



# Harwich Community Center Newsletter

## Nov./Dec. 2015



Town Offices Closed on Wed. Nov 11th for Veteran's Day, Thurs. & Fri. Nov. 26 & 27 for Thanksgiving and December 25th for Christmas.

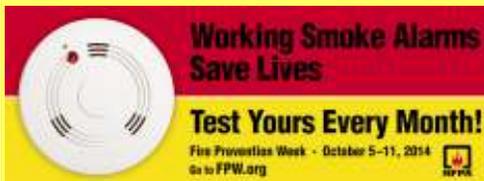
### FREE HOME SAFETY ASSESSMENTS WITH HARWICH FIRE & COA CONTINUE

The Harwich Fire Dept. & COA received a grant called "Remembering When, A Fire and Fall Prevention Program" where we will come out to your home by appointment and do a home safety assessment. This will consist of checking your smoke detectors, carbon monoxide detectors for dates and to see if they are in good working order. We will also check for loose rugs, and how many plugs are in a power strip checking for an overload, etc. This is a FREE Home Assessment and we will take appointments on a first called in first served basis. You can call 508-430-7550 to make your reservation today. The **Home Assessment dates are: Nov. 9, and Nov. 23rd and Dec. 1st, Dec. 8th and Dec. 9th.**



**All between 9:00-12:00 one hour for each appointment booked. And Nov. 10th 12-3pm** When you call, please tell us your address and when your home was built. If it was before 1975 it was not required to have the

smoke detectors hardwired and this is important for us to know BEFORE we come to your home. ~~~~~



### CAN YOU AFFORD TO PURCHASE AN EXTRA TURKEY?

Every year so many of you generous residents ask my department if there is anything you can do for people for the holidays? This year we have **2 answers for you.** The first, is that Lower Cape Outreach Council needs 10-12 pound turkeys for their annual Thanksgiving distribution to residents and families in need on the Lower Cape. This year, because of Avian Flu circumstances, they will not be receiving the number (250!) they usually do and we are concerned they won't be able to help as many families as they usually do. This is where you come in! If you can afford to buy an additional turkey when you are purchasing your own, if you could drop it off to us between 11:00 a.m. and 1:00 p.m. on Thursday, November 12th at the COA-we would be **so grateful!**

The second way you can help is in the COA after November 16th we will have the annual "Giving Tree" with ornaments hanging on it that are numbered. The numbers correlate for the COA Staff to a Senior Resident in need. We have asked for both items and gift cards. Items such as Kleenex boxes, white socks, gloves, hats, etc. Or Gift cards to Grocery Stores, CVS, Gas Stations, Dollar Store, Job Lot etc. ANY amount is welcomed! Items and gift cards need to be brought to the COA no later than Mon. Dec. 14th at 12 noon. Thank you in advance for your generosity!

### 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 Drivers: Dan Eldredge**

& Dana DeCosta

#### **COA Fax Number**

508-430-7530

#### **Travel Phone**

508-430-4710

#### **Senior Dining Site**

**508-430-7550**

#### **Friends Bus**

**508-432-6872 please leave a Msg. on their answering machine**

#### **Harwich Community Center**

**508-430-7568**

#### **Meals on Wheels**

**508-430-1991**

#### **To cancel a Meal from**

**"Meals on Wheels" call 508-394-4630 ask for the Nutrition Dept. telling them you live in Harwich.**

# BLUE LIGHT SPECIAL

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



## “Falling” Into Winter

It's late autumn now, also known as fall, and most of us begin to fear that annual “fall” into winter. Great seasonal migrations occur: bears get ready for their long naps, hummingbirds and their human counterparts, ‘snowbirds’, flock to warmer climes. But there is another migration taking place, one much more elusive, known well by law enforcement and its victims---the Great Invasion of Burglaris humanis. This species moves into an area without fanfare, and is often nocturnal in its habits, taking over just as property owners are vacating homes for the season, or even for a short time. Its members are opportunistic and their sole purpose is to steal items that can be pawned or sold, often to support drug habits.

Although often operating at night, they sometimes appear in broad daylight, camouflaged as delivery folk, movers, or engaged in home repair. They seek out electronic equipment like flat screen TVs and computers, but also hunt for jewelry, tools, cash, liquor and drugs. They are known to frequent vacant neighborhoods and seasonal homes, looking for an easy in and out. They are expert in the smash and grab.

How, then, do we defend ourselves against this ‘invasive species? Our weapons are common sense and watchfulness. If we leave our house for the season, we need to remove electronic temptations, tools, liquor --- anything considered valuable and easily transported. Some people opt for fancy alarm systems, but even stickers indicating a house is alarmed or ‘Beware of Dog’ warnings might fend them off. Place lights on timers and arrange to have your driveway plowed, or walk shoveled in your absence. Don't leave a seasonal wreath up after the holiday, not only will the Seasonal Décor Police come after you, but it announces to a burglar that the house is vacant.

