

Town of Harwich COUNCIL ON AGING NEWS

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

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



JAN/FEB 2018

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

It's that time of year again!

AARP TAX AID PROGRAM



Mondays & Wednesdays

Beginning Monday, February 5, 2018

Appointments from 8:30am—2:30pm

The AARP Tax Aide Program provides specially trained Tax Counselors to help low and moderate income taxpayers complete their Federal and State income tax returns free of charge.

Appointments are held at the Chatham Community Center, but there are volunteers and blocks of time reserved for Harwich residents. Transportation is available for morning appointments.

*To schedule a Tax Aide appointment,
please call the Harwich COA at 508-430-7550
on or after January 8th*

WINTER WEATHER POLICY

If the Monomoy Public Schools are closed, all Harwich COA programs, including the Cranberry Coach transportation services, will be cancelled but the COA Office will still be open and the staff will still be available to assist you. However, if Town Hall is closed, the COA will also be closed.

To ensure the safety of our riders and drivers, there may be times the Cranberry Coach will not operate due to winter weather conditions. Scheduled riders will be contacted if we have to cancel your ride due to inclement weather.



DIRECTOR'S DIALOG

With Judi Wilson, COA Director



We are blessed!

The holidays bring out the generosity of the community and this year was no exception. On behalf of the Harwich COA staff, thank you for the beautiful holiday greeting cards and delicious treats. And on behalf of our seniors, thank you to the Friends of the HCOA, Home Instead, Cape Cod Cares for the Troops, Lisa McManus and the students at Harwich Elementary School, Beth Bierbower, and all those who made donations or deliveries to make the holidays more special for our seniors. Working in human services at this time of year is such a blessing as it is a reminder of the true spirit of the holiday season!

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!

INSIDE!

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*The Harwich COA Newsletter is also available online.
Go to www.town.harwich.ma.us
and click on the COA Department's page*

SPECIAL UPCOMING PROGRAMS

MEN'S MORNING

Men's Breakfast

Friday, January 12th, 9am

With special guest Al Raneo to discuss the Cape Verdean influence in Harwich



Friday, February 9th, 9am

With special guest Bill Higgins, former Sports Editor of the Cape Cod Times

Men's Book Club

Friday, January 12th, 10am

Featuring *Isaac's Storm*, by Erik Larson. The book is available at Brooks Free Library, just ask at the desk for the COA Men's Book Group selection for the month.

Friday, February 9th, 10am

Featured book TBA at the January Book Club

There is no charge, but donations to the COA to support our programs are most appreciated

PRE-REGISTRATION IS REQUIRED

BY THE PRIOR WEDNESDAY

CALL Kevin at the COA at 508-430-7551 to register

FUEL ASSISTANCE

The Harwich COA has trained staff members to assist you in filling out and submitting Fuel Assistance forms. Here are a few facts about the program:



- The program has a fairly high income limit. A family of 4 making \$66,115 or less annually is eligible; a family of two is eligible up to \$44,958.
- Most renters are eligible for fuel assistance, even if the heat is included in rent. In that circumstance, the program pays a portion of the rent.
- There are many working families that don't apply because they assume they are not income eligible.
- There are a number of verification documents which are needed to complete the forms.

Don't be left in the cold! For information about eligibility, or to schedule an appointment for help completing Fuel Assistance forms, please call the COA Outreach Office at 508 430-7551 to schedule an appointment with Kevin or Rick.

WOMEN'S BREAKFAST

Friday, January 26th, 9am

With special guest Wendy Cullinan of Habitat of Humanity Cape Cod



Friday, February 23rd, 9am

With special guest Dr. Kelley Taylor a holistic practitioner who promotes personal empowerment, health and wellness

There is no charge, but donations to the COA to support our programs are most appreciated

PRE-REGISTRATION IS REQUIRED

BY THE PRIOR WEDNESDAY

Please call the COA at 508-430-7550 to register

DEVICE ADVICE

Drop-In Technology Assistance

Tuesday, January 16th, 9-10am

Tuesday, February 20th, 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 online. 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!



FRIENDS VALENTINES LUNCHEON



February 14th, 11:30am

At the Cove at Cape Cod Tech School

Cost: \$15 (payable to Friends of the Harwich COA)

Come join the Friends of the Harwich COA for a special lunch which will consist of beverage, minestrone soup, dessert and your choice of entrée—either baked haddock with rice and vegetable, or chicken parmesan with penne pasta. Transportation is available for those who need it. Payment is required with registration, and is due by February 6th. Please come into the COA to register and indicate whether you'll need a ride..

