



Harwich Community Center Newsletter

January/February 2015

Town Offices Closed on January 1, 2 for New Years and Jan. 19th for Martin Luther King Day & Feb. 16th for President's Day



Harwich Fire Dept. is coming to the Community Center to meet with Seniors at the **Sr. Dining Lunch Program on Wednesday, January 21st.** They will be showing a really interesting PowerPoint on Fires like the Coconut Grove and the Von Dom Fires and what have we learned in Fire Prevention & Safety since then. There will also be a discussion about Smoke Detectors and Carbon Monoxide Detectors.

IT'S THAT TIME OF YR AGAIN! INCOME TAX PREPARATION TIME!

Beginning Monday, **January 26, 2015** the COA will be taking appointments for the AARP Income Tax Preparation Season. The first Appointment will be for Monday, Feb. 2nd 2015 at 8:30 a.m.



A CHANGE THIS YEAR: ALL INCOME TAX APPOINTMENTS WILL BE LOCATED IN CHATHAM COMMUNITY CENTER. This is a FREE service and Chatham's Center can accommodate more seniors for AARP, so we will be **PROVIDING THE CRANBERRY COACH TO ALL SENIORS WHO WISH TO HAVE THEIR INCOME TAX DONE THIS YEAR THROUGH THIS PROGRAM TO AND FROM CHATHAM.** This is a door to door service that will pick you up at your home and bring you to the Chatham Center and when finished bring you with other seniors home again. **WHEN YOU MAKE YOUR INCOME TAX APPT. AT 508-430-7550, YOU NEED TO ALSO CALL THE CRANBERRY COACH COA VAN AT 508-241-1566 TO MAKE YOUR VAN RESERVATION TOO.** It doesn't matter if you DO drive, the Van is scheduled to take trips to the Chatham Center back and forth anyway so it assists us in programming the Van to have **EVERYONE RIDE THE VAN TO AND FROM THE CHATHAM INCOME TAX APPOINTMENTS.**

WHEN WAS THE LAST TIME YOU WENT TO A CARNIVAL????????? HARWICH COA IS HOSTING ITS VERY OWN CARNIVAL-CAPE VERDEAN STYLE!! (see inside for details!!) Music, Great Food, Fun & Festivities! **Thursday, February 19th, 11am-2pm** in the Multi Purpose Rm.

Wear your brightest colored outfit and join the fun!



Council on Aging Staff

Executive Director

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

Executive Assistant

Gale Crowell
508-430-7550 ext 11

Social Services Coord.

Kevin Grunwald
508-430-7551 ext 12

Town Nurse, Susan Jusell

508-430-7505

Outreach Asst./Volunteer Coordinator, Rick Anderson & for Medical Rides:

508-430-7550 ext 13

Cranberry Coach COA Van

508-241-1566

Van Driver: Dan Eldredge

COA Fax Number

508-430-7530

Travel Phone

508-430-4710

Senior Dining Site

508-430-7550

Friends Bus

508-432-6872

Harwich Community Center

508-430-7568

Meals on Wheels

508-430-1991

To cancel a Meal from "Meals on Wheels" call 508-394-4630 and ask for the Nutrition Dept. telling them you live in Harwich.

BLUE LIGHT SPECIAL



By Donna Tavano, Elder Affairs Liaison-Harwich Police Dept.

Don't Suffer Brain Freeze This Winter

Whew! Most of us made it through the holidays without a car crash or being victimized by criminals, but now that we're muddling through the depths of winter; we can't allow our brains to freeze along with our birdbaths! Snowbirds have flown the coop southbound, but crime never takes a holiday. More break-ins occur when neighborhoods appear vacant.

Keep doors and windows locked even when you are home, and lock your car even if it is in your driveway. Do not leave anything of value in it, especially things easily seen like, a GPS, camera, wallet or purse. Thieves often travel from driveway to driveway in an area peering through car windows searching for items to "adopt." If the car is locked but they see "good stuff" lying on a seat, they will actually smash the window to grab it.