Some neighborhoods are sparsely populated in winter. If you are the (unlucky) fellow or gal left behind, this is the chance to be a hero (no leaping off buildings in a single bound required) all you need to do is pay attention. If you notice unusual cars or people in your area, call the police right away and try to give a good description of what you hear or see. Don't worry about disturbing the police in the middle of the night, responding to such calls actually helps our shift go by faster, and we have the added bonus of maybe catching a perpetrator in the act!

Lock house doors and windows, as well as your car's, even in your driveway. Do not leave attractive items like, purses, wallets, laptops, GPS, etc in plain view. Draw shades and curtains before dusk so you don't advertise the location of all your good stuff to people walking by. Install motion lights, yes, sometimes a coyote will set them off, but so will any unwanted human guest.

So, as we ‘fall’ into winter, let's all work to eradicate that nasty pest ‘Burglaris humanis’ once and for all, by eliminating opportunity for it to strike. This is one species whose extinction we will celebrate.



## Notes from the Outreach Office

*"I cannot endure to waste anything as precious as autumn sunshine by staying in the house. So I spend almost all the daylight hours in the open air."* [Nathaniel Hawthorne \(1804 - 1864\)](#)

**Entering the Fall Season:** The autumn sunshine here on the Cape is precious, and I hope that all of you have been finding an opportunity to get outside and enjoy this special time of the year. This is a busy time for all of us here at the COA as we implement the Fuel Assistance program and Medicare open enrollment, and start to do some serious planning for the upcoming holidays. Please take a few minutes to review this newsletter and see if there's anything that you should be taking advantage of. We look forward to hearing from you!

**Medicare Open Enrollment:** The open enrollment period for Medicare is October 15-December 7, and this is an opportunity for you to review your insurance coverage and make any changes. As plans change every year, along with your insurance needs, it would be helpful for you to make an appointment with one of our SHINE counselors by calling the main desk at 430-7550.

**Fuel Assistance:** With a distinct "fall chill" in the air (I saw some snow flurries yesterday), it's time to think about the start of the heating season and the Fuel Assistance program. Fuel Assistance is a federally funded program that is designed to defray the cost of heat during winter months. The program operates from Nov. 1 through April 30, and COA staff are accepting applications for all Harwich residents now. If you've participated in the past you should already have received a renewal application in the mail.

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. Eligibility and the amount of assistance you receive depends on household gross annual income, housing status, and heating costs. The program is not intended to cover the full cost of winter heating, and most benefits last year ranged between approximately \$400-\$800. Some households may qualify for extra help if their heating bills last year were very high. Applicants may also be eligible for weatherization services, heating system repairs, discount utility rates, and other assistance programs.

To apply for Fuel Assistance call the COA Outreach office at 508 430-7551 to schedule an appointment with Kevin or Rick. There is a fair amount of documentation that is needed for the application including information about income for all members of the household, a copy of your lease or mortgage payment, your most recent tax bill and utility bills. If you call we can send you a list of all of the documents that you'll need to complete the application. Winter can be a difficult time of year for many households, and Fuel Assistance is a program that will really make a difference.

**Holiday Programs:** The Council on Aging works with a number of different local agencies including the Lower Cape Outreach Council and Home Instead to provide special assistance to seniors who are in need during the holiday season. These programs can include turkeys and food for holiday meals, along with gifts for individuals who are living alone. If you think that you would like to participate in one of these programs please contact the Outreach office for additional information. 508-430-7551 ext.12.

**Brown Bag Food Program:** This is a monthly food program that continues to grow in popularity. It provides 13-16 pounds of groceries every month, including some perishable food items. If you are interested in participating you will need to complete an application as required by the USDA. If you have any questions please feel free to call Kevin at 508 430-7551; extension 12.

**Men's Breakfast:** In September we had an interesting presentation by our Town Administrator Chris Clark on wastewater management plans for Harwich. Newly hired Chief of Police David Guilmette joined us in October to introduce himself and to talk about his perspective on local policing issues. Our next breakfasts are scheduled for November 13 and December 11. Breakfast is from 9:00-10:00 AM, and while there is no charge, please contact Kevin at 430-7551 ahead of time to pre-register.

**Men's Book Group:** The Men's Book group meets on the second Friday of every month, immediately following breakfast. In September we read [Being Mortal: Medicine and What Matters in the End](#) by Dr. Atul Gawande. a provocative book about the role of medicine at the end of life. In October we read [The Martian](#), which is currently showing in theaters, and for November we are reading [Wait Till Next Year](#), a memoir by Doris Kearns Goodwin. All books chosen are generally available at Brooks Free Library. Please join us from 10-11, even if you haven't read the book. We welcome your suggestions for new books to read!

**Enjoy these beautiful days of Autumn. Kevin & Rick.**

**HARWICH COMMUNITY CENTER HAPPENINGS**

-Nov 20th, Red Cross Blood Drive, 10am-3pm

-Dec 15th, CC Hospital Blood Drive, 9AM-3PM

-Nov 3rd, Take Back Your Health,  
11AM-12PM & 6PM-8PM (Subject TBA)

-Dec 1st, Take Back Your Health, 11AM-12PM & 6PM-8PM

-Dec 5th, Garden Club of Harwich - Holiday Boutique, 8:30AM-2PM

-Dec 8th, Town Band Holiday Concert, 7PM-9:30PM



**Harwich Community Center MITTEN TREE 2015**

Thank you for joining in our efforts to give children in need the special holiday season they deserve. To participate, choose a mitten from the tree which bears the name of a child on Cape Cod. Stop at the front desk and let us know the name and the age of the child you selected, so that we can ensure that every child gets a gift. You may then purchase the items which the child and their family have requested. Monetary donations and smaller contributions are also welcomed. Please drop off your **unwrapped** gifts at the Community Center by **Thursday, December 10, 2015**.