COOKING CLASS

"Romantic Valentine Dinner"

Thursday, February 8th, 4-7pm, Cost: \$15

We'll be making a romantic dinner menu in honor of Valentine's Day starting with French Cheese Puffs (Gougères) along with mini quiches. The main course is a baked scallop/cream/mushroom dish (Coquilles St. Jacques) along with rice pilaf, orange and fennel salad and we'll end with a dessert of chocolate truffles.



PRE-REGISTRATION IS REQUIRED

Payment is required to register

Make checks payable to "Harwich COA"

Space is limited



Our Chef Instructor for this class 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. Her fall cooking classes were full and lots of fun!

DEATH CAFÉ

Thursday, February 15th, 2-4pm
Facilitated by Kevin Grunwald,
COA Social Service Coordinator



While at first blush this may sound like a depressing topic, a Death Cafe is a group directed discussion of death with no agenda. The objective is 'to increase awareness of death with a view to helping people make the most of their (finite) lives'. Using the café model so typical of European public life — complete with cake, and tea or coffee being served — it's a way to simply have a conversation about something that many people don't know how to talk about.

A death café is a place for people to come with questions, curiosity, and a desire to find out how other people are thinking about death. This is a discussion group rather than a grief support or counselling session. We encourage you to take a risk and explore this unique event. If you have questions, call Kevin in Outreach at 508-430-7551.

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

NEW

BIG SCREEN MOVIE DAY



"Victoria & Abdul"

(Rating PG-13)

Tuesday, January 23rd, 2pm



Starring Judi Dench, this is an extraordinary true story of an unexpected friendship in the later years of Queen Victoria's rule. When Abdul Karim travels from India to participate in the Queen's Golden Jubilee, he is surprised to find favor with the Queen herself.

"The Zookeepers Wife"

(Rating PG-13)

Tuesday, February 13th, 2pm



Starring Jessica Chastain, The Zookeeper's Wife is an amazing film detailing the inspirational true-story of the Warsaw, Poland Zookeeper

Antonina Żabińska, and her husband Jan who made the courageous decision to hide and save 300 Jews marked for eventual death in the Warsaw Ghetto.

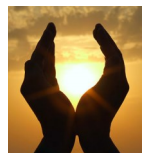
Light refreshments are served

No charge, but donations gladly accepted

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

REIKI

Tuesday, January 16th, 9am-12pm
Call for free 20 minute appointment



A NOTE FROM DIANE THIBODEAU:

Since 2010, I have had the privilege of volunteering as a Reiki Practitioner at the COA. It has been gratifying to serve so many of you and I have become a better practitioner because of you. I will offer Reiki one more time on January 16th. This will be my final session. It is time for me to move on to other areas of my life and maybe find a little more time for myself. I want to thank Joanne Clingan for joining me during the past year. She has been a joy to work with and is a blessed practitioner. You have been an inspiration to me with your great faith in the healing energy of this treatment.

With gratitude, blessings, and deep affection,
Diane C Thibodeau

REGULAR ACTIVITIES

FUN STUFF!

BRIDGE CLASSES

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

(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!*

One Tuesday a 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! Pre-registration required. See page 3 for details.

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!

LAPTOPS FOR SENIORS

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 and are unable to purchase one, let us know and we will add you to the list for when devices become available. 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, call Rick in the Outreach Department at 508-430-7550.

COA FITNESS!

BALANCE BOOSTERS (*NEW TIME*)

Mondays & Thursdays, 10-11am, \$2 per class

Maintain your balance & flexibility with one hour of stretching while safely seated in a chair using your own body and simple implements which are supplied. 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. 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 mats. Class will break for one week after February 9th, and resume on February 21st. 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

\$40 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 for one week after February 9th, and resume on February 21st. For more information contact Charlie at 508-432-0370.

DROP-IN WALKING CLUB

**Mondays, Tuesdays, & Thursday mornings
6-8:30am**

Drop in and walk laps in the gym on a dry level surface without worrying about the weather. 21 laps is approximately one mile!

WELLNESS PROGRAMS

AL-ANON

Fridays, 5:30-6:30pm

This is a group for those affected by another person's drinking. You have choices and Al-Anon 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 through understanding food labels and choices, and evaluating diets.

FOOTCARE CLINICS

With Betty Brady - 1/12, 1/31, 2/9, 2/21

With Janet Tinney - 1/19, 2/16

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.

HEARING SCREENINGS

Appointments for hearing checkups with Barbara Eaton, a licensed Hearing Instrument Specialist. If you wear hearing aides, bring them and she will clean them if needed. There is no obligation to purchase, but recommendations for follow-up care may be made. Call the COA at 508-430-7550 to schedule an appointment.