Becoming a victim is no fun, not only might you lose actual cash or valuable items not easily replaced, but also sentimental or irreplaceable photos in your billfold or pocketbook. Criminals are not nice; they don't just take the money. They take everything and dump the purse in the trash or the woods where a random dog walker may find it months later, too late to help you or salvage what was in it. Then there is the aggravation of reporting the crime to the police, often feeling a bit silly you didn't take the time to avoid the crime. No worries, though, unfortunately the majority of your neighbors make the same mistakes, believe me, there's nothing we haven't heard before, so don't hesitate to report it as soon as possible, who knows, we might catch the guy down the street!

Wait, it gets better! There is the cancelling and replacing of credit cards, bank notification, replacing Drivers Licenses and monitoring credit card statements to make sure no one has used the cards. Finally, if you are really unlucky, there is the potential of our worst fears being realized--- Identity Fraud. Those of you who have suffered through the experience know how far reaching and frustrating it can be, sometimes with effects lasting for years. In 2014 alone, our department has seen a number of victims of identity theft attempt to file tax returns only to discover a perpetrator has beat them to the punch. Not trying to scare anybody, folks, but taking a little time to play it safe pays huge dividends. Hope to see you at the COA Safety Fair, February 9, 2015.



IMPROVE YOUR BRIDGE

Classes are held on Monday's. New class begins Jan. 12th, 15' from 1-3 p.m. The cost is \$30 for 6 weeks. Instructor: Nancy Blezard.



Notes from the Outreach Office

"Each new day is a blank page in the diary of your life. The secret of success is in turning that diary into the best story you possibly can." [Douglas Pagels](#)

A Wonderful Resolution For The New Year!

My Excellent Croatian Adventure: My wife and I recently had the pleasure of spending some time on the Dalmatian Coast of Croatia on a bicycle tour. While I enjoy bicycling, my minimal training regimen this summer left me somewhat unprepared for the hilly coastal roads that we were riding on. Thankfully I was able to adapt after a few days, and what struck me was that at the age of 62 I was one of the younger riders in our group, and often at the back of the pack. The oldest member of our group was Peter, an 81 year old practicing doctor from Boston, often to be found at the front. Most of the other members were in their 70's, and despite joint replacements, chronic health conditions, and other medical problems associated with aging they were a physically fit and vital group. What this experience made me realize is how important it is to stay active as we grow older, and how the limitations of aging are often more in our minds than in our bodies. Inspired by this amazing group, I certainly plan on taking better care of myself and maintaining an active lifestyle, and like Peter I hope to find myself on a ride like this when I reach 80. While we can't all run a marathon I encourage you to take advantage of the many opportunities here at the COA to maintain your health and fitness. Also, think about making a resolution to join me on the bike trail when we resume our ride in the Spring!

Prescription Advantage: Did YOU reach the "donut hole" last year? If so... chances are you could reach it again! If you have a Medicare Part D or Medicare Advantage plan and do not get Extra Help, you will reach that coverage gap when the total retail cost of your prescription drugs reaches \$2960. Then you will pay 45% of the cost of brand name drugs and 65% for generics. Think what that means.... a \$300 brand name drug will now cost you \$135! This is where **Prescription Advantage** can help. This prescription drug assistance program can help pay for you prescription drugs when you reach the "donut hole." To find out how to lower your drug costs, call Prescription Advantage at: 1-800-243-4636, or visit their website at www.prescriptionadvantagemma.org. The money you save can be your own!

Fuel Assistance: We are continuing to accept applications for all Harwich residents for the Fuel Assistance program. Fuel Assistance provides a subsidy for all primary heating sources including: oil, electricity, natural gas, propane, kerosene, wood and coal. Applicants may be eligible for assistance even if heat is included in the cost of your rent. Applicants may also be eligible for weatherization services, heating system repairs, discount utility rates, and other assistance programs. To apply call the COA Outreach office at 508 430-7551 to schedule an appointment with Kevin or Rick. We will first send you a list of all of the documents that you'll need to complete the application. This is a program that can really make a difference!

Men's Breakfast: Our first breakfasts for 2015 will be on Friday, January 9 & February 13, and we will continue to have interesting guests and a great meal. Breakfasts are from 9:00-10:00 AM, and while there is no charge for this event, please contact Kevin at 430-7551 ahead of time to register.

