportation is provided for medical appointments at Boston hospitals daily by the CCRTA. There is a pick-up in Harwich. Call 1-800-352-7155 to reserve by 11am the day before. Cost is \$30 round trip, \$15 one way.

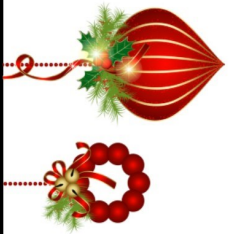
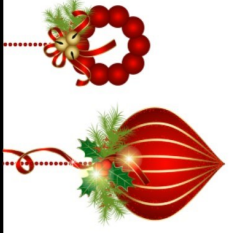



# November 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>"Not what we say about our blessings but how we use them, is the true measure of our thanksgiving." ~ W. T. Purkiser</b></p>				
<p>1:00 Bridge 2:00 Overeaters Anon.</p> <p>5:00 Supper Club <i>Entertainment: Paul Ashley</i></p>	<p>6</p> <p>9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet &amp; Nutrition Support 9:30 Balance Boosters 9:30 Hearing Screenings 10:00 Sight Loss Support 11:30 Lunch 1:00 Legal Appts.</p>	<p>7</p> <p>9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet &amp; Nutrition Support 9:30 Balance Boosters 9:30 Hearing Screenings 10:00 Sight Loss Support 11:30 Lunch 1:00 Legal Appts.</p>	<p>8</p> <p>8:30 Super Fit w/Charlie 9:00 SHINE Appts. 9:30 Clutterers Anon. 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 11:30 Lunch</p>	<p>9</p> <p>8:30 Super Fit w/Charlie 9:00 SHINE Appts. 9:30 Clutterers Anon. 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 11:30 Lunch</p>
<p>13</p> <p>1:00 Bridge 2:00 Overeaters Anon.</p> <p>5:00 Supper Club <i>Entertainment: Harry French</i></p>	<p>14</p> <p>9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet &amp; Nutrition Support 9:30 Balance Boosters 11:30 Lunch 2:00 Movie</p>	<p>15</p> <p>8:30 Super Fit w/Charlie 9:00 SHINE Appts. 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 9:30 Clutterers Anon. 10:30 Alz. &amp; Dementia Caregiving Support 11:30 Lunch</p>	<p>16</p> <p>9:00 SHINE Appts. 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage 2:30 Balance Boosters</p>	<p>17</p> <p>8:30 Super Fit w/ Charlie 9:00 Memory Screenings 9:00 Footcare w/ Jan 9:00 Mindful Yoga 9:00 SHINE Appts. 9:30 Senior Fit w/ Charlie 11:30 Lunch 2:00 Holiday Grief Support</p>
<p>20</p> <p>9:00 Social Security Appts. 1:00 Bridge 2:00 Overeaters Anon.</p> <p>5:00 Supper Club <i>Entertainment: Brian Kelly</i></p>	<p>21</p> <p>9:00 Device Advice 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet &amp; Nutrition Support 9:30 Balance Boosters 11:30 Lunch</p>	<p>22</p> <p>8:30 Super Fit w/Charlie 9:00 SHINE Appts. 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 9:30 Clutterers Anon. 11:30 Lunch 12:30 Legal Appts.</p>	<p>23</p> <p><b>CLOSED</b> <i>Thanksgiving Day</i></p> 	<p>24</p> <p><b>CLOSED</b> <i>All town offices closed</i></p> 
<p>27</p> <p>1:00 Bridge 2:00 Overeaters Anon.</p> <p>5:00 Supper Club <i>Entertainment: Nick Pangakis</i></p>	<p>28</p> <p>9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet &amp; Nutrition Support 9:30 Balance Boosters 11:30 Lunch</p>	<p>29</p> <p>8:30 Footcare w/ Betty 8:30 Super Fit w/Charlie 9:00 SHINE Appts. 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 9:30 Clutterers Anon. 11:30 Lunch</p>	<p>30</p> <p>9:00 SHINE Appts. 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage 2:30 Balance Boosters 4:00 Cooking Class</p>	<p>3</p> <p>*Brown Bag Distribution</p> <p>8:30 Super Fit w/ Charlie 9:00 Mindful Yoga 9:00 SHINE Appts. 9:30 Senior Fit w/ Charlie 11:30 Lunch</p>
			<p>9</p> <p>9:00 SHINE Appts. 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage 1:00 Zero Balancing 2:30 Balance Boosters</p>	<p>10</p> <p><b>CLOSED</b> <i>For Veterans Day</i></p>  <p><i>We are THANKFUL for your service</i></p>