HOME SAFETY ASSESSMENTS

COA and Fire Dept. staff come to your home to assess your safety risks. Your home will be assessed for fall risks, and smoke detectors and carbon monoxide detectors will be checked to be sure your home is as safe as possible. If your smoke detectors and carbon monoxide detectors are not working properly or out of date, batteries will be replaced or new ones will be installed at cost. Call the COA at 508-430-7550 and ask to be put on the list for a home safety assessment visit.

LEGAL ASSISTANCE

Free half-hour consultations with lawyers who specialize in elder law and are performing pro bono service. Call the COA at 508-430-7550 for appointment times.

MEDICAL EQUIPMENT LOANS

Durable medical equipment is available for loan to Harwich residents (canes, walkers, commodes, shower seats, wheelchairs, etc.). Call or stop by the COA prior to purchasing to see if we have what you need. Non-resident loans are dependent on supply. *(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. All are welcome.

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

SHINE (Serving Health Insurance 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

Communicate with a local Social Security representative using our special Community Social Security Video Service. You can video conference with a live person without waiting in line. Apply for benefits, report changes, ask questions, and more. Call 508-430-7550 to schedule your appointment.

WELLNESS CLINIC

Wednesdays, 9:30am-12pm

Walk-in clinic with Town Nurse, Susan Jussell, where you can have your blood pressure taken, ask health related questions, or discuss your health needs.

VETERAN'S ASSISTANCE

Veterans Service Officers Wil Remillard and Shawney Carroll are available Tuesdays, Wednesdays and Thursdays by appointment to assist Veterans, as well as surviving spouses with claims, VA healthcare, VA pensions, MGL Chapter 115 low income benefits and more. Please call 508-430-7510 for an appointment.

OUTREACH & HEALTH NEWS

NOTES FROM THE OUTREACH OFFICE

With Kevin Grunwald,
Social Service Coordinator



Welcome to Winter and 2018

The New Year is a time for resolutions and beginnings, and for the third consecutive year I am resolving to participate in the “polar bear plunge” in Provincetown. I’ve found this to be a great ritual to jump start the new year (and my heart). However you choose to welcome the New Year, it’s important to be ready for the impact of winter weather including preparation for power outages, snow removal and medical concerns. If you would like assistance in reviewing your winter preparedness plan please contact the Outreach Office.

Specialized Telephones

I recently attended a presentation on a little-known program. The Massachusetts Equipment Distribution Program provides free or reduced cost telephones to residents of Massachusetts who have difficulty using the phone due to a disability. Whether you have trouble with hearing, vision or mobility the State 911 Department has options that can help you make and receive calls easily. To be a part of the program all you need is an application signed by your doctor or health care provider. The application and more detailed information is available through the Outreach Office.

Food Programs

“Food Insecurity” (the state of being without reliable access to a sufficient quantity of affordable, nutritious food) is something that many seniors experience and are often reluctant to admit to. The COA attempts to address this issue through several programs including the monthly “Brown Bag” food distribution program, bi-monthly government food deliveries, assistance with SNAP (Food Stamp) applications, and weekly Cranberry Coach trips to the Food Pantry. SNAP beneficiaries can earn extra money just by buying fruits & vegetables at a participating **Healthy Incentives Program** farm or farmers' market. Depending on family size, SNAP beneficiaries can earn up to \$40, \$60 or \$80 per month for free food. Programs vary in terms of eligibility and application requirements, so please contact me in the Outreach Office at 508 430-7551 for additional information. Information is also available through Project Bread at 1-800-645-8333.

HERE'S TO YOUR HEALTH

With Susan Jusell,
Town Nurse



HAPPY NEW YEAR! Did you know that the third week of January is “Hunt for happiness week”? If you had to rate your overall happiness on a scale of 1-10 what might it be? I hope everyone says a 10! For those of you who desire a better rating on the happiness scale, then stop in and see me on a Wednesday morning between 9:30-12. Let's brainstorm how to improve upon your physical and mental well-being, by setting attainable goals and working on them. I look forward to meeting you!

STAY INDEPENDENT: PREVENT FALLS



Falls aren't just a normal part of getting older—they're preventable and there are simple steps you can take to stay independent longer.

Speak Up

Talk openly with your doctor about fall risks and prevention. Tell your doctor right away if you have fallen, or even if you feel unsteady. Review your medications and discuss side effects like feeling dizzy or sleepy. See if taking vitamin D supplements for improved bone, muscle, and nerve health is right for you.

“Winterize” Yourself

Choose winter shoes with rubber soles to maintain traction on slippery surfaces. Carry a zip top bag filled with a lightweight kitty litter and cast it out ahead of yourself on a slick surface. If it looks treacherous out, stay in and don't take unnecessary risks.