Men's Book Group: The Men's Book group meets on the second Friday of every month, immediately following breakfast. We are currently reading "In the Kingdom of Ice", by Hampton Sides, and all books chosen are available at Brooks Free Library. "The End of Your Life Book Club" is up next-for our men's book discussion on January 9. Copies are available through the Brooks Free Library. Please join us from 10-11, even if you haven't read the book. We welcome your suggestions for new books to read!

Volunteering: There are many opportunities to help out here at the COA including working in the kitchen, covering the reception and greeter desks, becoming a Friendly Visitor, providing telephone reassurance calls, and joining the cadre of medical drivers. If you are interested in becoming a volunteer please contact Rick at 430-7550, ext. 13.

Happy New Year to All!

CHANGE IN BLOOD PRESSURE CLINIC HOURS

ATTENTION: Beginning on January 26th there will no longer be available Monday morning Blood Pressure Clinics at the Harwich Council on Aging . We encourage you to visit the Wednesday Town Nurse Wellness Clinic 9am-12:00 or the Friday Blood Pressure Clinics 10:00-11:30 to have your Blood Pressure assessed. Please call the Harwich Town Nurse if you need your Blood Pressure monitored more than twice a week. She can be reached at 508-430-7505.

HARWICH COMMUNITY CENTER BLOOD DRIVES

January 15th Blood Drive 10-3pm Multi-Purpose Rm.

February 5th Blood Drive 9:00-3pm Multi-Purpose Rm.



Reiki Treatments & Wellness Clinics

Reiki is a Japanese word meaning universal life energy. Reiki addresses the imbalances in the body. It is a method of hands-on treatment that gently and powerfully promotes good health and well-being. Reiki can alleviate pain and stress, promote restful sleep, healing and relaxation. One of the greatest benefits may be the opportunity to let go and enjoy the peace of being nurtured and cared for. **Diane C.**

Thibodeau is a Reiki Master Teacher who is offering an abbreviated 20- minute treatment. Next Reiki Clinics will be in March by appt. To experience the healing energy of Reiki, call 508-430-7550 to schedule an appointment with Diane. **Wellness Clinics-Marcia Moeder** is a Nurse, a Reiki Practitioner, Massage Therapist, a Zero Balance Practitioner and much more! She too donates her time to offer these to you. **Marcia's Clinics will be: Thurs. Jan. 8th & Thurs. Feb 12th all by appt. 10-**



WE REALLY NEED YOUR HELP!!

The Remembery Walk Committee will be meeting on Fridays, January 9th & 30th and February 6th & 20th 2015 at 4:00 p.m. planning the Walk and other Events for Alzheimer's patients and their families i.e. Wine, Cheese and Chocolate Event on March 28th at First Crush Winery. If you are creative on the computer making flyers or posting pictures onto Facebook, enjoy talking to merchants

about the Walk events, enjoy talking on the phone to people informing them about the Walk and asking them to form a team, or walk in the Walk, or know someone who can be at the Walk that you would like to invite...OR just simply have a couple hours a month to volunteer and want to help in any capacity-WE WANT YOU!!! Please call Barbara-Anne Foley at 508-430-7550 and indicate on the voicemail message that you are interested in helping with the Walk and other events. THANK YOU VERY MUCH!!

VOLUNTEER APPRECIATION BREAKFAST

All Harwich Council On Aging Volunteers are cordially invited to a Volunteer Appreciation Breakfast (homemade by Linda St. Pierre our COA Chef, to be held in the Multi-Purpose Room at the Community Center on **January 23, 2015** starting at 9AM. All who are planning to attend **MUST R.S.V.P** by calling the COA at (508) 430-7550 **on or before January 22nd**. I looked forward to seeing all of our dedicated volunteers to personally thank them for all that they do.



NEW EXERCISE PROGRAM-CHAIR ZUMBA!!



Chair Zumba is a great way to enjoy all the benefits of the popular fitness program Zumba, and is safe and accessible for anyone! Chair Zumba uses fabulous music and choreography while giving a full body work out, targeting all the major muscles needed for activities of daily living. In addition, it's a social, emotional, and psychological boost and makes exercise FUN and communal!