# December 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><i><b>HAPPY HOLIDAYS</b></i></p> <p><b>“The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.”</b></p> <p><b>~Helen Keller</b></p>			
<p><b>4</b></p> <p>1:00 Bridge 2:00 Overeaters Anon.</p> <p>5:00 Supper Club <i>Entertainment: Richie Bern</i></p>	<p><b>5</b></p> <p>9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet &amp; Nutrition Support 9:30 Balance Boosters 9:30 Hearing Screenings 10:00 Sight Loss Support 11:30 Lunch 1:00 Legal Appts.</p>	<p><b>6</b></p> <p>8:30 Super Fit w/Charlie 9:00 SHINE Appts. 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 10:30 Alz. &amp; Dementia Caregiving Support 11:30 Lunch 1:00 Legal Appts.</p>	<p><b>7</b></p> <p>9:00 SHINE Appts. 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage 2:00 Tech Café 2:30 Balance Boosters</p>	<p><b>8</b></p> <p>*NO Lunch</p> <p>8:30 Footcare w/ Betty 8:30 Super Fit w/ Charlie 9:00 Mindful Yoga 9:00 Men's Breakfast 10:00 Men's Book Club 9:30 Senior Fit w/ Charlie 2:00 Holiday Grief Support</p>
<p><b>11</b></p> <p>1:00 Bridge 2:00 Overeaters Anon.</p> <p>5:00 Supper Club <i>Entertainment: Harry French</i></p>	<p><b>12</b></p> <p>*USDA Food Distribution 9:00 Mahjongg 9:00 Diet &amp; Nutrition Support 9:30 Balance Boosters 11:30 Lunch 2:00 Movie</p>	<p><b>13</b></p> <p>9:30 Wellness Clinic w/ RN 9:30 Clutterers Anon. 11:30 Lunch</p>	<p><b>14</b></p> <p>10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage 2:30 Balance Boosters 4:00 Cooking Class</p>	<p><b>15</b></p> <p>9:00 Footcare w/ Jan 9:00 Mindful Yoga 11:30 Lunch 2:00 Holiday Grief Support</p>
<p><b>18</b></p> <p>9:00 Social Security Appts. 1:00 Bridge 2:00 Overeaters Anon.</p> <p>5:00 Supper Club <i>Entertainment: Brian Kelly</i></p>	<p><b>19</b></p> <p>9:00 Device Advice 9:00 Mahjongg 9:00 Diet &amp; Nutrition Support 9:30 Balance Boosters 11:30 Lunch</p>	<p><b>20</b></p> <p>8:30 Footcare w/ Betty 9:30 Wellness Clinic w/ RN 9:30 Clutterers Anon. 10:30 Alz. &amp; Dementia Caregiving Support 11:30 Lunch</p>	<p><b>21</b></p> <p>10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage 2:30 Balance Boosters</p>	<p><b>22</b></p> <p>*NO Lunch</p> <p>9:00 Mindful Yoga 9:00 Women's Breakfast</p>
<p><b>25</b></p> <p><b>CLOSED</b> <b>All town offices closed</b></p> 	<p><b>26</b></p> <p>11:30 Lunch</p>	<p><b>27</b></p> <p>9:30 Wellness Clinic w/ RN 9:30 Clutterers Anon. 11:30 Lunch 12:30 Legal Appts.</p>	<p><b>28</b></p> <p>10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage</p>	<p><b>29</b></p> <p>11:30 Lunch</p>

HARWICH COUNCIL ON AGING  
100 Oak Street  
Harwich, MA 02645

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## HARWICH COUNCIL ON AGING

**Harwich Council on Aging**  
**100 Oak Street**  
**Harwich, MA 02645**  
**508-430-7550**

**OFFICE HOURS:**  
**Monday—Friday 8:30 am—4:00 pm**

*[www.town.harwich.ma.us](http://www.town.harwich.ma.us)  
click on "Departments" then "Council on Aging"*

### Staff Contacts

Director: ..... Judi Wilson  
Town Nurse: ..... Susan Jussell  
Social Service Coord: ..... Kevin Grunwald  
Volunteer Coord: ..... Rick Anderson  
Executive Asst: ..... Marie Carlson  
Chef: ..... Linda St Pierre  
Van Drivers: ..... Gerry Golia & Kathy Skipper

### COA BOARD:

Richard Waystack, Chair  
Lee Culver, Vice Chair  
Angelina Chilaka  
Joan Felahi  
Joanne Lepore  
James Mangan  
Ralph Smith  
Carol Thayer

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### 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 these 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 practitioners.*