Make Your Home Safe

Most falls happen at home. Keep your floors clutter free. Remove small rugs or tape them down to secure them. Add grab bars in the bathroom and make sure to have handrails for all stairs, even entry stairs. Make sure your home has lots of light. Make sure you have a plan for snow removal to keep pathways and entries free of ice.

Source: National Council on Aging Falls Prevention

CAREGIVERS' CORNER

DEMENTIA CAREGIVING SUPPORT GROUP

**1st and 3rd Wednesdays, 10:30am-12pm
At the Harwich COA**



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.

**"One person caring about another
represents life's greatest value."**

—Jim Rohn

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.

SAVVY CAREGIVER PROGRAM



Fridays, January 26-March 2, 1-3pm

The Savvy Caregiver Program is a FREE six-session training for family and friends who are active caregiver, caring for those living with Alzheimer's or related dementias! This program is sponsored by Elder Services of Cape Cod & the Islands (ESCCI), and Alzheimer's Family Support Center of Cape Cod.

Taking care of a person living with Alzheimer's or related dementia is specialized work. To do this successfully caregivers need special skills, knowledge, and a positive attitude that helps them care for themselves. This program will help you understand the impact of dementia on you and your loved one, learn the skills to manage daily life, take control and set goals, communicate more effectively, and feel better about caregiving.

**To register call Beth at 508-394-3654 or
Email beth.gilmore@escci.org**



FRIENDS NEWS



100 OAK STREET, HARWICH, MASSACHUSETTS 02645

JANUARY - FEBRUARY, 2018

FRIENDS BOARD

President: Jack Brown
Secretary: JoAnne Brown
Treasurer: Andrea Terney
Directors: Linda Johnson
Chris Joyce
Richard Waystack
Friends Mini-Bus Coordinator: Joan McCarty

Breaking News: Please call **508-648-9930** to request information on the Friends' NEW Minibus!
Please leave a message if no one answers!

As I write this in late November, shortly after Thanksgiving, Winter has been slow to appear. Let's hope it stays that way! And no two-foot snowstorms this year!

The Friends' Board of Directors has just ordered a new minibus so that we can re-start our service to you. By the time you get this newsletter we will be well underway getting it on the road and ready for use! I hope you will take advantage of it and tell your friends to give it a try.

We are moving to a calendar-year dues request. The dues remain at \$5 per person. We will continue to request \$40.00 for Lifetime Membership. Please use the form below. Every bit counts!

Please check this newsletter for upcoming Friends events. And have fun at them!!!

Like any other non-profit, we are highly dependent on donations. Donations from both individuals and businesses, and bequests and fundraisers, help us serve Harwich's seniors. I ask you to consider a donation to the Friends to help us support our Seniors.

Jack Brown, FHCOA President

FY 2017-2018 MEMBERSHIP

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

Member #1 (Please Print)

Name _____

Mailing Address _____

Town/Zip _____ Phone _____

Email: _____

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/Zip _____ Phone _____

Email: _____

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

COMMUNITY CENTER ACTIVITIES

The Harwich Community Center hosts 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 & Groups Information Booklet. Staying active and engaged is beneficial to healthy aging, and there's something here for you!

**FOR MORE INFORMATION
ABOUT COMMUNITY CENTER ACTIVITIES,
go to the Community Center webpage at
www.town.harwich.ma.us
or call 508-430-7568.**

SPECIAL DATES

Harwich Conservation Trust: Winter Talks, 2pm

January 6th – Cuba: Beyond the Tourist Experience

January 13th – Hiking Adventures of Outer Cape

January 27th – Sharing Nature with Kids

February 3rd – Digging Into Blizzard of '78

February 10th – Climate Change and Birds

February 24th – Biology & Conservation of Bats

Blood Drive (Cape Cod Healthcare Blood Mobile)

January 11th, 11am-5pm

Blood Drive (Red Cross)

January 16th, 11am-3pm

Wastewater Update

January 16th, 7-9pm

Happy anniversary!

The Harwich Community Center is 18 years old on
February 5th

**Community Center
BUILDING CLOSED:**

January 1st—New Year's Day

January 15th—Martin Luther King Jr. Day

February 19th—Presidents' Day

REC. DEPT. ACTIVITIES FOR SENIORS

Senior Volleyball

Tuesdays 11:00-1:00, Fridays 11:00-1:00

Pickleball (*Harwich Residents Only*)

Monday-Friday 8:00am-2pm at Former Middle School

Men's Over 55 Basketball

Mondays & Wednesdays 12:30-2:00pm, Fridays 1-3pm

Pre-registration and a reasonable annual fee is required. Some restrictions apply. For more information download the Adult Registration Form on the Rec. Dept. webpage at www.town.harwich.ma.us or call 508-430-7553.