Certified Group Exercise Instructor, Julie Rich has 5 Zumba Certifications and has been leading these unique Chair Zumba classes to a diverse population, including people with balance issues, weight goals, memory impairments, injuries etc. Julie is passionate about sharing her love of dance, fitness and FUN!

Ongoing class offered starting January 6th to meet every **Tuesday and Thursday from 12:30-1:30p.m.** Fee: \$3.00 per class.

CRIBBAGE IS COMING

We are forming a weekly Thursday afternoon cribbage group here at the Harwich Council On Aging. First meeting to be held at 1.PM on January 8th. Open to all, beginners, novices, and skilled. Fun for all and a great way to meet New friends. To sign up please call (508) 430-7550 or drop in. Sign up sheets are at the reception desk. Contact Rick Anderson, Volunteer Coordinator for more information.

TRIVIA CHALLENGE IS ON!

Harwich COA will be forming a weekly Trivia Challenge beginning on **Friday February 6th afternoons at 1:30 p.m.** This is a very fun and social activity that truly ANYONE can participate in. Even if you don't know the answers it is fun to listen and learn and meet new friends! Please sign up ahead by calling 508-430-7550. Maybe if we get a really great Trivia team we could challenge other local Councils on Aging!

EXERCISE PROGRAMS

All classes require a check the first week they begin, made payable to the Town of Harwich, and participants are required to show a valid Massachusetts Driver's License or a Photo I.D. to the instructor. Unless otherwise noted all classes are a show up on "day one" to register and exercise. No pre-registration is required.



DANCERSIZE-MOVEMENT TO MUSIC with Instructor Elaine Spiezio



CLASSES: TUESDAYS & THURSDAYS 4:15 to 5:15 p.m. The fee is \$45 for 4 weeks of classes. **Join Us ANYTIME** for an hour class starting with Mild Chair Stretches, Have some Fun with Low Impact Dancing, Followed with a Cool Down Routine to Help Relax and Re-Energize! All done to music that everyone enjoys. **ANYONE CAN TRY – ALL AGES – NO EXPERIENCE NECESSARY!**

SUPERFIT AND SENIORFIT WITH CHARLIE ABATE

Every **Wed. and Fri.** Charlie offers a total body fitness program. He fuses stretching, toning, calisthenics, and movement exercises into a dozen unique musical routines that are easy to follow, invigorating, and loads of fun. You'll look better, feel better, and know you're doing something to keep you healthy. Pick the level that suits you best: **SUPERFIT 8:30-9:30 am** is a powerful hour that includes floor work on mats. For a slower, gentler workout with no work done on the floor, you'll love **SENIORFIT 9:30-10:30 am**. The next session starts **January 7th to February 13th. Cost is \$38.** Register now to reserve a space by contacting Charlie at 508 432 0370. Also ask how you can try out a free demo class.

MINDFUL YOGA BY KATHIE MARIN

Mindful Yoga Classes by Kathie Marin will be held at the Harwich Community Center, **Friday mornings, here are the classes in Jan 9, 16, 30. (No class on Jan 23rd). Feb. 6, 13, 20, & 27. \$8.00 per class.** Hatha yoga postures and stretches are done sitting in a chair and also standing. Emphasis is placed on meditation, bringing awareness to the present moment and connecting the breath to the movement of the body. Contact the instructor to sign up: Kathie Marin at krmarin@msn.com or call 508-430-8623.

Balance Boosters with Barbara-Anne

Begins **Jan 13th & runs through Feb 24th (no Jan 23rd or 27th class) for 10 classes total on Tuesdays & Fridays from 9:30-10:30 a.m.** The fee for the entire course is \$20 and is due on or before the first day of class (made payable to the Town of Harwich) with "Balance Boosters" in the Memo. **R.S.V.P. required** by calling 508-430-7550. next session 2/27-3/24 4 wks for \$16.