WINTER WEIGHT ROOM SPECIAL

The Community Center Winter Weight Room Special starts in January. You can get a membership for \$100, and it will run from Jan 1st – June 30th.

MORE WELLNESS PROGRAMS AT THE COMMUNITY CENTER

Insight Meditation Circle

Tuesdays, 7-8pm

Hatha Yoga

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

Circuit Fitness

Tuesdays & Thursdays, 5-6pm

Exercise Class with Jill

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

Mary Ann's Exercise

Tuesdays & Thursdays, 9-10am

Foot Fit - Perfecting Posture from the Bottom Up

Wednesdays & Fridays, 8:30-9:30am, Pilates Mat
9:30-10:30am, Foot Fit

Line Dancing for Fun & Fitness

Mondays & Thursdays, many times & levels

*Cost & registration information varies. Contact the
Community Center for more information.*

SHINE NEWS

Can I change my Medicare Plan after Open Enrollment?



Even though Medicare's Annual Open Enrollment ended on 12/7/2017 you may still have some options.

For those with Medicare Parts A and B (Original Medicare): You can add a Medicare Supplement (Medigap Plan) at any time of the year in Massachusetts. If you already have a Massachusetts Medigap Plan, you can upgrade, downgrade or end your coverage at any time. If you missed your initial period to sign up for Medicare Part A (hospital) and/or Medicare Part B (medical) now is the time. Then general open enrollment period for Medicare A and B is Jan. 1 – Mar. 31 with an effective date of July 1st.

For those with a Medicare Advantage Plan (HMO or PPO): Between Jan. 1st and Feb. 14th, you can drop your Medicare Advantage Plan, effectively switching back to Original Medicare. You will be able to join a Medicare Prescription Drug Plan (Part D) at this time and you may also add a Medicare Supplement (Medigap Plan).

For Prescription Advantage members or if you are getting "Extra Help" paying for prescription drugs: You can change your prescription plan during the year outside of the Annual Open Enrollment.

Five Star Special Enrollment Period (SEP): You can join a 5 Star Part D drug plan or a 5 star Medicare Advantage plan once during the year outside of the annual open enrollment period. The following have 5 star ratings from Medicare: all Tufts Medicare Advantage HMO plans, and the Blue Cross Blue Shield Part D plans.

Other Special Enrollment Periods: You might qualify for an exception that allows you to enroll in a Part C Medicare Advantage Plan or a Part D Prescription Drug Plan during the year. Examples may include moving in or out of your plan's service area, ending employer insurance, becoming eligible or losing MassHealth.

How can SHINE help you? State certified SHINE counselors are trained regarding the enrollment rules that may apply to your personal situation.

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

ON PLUTO: Inside the Mind of Alzheimer's



**Saturday, January 6th, 2pm
At the Cultural Center of Cape Cod**

Join the Alzheimer's Family Support Center as they celebrate the second edition of author/activist Greg O'Brien's acclaimed book, *On Pluto: Inside the Mind of Alzheimer's* with a book reading and signing. The event is free and open to the public. For information call 508-896-5170.

HOME RADON TESTING



RSVP Senior Environment Corps (SEC) Volunteers will be conducting home radon testing for Cape homeowners. Volunteers have been trained by the Massachusetts Dept. of Public Health and will conduct your radon test in a way designed to provide the most accurate results. The cost of the test, including postage and a confidential lab report, is \$30.00. Radon testing is available now until March 30, 2018. Testing must be done during cold weather when homes are closed up and air is not changing rapidly through open windows and doors. Homeowners may register for a radon test by calling Elder Services at 508-394-4630, Ext. 524. RSVP Senior Environment Corps is a program of Elder Services of Cape Cod and the Islands (ESCCI).

LOWER CAPE LGBT SENIORS



The Orleans Senior Center and Council on Aging hosts the Lower Cape LGBT Seniors Group one Friday evening each month. A light dinner is served which is usually followed by a program and an opportunity for socialization. The program is free but donations are encouraged.