MARY ANN DEMELLO BALL EXERCISES

This class is held on Tuesdays & Thursdays from 8:30– 9:30 a.m. Mary Ann will be keeping it lively with her fat burning aerobics with the ab-sculpting resist-a-ball. For more info. call the Community Center at 508-430-7568.

HATHA YOGA WITH MICHELE INSLEY

Hatha yoga classes offered throughout the year and welcome all levels. Postures and stretches are used in combination with the breath and humor to stretch the muscles, strengthen joints, improve balance and have fun! Participants are encouraged to develop proper alignment in the poses and cultivate a calm mind. Each class ends with a long relaxation. Classes are currently being offered on **Tuesday, Thursday & Saturdays, at 9:00 a.m. –10:30 a.m.** at the Harwich Community Center. COST=\$15 per session, \$60 for 6 sessions. For more information, please contact Michele Insley, RYT at micheleinsley@gmail.com or [508-360-7227](tel:508-360-7227).

TAI CHI/CHI GUNG-GEOFFREY CARLSON

The Tai Chi/Chi Gung class will continue through focusing on the Yang-Style 37 Move Short Form, with additional Chi Gung practice. Six week course fee: \$42 or \$7 per class. This class combines the slow movements inspired by Tai Chi and Chi Gung for the benefit of mental and physical balance and general well being, with an emphasis on "mindfulness" – remaining focused in the here and now. The health benefits of focused slow movement have been amply demonstrated by recent medical research. The instructor is Geoffrey Carlson. The class meets on **Tuesdays, 11:30-12:30.**

BREAKFAST AT EPOCH OF HARWICH-JOIN US!!

HARWICH—EPOCH Senior Healthcare of Harwich will host a Harwich Council on Aging (COA) breakfast on **Friday, January 30th at 8 a.m. and Friday, February 27th at 8 a.m. with speakers** . These breakfasts are **FREE** and open to the public. For more information or to reserve your space, please call **508-430-1717**. EPOCH is located at 111 Headwaters Drive just off Route 124.



3 T's-Tuesday Technology and Tea!

Join Brooks Free Library's Technology Librarian, Emily Milan, to discuss your technology questions over tea on **THE SECOND Tuesday EACH MONTH after the Sr. Dining Lunch Program at 12:15.** (January 13th and February 10th) Want to explore a new device? There will be tablets and other devices on hand for you to try. Have your own but have questions? Bring it along! This is a FREE service and a great way to get your questions answered!

CARE'S SUPPORT GROUP

Alzheimer's Services of Cape Cod & the Islands is partnered with Harwich COA to offer a support group for caregivers and those they care for. It will be held on the **First and Third Wednesday of each month: Jan. 7th & 21st & Feb. 4th & 18th from 10:30 A.M.-12:00 P.M. AT THE HARWICH COA.** This "CARES Program" offers BOTH participants an outlet for the stresses that dementia related illnesses can place on a family. It gives the caregivers relevant information and connects them to Cape Cod resources and professionals while simultaneously, but separately, providing cognitive stimulation to those with dementia, giving them an outlet for self-expression and staying connected with others. These groups are led by Fran Lavin, RN . **Pre-registration is required, please call 508-775-5656.**

CRANBERRY COACH VAN SCHEDULE

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

Mondays: Jan 5th Dennisport Trip: Dollar Tree Store, Ocean State Job Lot and Lunch at Buckies.
Jan 12th Market Basket, Bourne. **No Jan 19th MLK Day** **Jan. 26th** Christmas Tree Shop Plaza and Lunch at Wendy's **Feb 2nd , 9th, 23rd-Driver's Choice if possible trip d/t Income Tax Counseling Appt.'s**

Tuesdays: Senior Dining Program & Shaws in afternoon.

Wednesdays: Senior Dining Program and Stop & Shop in afternoon

Thursdays: (No Jan 1st van) Senior Dining Program & Stop & Shop & Harwich Food Pantry in the afternoon monthly

Fridays: (No Jan. 2nd van) Senior Dining Program The Cranberry Coach will transport to and from any COA Program as well as bring Volunteers to COA to work. All **Monday Trips must have a minimum of 6 to make the trip.** Call 508-241-1566. You must call by the day before to make your reservation for the van for any program.