January 26th, 6pm: "Trivia Night with Gerree"

February 23rd, 6pm: "Coming of Age at the Time of Stonewall, Sex, Politics and Aging"

Presented by researcher & author, Jane Fleishman PhD

Please RSVP in advance to Maryanne Ryan at mryan@town.orleans.ma.us or 508-255-6333 ext. 16

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 10am 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 1/8	Chicken Marsala, Rice & Veggie
Mon 1/22	Chicken Cordon Blue, Rice & Veggie
Mon 1/29	Pasta with Meatballs, Salad & Garlic Bread
Mon 2/5	Potted Beef, Mashed Potatoes & Veggie
Mon 2/12	Fried Chicken, Potato & Veggie
Mon 2/26	Roast Pork, Potato & Veggie

Senior Dining Lunch Menu

January

Tue 1/2	Bubba Burger, Fries & Coleslaw
Wed 1/3	Roast Beef Sandwich & Chips
Thu 1/4	Chicken Parmesan, Ziti & Garlic Bread
Fri 1/5	Fish Sandwich, Fries & Coleslaw
Tues 1/9	Taco Bowl with Rice
Wed 1/10	Steak & Cheese Sub, Fries & Coleslaw
Thu 1/11	Tuna Roll with Chips
Tue 1/16	Beef Fajita Bowl with Rice
Wed 1/17	Grilled Chicken Sandwich with Fries
Thu 1/18	Ham & Cheese Sandwich with Chips
Fri 1/19	Hot Pastrami with Coleslaw & Chips
Tue 1/23	Baked Stuffed Shells, Salad & Garlic Bread
Wed 1/24	BLT Sandwich with Chips
Thu 1/25	Crabmeat Salad Roll with Coleslaw & Chips
Tue 1/30	Salisbury Steak, Potato & Veggie
Wed 1/31	Veggie Lasagna, Salad & Roll

February

Thu 2/1	Beef with Pea Pods, Rice & Roll
Fri 2/2	Onion Soup with Roast Beef Sandwich
Tue 2/6	Swedish Meatballs, Egg Noodles & Veggie
Wed 2/7	Chicken Stuffed with Broccoli & Cheese, Rice
Thu 2/8	Hot Dog with Chips
Tue 2/13	Beef Stew & Roll
Wed 2/14	<i>NO Lunch (Friends Valentines Lunch)</i>
Thu 2/15	Tomato Soup with Grilled Cheese Sandwich
Fri 2/16	Tuna Roll & Chips
Tue 2/20	Macaroni & Cheese with Salad
Wed 2/21	Western Sandwich with Chips
Thu 2/22	Chicken Salad Sandwich with Chips
Tue 2/27	Orange Chicken, Potato & Veggie
Wed 2/28	Baked Stuffed Sole, Potato & Veggie



VOLUNTEER SPOTLIGHT

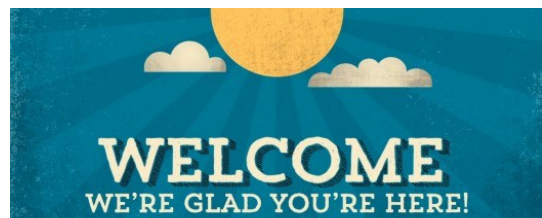


VOLUNTEER SPOTLIGHT



COA Volunteer, Bob Marshall

This month we would like to salute volunteer, Bob Marshall, who retired after 30 years teaching in the Chatham School System and has been the most prolific medical driver on record. Bob stops in almost daily to see if he can help one of our seniors with a medical ride. He always goes above and beyond what is expected of him and is making an amazing difference in the lives of Harwich seniors. Thank you Bob for your service!



OUR NEWEST VOLUNTEERS

Tom Donovan

Tom has volunteered to assist with deliveries in our Brown Bag food distribution program as well as a medical driver

John Barker

Has volunteered to help Chef Linda as an aide in our senior dining program

Gail Hancock

Has volunteered to be an aide on the Cranberry Coach

Joanna and Bill Wishart (husband & wife team!)

Bill is doing medical rides and Joanna has signed on for both dining room duty and medical rides.

A warm welcome to you!

Thank you for your willingness to share the gift of your time to serve with the Harwich COA!

CURRENT VOLUNTEER NEEDS

With Rick Anderson,
Volunteer Coordinator



Beat the winter Blahs – volunteer! Volunteering is a great way to stay active during these winter months and you will be shedding some light in the lives of others during these days when it gets dark so early. We have needs for medical drivers, dining room aides, delivery helpers for our food distribution programs, and women mentors for our intergenerational Girl Power program.

COA Ambassadors

Help deliver our newsletters 6 times per year to local community locations.

Dining Room Aides

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

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!

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!

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



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.

Cranberry Coach 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

The Cranberry Coach will leave for these trips late Monday mornings. Trips usually involve a stop for lunch and you will typically return home late afternoon.

Mon. 1/8	Market Basket
Mon. 1/22	Hyannis Shopping
Mon. 1/29	Dennis & Dennisport Shopping
Mon. 2/5	Orleans Shopping
Mon. 2/12	Market Basket
Mon. 2/26	Local Thrift Shops

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 Transportation:

Rides for your AARP Tax Aide Appointment

From February through March, the COA's Cranberry Coach will provide transportation for Harwich seniors to have their taxes done through the AARP Tax Aide Program being held at the Chatham Community Center. Because our bus is busy on Mondays, rides can only be provided for the 8:30am tax appointments. If you need a ride to your AARP Tax Aide appointment be sure to let the Receptionist know you need an 8:30am appointment, and then don't forget to call the Cranberry Coach at 508-241-1566 by Friday at noon to reserve your ride for the following Monday.



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

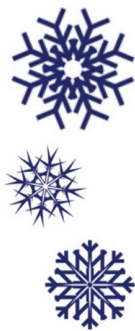
Low cost public transportation is provided by the CCRTA DART bus, by reservation from curb to curb. You must register by calling 1-800-352-7155 weekdays, 8am-5pm.

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. Exact change needed.

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.





January 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED New Year's Day 2018 <i>Happy New Year!</i>	2 6:00 Drop-in Walking Club 9:00 Mahjongg & SHINE Appts. 9:00 Diet & Nutrition Support 9:30 Hearing Screenings 10:00 Sight Loss Support 10:00 Spaulding Parkinsons Prog. 11:30 Lunch 1:00 Legal Appts.	3 8:30 Super Fit w/Charlie 9:30 Clutterers Anon. 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 10:30 Alz. & Dementia Caregiving Support 11:30 Lunch 1:00 Legal Appts.	4 6:00 Drop-in Walking Club 10:00 Spaulding Parkinsons Prog. 10:00 Balance Boosters 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage	5 *Brown Bag Distribution 8:30 Super Fit w/ Charlie 9:00 Mindful Yoga 9:00 SHINE Appts. 9:30 Senior Fit w/ Charlie 11:30 Lunch
8 6:00 Drop-in Walking Club 10:00 Balance Boosters 2:00 Overeaters Anon. 5:00 Supper Club <i>Entertainment: Nick Pangakis</i>	9 6:00 Drop-in Walking Club 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 10:00 Spaulding Parkinsons Prog. 11:30 Lunch	10 8:30 Super Fit w/Charlie 9:30 Clutterers Anon. 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 11:30 Lunch	11 6:00 Drop-in Walking Club 10:00 Spaulding Parkinsons Prog. 10:00 Balance Boosters 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage 2:30 Girl Power Intergen. Prog.	12 *NO Lunch 8:30 Footcare w/ Betty 8:30 Super Fit w/ Charlie 9:00 Mindful Yoga 9:00 SHINE Appts. 9:00 Men's Breakfast 9:30 Senior Fit w/ Charlie 10:00 Men's Book Club
15 CLOSED Martin Luther King Jr. Day 	16 6:00 Drop-in Walking Club 9:00 Mahjongg 9:00 Device Advice 9:00 Reiki Appts. 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 10:00 Spaulding Parkinsons Prog. 11:30 Lunch	17 8:30 Super Fit w/Charlie 9:30 Clutterers Anon. 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 10:30 Alz. & Dementia Caregiving Support 11:30 Lunch	18 6:00 Drop-in Walking Club 10:00 Spaulding Parkinsons Prog. 10:00 Balance Boosters 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage 2:30 Girl Power Intergen. Prog.	19 9:00 Footcare w/ Jan 8:30 Super Fit w/ Charlie 9:00 Mindful Yoga 9:00 SHINE Appts. 9:30 Senior Fit w/ Charlie 11:30 Lunch
22 6:00 Drop-in Walking Club 9:00 Social Security Appts. 10:00 Balance Boosters 2:00 Overeaters Anon. 5:00 Supper Club <i>Entertainment: Ritchie Bern</i>	23 6:00 Drop-in Walking Club 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 10:00 Spaulding Parkinsons Prog. 11:30 Lunch 2:00 Big Screen Movie	24 8:30 Super Fit w/Charlie 9:30 Clutterers Anon. 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 11:30 Lunch 1:00 Legal Appts.	25 6:00 Drop-in Walking Club 10:00 Spaulding Parkinsons Prog. 10:00 Balance Boosters 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage 2:30 Girl Power Intergen. Prog.	26 *NO Lunch 8:30 Super Fit w/ Charlie 9:00 Mindful Yoga 9:00 SHINE Appts. 9:00 Women's Breakfast 9:30 Senior Fit w/ Charlie 1:00 Savvy Caregiver Prog.
29 6:00 Drop-in Walking Club 10:00 Balance Boosters 2:00 Overeaters Anon. 5:00 Supper Club <i>Entertainment: Paul Ashley</i>	30 6:00 Drop-in Walking Club 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 10:00 Spaulding Parkinsons Prog. 11:30 Lunch	31 8:30 Super Fit w/Charlie 8:30 Footcare with Betty 9:30 Clutterers Anon. 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 11:30 Lunch	<p>“Hope smiles from the threshold of the year to come, whispering ‘it will be happier.’” □ Alfred Tennyson</p>	