NEW!!! VETERAN'S COFFEE HOUR

Harwich COA is hosting a Veteran's Coffee Hour for ALL people who ever served in the military, to enjoy a FREE cup of coffee and something for your sweet tooth, on us, while enjoying each other's company. We are not looking to change any location/establishment you may already frequent, but instead provide an additional day to get together, to **THANK YOU FOR YOUR SERVICE TO OUR COUNTRY!** This Coffee Hour will be held weekly on Wednesdays, beginning **January 14th, at 9:30-10:30 in Rm 5** (COA side near the Veteran Agent's Office), Enjoy!



Harwich Council on Aging Travel Club

Hours: Monday – Friday 10 a.m. -2 p.m. 508-430-4710

Trips with Funtastic Getaway

Thur. 1/ 29 “Motown the Musical” Berry Gordy's story from featherweight boxer to the heavyweight music mogul who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson & many more. Located at Boston Opera House Center Orchestra Seats 1pm Matinee \$122

Sun. Feb 15-16th Foxwoods & Mohegan Sun Winter Getaway. Great Cedar Hotel at Foxwoods, heated pool hot tub, shopping. Pkg. includes all you can eat dinner and breakfast buffets & \$10 slot play a Foxwoods souvenir and a 20% discount at any Foxwoods Gift shop with a 425 purchase. Day 2 head to Mohegan Sun for a \$15 meal credit and \$15 free bet. **\$159 pp dbi occup \$209 single Occup**

Wed. Feb. 25th “Maya: The Hidden Worlds revealed at Boston Museum of Science \$72

Sat. Feb. 28th “I Love Lucy” at Providence Performing Arts Center Orchestra Seats \$99

Wed. March 4th “The Silk Road Ensemble with Yo Yo Ma” at Boston Symphony Hall 8:00 p.m. Show \$120 Rear 1st Balcony and \$132 for Front 1st Balcony

Tues. March 3-5th Philadelphia & The Philadelphia Flower Show. 2 Nights at the Hampton inn City Center, 2 expanded continental breakfasts, dinner at City Tavern & guided Philadelphia tour. After hours tour of Independence Hall with Costumed Impersonators. Admission to Philadelphia Flower Show. Admission to National Constitution Center and Betsy Ross House. \$499 per person double occupancy or \$672 Single Occupancy

HARWICH CONSERVATION TRUST-WINTER TALKS SERIES

Suggested donation: \$2.00 per person. All talks take place in the Harwich Community Center (#100 Oak Street). Each talk is on a Saturday afternoon starting at 2:00 p.m. and lasts about an hour. Check out these fascinating topics!

Saturday, January 10th, 2:00 p.m.

Diving into Gray Seals with Peter Trull

Join one of the most experienced field naturalists on Cape Cod to understand the interwoven fabric that connects the human world with the wild. This year, Peter is publishing a book on the natural history of gray seals. This hot-button topic is timely and will help us understand seal populations and their impacts on great white sharks, fisheries, and humans over time.

Saturday, January 24th, 2:00 p.m.

Protecting Pleasant Bay: Updates from Carole Ridley

Pleasant Bay is a recreational playground for so many Cape Codders and a critical habitat for wildlife. As Coordinator of the Pleasant Bay Alliance, Carole will present the latest information on resource conditions and trends in Pleasant Bay, including ongoing research and programs under way by the Pleasant Bay Alliance and partnering organizations. Topics that will be covered include water quality, fisheries, protection of coastal shoreline processes, and efforts to control excessive nutrient loading.

Saturday, January 31st, 2:00 p.m.

Run with the River Herring by Ray Kane and a representative of the River Herring Network

Captain Ray Kane of the Cape Cod Fishermen's Alliance will be joined by a leader of the River Herring Network to explain all there is to know about river herring. They will discuss the status of this keystone species including fishery management, policy, and commercial impacts. Learn more about volunteer counting programs in Southeastern MA including Harwich Conservation Trust's Herring Count Program.

Saturday, February 7th, 2:00 p.m.-stay tuned

Saturday, February 14th, 2:00 p.m.

Cape Cod Kettle Ponds: Records of change by Sophia Fox

As the aquatic ecologist for the Cape Cod National Seashore, Sophia's research primarily involves kettle ponds and the impacts of global change on water quality, biological processes, and food web interactions. These fragile ecosystems are particularly sensitive to changes in the surrounding environment. Impacts of residential land use, recreation, and climate can be measured in the water quality and plant and animal communities of Cape Cod kettle ponds. Her research is the first step for us to understand how to reduce the impacts to these unique ecosystems.



Saturday, February 28th, 2:00 p.m.

Fire as a Tool for Preserving Cultural Landscapes with Dave Crary and Bill Burke

Cape Cod National Seashore Fire Management Officer Dave Crary and Park Historian Bill Burke will team up to share how prescribed cutting and burning is restoring long lost historic fields, Thoreau's heathlands, and vintage vistas within Cape Cod National Seashore. Fire is a tool that has been used by Native American cultures for thousands of years, and its use continues today in many public and private forests and preserves. In the Cape Cod National Seashore fire is used under strict scientific and weather related controls to minimize threats from wildfire as well as for maintaining both cultural and natural landscapes.



BOK CHOY-DO YOU KNOW ABOUT THIS?

This vegetable is loaded with vitamins C and K, beta-carotene, vitamin A, and dietary fiber, but with only 20 calories per cup. It also has anti-inflammatory nutrients like anthocyanins, thiocyanate, and indole-3-carbinol (I3C). When buying bok choy, **look for firm stalks and dark-green, crisp leaves, and avoid those that are wilted or soft.** You can store bok choy in your refrigerator for several days. If you're craving bok choy's crunchy goodness with an Oriental twist, try this simple stir-fry recipe

Also known as Chinese white cabbage, bok choy is a leafy green vegetable with a long list of impressive health benefits, and a mild flavor that makes it perfect for a wide range of uses in the kitchen—you can use it to make salads and coleslaw, add it to soups, or, even juice it raw with other leafy greens. [Bok choy](#) is the number one vegetable in China (in contrast to the US, where [broccoli](#) and [Brussels sprouts](#) are the most commonly consumed cruciferous vegetables), but it's also a favorite in other Asian cuisines, such as Vietnamese, Malaysian, and Thai. If you're craving bok choy's crunchy goodness with an Oriental twist,

THEN HERE'S THE PERFECT RECIPE FOR YOU:

6 heads baby bok choy	1½ tablespoons seasoned rice vinegar	
1½ tablespoons tamari soy sauce	1 tablespoon mirin*	½ teaspoon honey
2 tablespoons toasted sesame oil	1 tablespoon coconut oil	3 cloves garlic
1 pinch red pepper flakes	1 tablespoon minced ginger	2 scallions
1 teaspoon lemon juice	1 tablespoon toasted sesame seeds	

Note: Have all ingredients ready as the stir frying is rather quick.

Directions:

Remove the bottoms from the bok choy heads. Separate the leaves and cut across into small pieces, keeping stems and leaves separate.

- Mix together the vinegar, tamari, mirin, honey, and toasted sesame oil in a bowl. Set aside.
- Over high heat, warm the sauté pan or wok, add the coconut oil, making sure it covers the pan. Add the bok choy, red pepper flakes, scallions, garlic, and ginger. Stir fry for 30 seconds.
- Add sauce mixture and cook for about 1 minute, until mixture thickens. Add bok choy leaves and cook for another 30 seconds.
- Place the bok choy in a serving bowl, add a squeeze of lemon and sprinkle with sesame seeds. Serve immediately.