February 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>"What good is the warmth of summer, without the cold of winter to give it sweetness." □ John Steinbeck</p>				
<p>6:00 Drop-in Walking Club 10:00 Balance Boosters 2:00 Overeaters Anon.</p> <p>5:00 Supper Club <i>Entertainment: Brian Kelley</i></p>	<p>6:00 Drop-in Walking Club 9:00 Mahjongg & SHINE Appts. 9:00 Diet & Nutrition Support 9:30 Hearing Screenings 10:00 Sight Loss Support 10:00 Spaulding Parkinsons Prog. 11:30 Lunch 1:00 Legal Appts.</p>	<p>8:30 Super Fit w/Charlie 9:30 Clutterers Anon. 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 10:30 Alz. & Dementia Caregiving Support 11:30 Lunch 1:00 Legal Appts.</p>	<p>6:00 Drop-in Walking Club 10:00 Spaulding Parkinsons Prog. *NO Balance Boosters 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage 2:30 Girl Power Intergen. Prog. 4:00 Cooking Class</p>	<p>*Brown Bag Distribution 2 8:30 Super Fit w/ Charlie 9:00 Mindful Yoga 9:00 SHINE Appts. 9:30 Senior Fit w/ Charlie 11:30 Lunch 1:00 Savy Caregiver Prog.</p>
<p>6:00 Drop-in Walking Club 10:00 Balance Boosters 2:00 Overeaters Anon.</p> <p>5:00 Supper Club <i>Special Entertainment</i></p>	<p>*USDA Food Distribution 13 6:00 Drop-in Walking Club 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 10:00 Spaulding Parkinsons Prog. 11:30 Lunch 2:00 Big Screen Movie</p>	<p>9:30 Clutterers Anon. 9:30 Wellness Clinic w/ RN 11:30 FRIENDS SPECIAL VALENTINES LUNCHEON At The Cove at Cape Tech *NO COA Lunch</p>	<p>6:00 Drop-in Walking Club 10:00 Spaulding Parkinsons Prog. 10:00 Balance Boosters 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage 2:00 Death Café</p>	<p>9:00 Footcare w/ Jan 9:00 Mindful Yoga 9:00 SHINE Appts. 11:30 Lunch 1:00 Savy Caregiver Prog.</p>
<p>CLOSED President's Day</p> 	<p>6:00 Drop-in Walking Club 9:00 Mahjongg 9:00 Device Advice 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 10:00 Spaulding Parkinsons Prog. 11:30 Lunch</p>	<p>8:30 Super Fit w/Charlie 8:30 Footcare with Betty 9:30 Clutterers Anon. 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 10:30 Alz. & Dementia Caregiving Support 11:30 Lunch</p>	<p>6:00 Drop-in Walking Club 10:00 Spaulding Parkinsons Prog. 10:00 Balance Boosters 10:00 Overeaters Anon. 11:30 Lunch 1:00 Cribbage</p>	<p>*NO Lunch 23 8:30 Super Fit w/ Charlie 9:00 Mindful Yoga 9:00 SHINE Appts. 9:00 Women's Breakfast 9:30 Senior Fit w/ Charlie 1:00 Savy Caregiver Prog.</p>
<p>6:00 Drop-in Walking Club 9:00 Social Security Appts. 10:00 Balance Boosters 2:00 Overeaters Anon.</p> <p>5:00 Supper Club <i>Entertainment: Nick Pangakis</i></p>	<p>6:00 Drop-in Walking Club 9:00 Mahjongg 9:00 SHINE Appts. 9:00 Diet & Nutrition Support 10:00 Spaulding Parkinsons Prog. 11:30 Lunch</p>	<p>8:30 Super Fit w/Charlie 9:30 Clutterers Anon. 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 11:30 Lunch 1:00 Legal Appts.</p>	<p><i>Happy Valentine's Day</i></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
click on "Departments" then "Council on Aging"*

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Volunteer Coord: Rick Anderson
Executive Asst: Marie Carlson
Chef: Linda St Pierre
Van Drivers: Gerry Golia & Kathy Skipper

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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.