*This recipe makes 4 servings. * Can be found in the Asian food aisle of your grocery store or in an Asian market.*

MORE UPCOMING PROGRAMS

February 9th 9:30-11:30 a.m. Senior Safety Fair, Multi-Purpose Room to include: **Home** Safety, **Fire** Safety, **Police** Safety, **Personal** Safety, **Medication** Safety, **Balance** Safety, and Safety for **Alzheimer's** and people with memory impairment. The format of the morning will be: each speaker will talk for approx. 5-7 minutes at each table then move to the next table so the seniors and attendees are seated at a table and they never move-only the speakers move! When all of the speakers have met with each table of attendees, then the attendees will visit each of the vendors tables of information and items on the perimeter of the room. Speakers: Harwich Police Dept., Elder Affairs Liaison, Donna Tavano, Harwich Fire, Lt. Leighanne Deering, Brewster Medical, Nurse Practitioner, Town Nurse, Susan Jusell, Philips Lifeline, Hope Dementia & Alzheimer's Services, Suzanne Faith, Director of Clinical Services, Visiting Angels, Home Instead, Susan Fernald, Broadreach Rehabilitation, Bayada Nursing, & Cape Organization for the Rights of the Disabled, June Barrett, DHILS Advocate

Harwich Fire Department will have our Files of Life for you to update with them, as well as their computers to add or delete any of your medical information-so it is all CURRENT. This is a FREE event. Reservations are required and can be made by calling 508-430-7550.



MARK YOUR CALENDARS NOW FOR SAT. MARCH 28th 2015

FIRST CRUSH
WINERY
CAPE COD

First Crush Winery in Harwich will be host for our 2nd Annual Wine Tasting, Hors d'Oeuvres, & Chocolate Party with LIVE Music to benefit the "Remembery Fund". The Friends of the Harwich Council on Aging, (a 501C3 non Profit) receive the proceeds of this fundraiser on behalf of the "Remembery Fund" to be distributed to Residents of Harwich, Chatham, Brewster and Orleans affected by Alzheimer's disease and related memory impairment. Tickets will be \$25 and there is a limited capacity at the Winery so please buy your tickets early! For more information or to purchase tickets, please call The Foleys at 508-430-0027.



Carnival Cape Verdean Style!

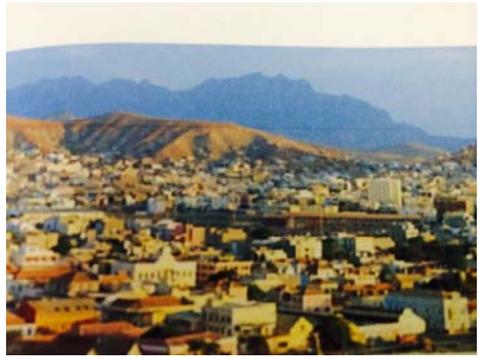
Thursday February 19th from 11 a.m.-2:00 p.m.,

The Harwich Council on Aging will present a Car-ni-val- (Carnival) Cape Verdean Style! Come send away the winter blues, and join us in a feast day of great food, fun and festivities!

You will learn about the festivities of the Santiago and Fogo islands, be given fun beaded necklaces (think Mardi Gras type beads), have lunch with homemade Kale Soup and additionally some ethnic tasting of other foods with your meal. You will also listen to recorded local Massachusetts Cape Verdean Singers/Songwriters like Candida Rose.

Additionally, we will be able to update you on the latest information directly from the Island of Fogo -where the volcano erupted again, demolishing 2 churches, a winery and several other livelihoods as well.

We will be accepting donations of clothes for the people of the Cape Verde Islands such as shorts, pants, jeans, short sleeved shirts or long sleeved T-Shirts, hair bands, hair clips, toothbrushes, toothpaste, and lots of socks-NEW or gently used clothing! Sadly the Portuguese Government charges a fee on containers of donations residents receive!! So we will gladly accept any monetary donations as well which will be directly distributed to the same residents who will receive the container so it won't cost them to receive our donations of goods!



This will be a very fun day we hope you and all of your friends and family will join us for-the more the merrier!! We would like you to please R.S.V.P. so we have enough food for everyone in attendance. Please call the COA today, 508-430-7550 **by February 12th** to make your reservation. See you in your brightest colored outfits you have and we will have beads waiting for you!

Council on Aging Board

**Adrienne Johnson -Chair
Joe Johnson-Vice Chair
Ralph Smith
Lee Culver
Michael Smith**

COA Disclaimer

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

**Harwich Council on Aging
Mission Statement**

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

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Faith is taking the first step even when you don't see the whole staircase. Martin Luther King Jr.

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