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**SHINE NEWS....**

**Open Enrollment is just around the corner so don't delay!**

Medicare's Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment (**October 15 – December 7**) will be here before you know it and it is very important to review your Medicare options during this period. You will receive a notice from your Prescription Drug or Medicare Advantage (HMO, PPO) Plan in September. **Make sure you read this notice-** it will explain the changes (premiums, copays, tiers) to your plan for 2016.

During the Annual Open Enrollment (**October 15 - December 7**), you will have a chance to CHANGE your plan. This change takes effect January 1, 2016. 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 Harwich Council on Aging at 508-430-7550 and make an appointment with a SHINE counselor for this year's open enrollment.

### **FOOT CARE CLINICS WITH BETTY BRADY**

The COA Foot Clinics are by appt. only and the fee is \$35. The dates for the upcoming clinics are: **Friday, Nov. 13th and Wednesday, Nov. 25th and Friday, Dec. 11th and Wednesday, Dec. 23rd.** Gift Certificates are also available and make a nice gift for a friend or family member. To make your appt. call 508-430-7550 today.



### **Come ride with us!!**

The Bicycle Club continues through November (weather permitting). This is a no-drop ride and an easy pace. If you want to get some great exercise and do it safely on the Bike Path join Kevin Grunwald, Dr. Gregory Wright and Barbara-Anne Foley on Fridays at Brooks Park at 1:00 p.m.-you'll be glad you did! IN NOV. PLEASE CALL BARBARA-ANNE AT THE COA 508-430-7550 TO LET HER KNOW YOU ARE COMING AS WE DON'T WANT



PLEASE NOTE: **Wednesday, November 25th** the Town Nurse Wellness Clinic will not be held due to the Thanksgiving holiday. No Blood Pressure Clinic on Friday, **November 27th** either as Town Offices are closed.

### **HOW WOULD YOU LIKE TO PLAY THE GAME "NAME THAT TUNE-" LIVE??**



"THE SOUND DUNES SWING ENSEMBLE" ASKED US IF WE WOULD BE INTERESTED IN HOSTING AN **EVENING** OF "NAME THAT TUNE" WITH LIVE MUSIC!!! THEY WILL BE HERE ON NOVEMBER 23RD AT 5:15 P.M.COME AND LISTEN AND THEN IF YOU ARE INTERESTED, PLEASE CALL AND LEAVE COA DIRECTOR, BARBARA-ANNE FOLEY EITHER A VOICE MESSAGE AT 508-430-7550 OR AN EMAIL TO: [bfoley@town.harwich.ma.us](mailto:bfoley@town.harwich.ma.us)

### **CRIBBAGE IS FUN**

**The Thursday afternoon cribbage group continues here at the Harwich Council On Aging at 1.PM . Open to all, beginners, novices, and skilled. Fun for all and a great way to meet New friends. To sign up please call (508) 430-7550 or drop in. Contact Rick Anderson, Volunteer Coordinator for more information.**

### **TRIVIA CHALLENGE IS ON!**

Trivia Challenge will continue weekly on **Monday afternoons at 1:00 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! **If we do not have more than 3 participants we will discontinue this activity.**

## 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, hand weights, calisthenics, and movement exercises into a dozen unique musical routines that are easy to follow, invigorating, and loads of fun. You'll revitalize all your major muscle groups while you move and groove to the beat of the best music. Best of all you'll love your growing confidence and stamina. Pick the level that suits you best: SUPERFIT 8:30-9:30 am is a powerful hour that includes floor work on mats. For a slower, gentler workout with no work done on the floor, you'll love SENIORFIT 9:30-10:30 am. **Next session begins October 28th for six weeks (12 sessions) to Dec. 11th. Next session is January 6, through Feb. 12th 2016: Fee (\$38) per 6 week session.** Register now to reserve a space by contacting Charlie at 508 432-0370. Also ask how you can try out a free demo class.

### **MINDFUL YOGA BY KATHIE MARIN**

Mindful Yoga Classes by Kathie Marin will be held at the Harwich Community Center, **Friday mornings: Nov/ Dec 2015 are Nov. 6, 13, 20 and Dec. 4, 11, and 18 : 9:00-10:15 a.m., the cost is \$8.00 per class.** Hatha yoga postures and stretches are done sitting in a chair and also standing. Emphasis is placed on meditation, bringing awareness to the present moment and connecting the breath to the movement of the body. Contact the instructor to sign up: Kathie Marin at [krmarin@msn.com](mailto:krmarin@msn.com) or call 508-430-8623.

**HATHA YOGA WITH MICHELE INSLEY** HATHA YOGA - Kripalu yoga teacher Michele Insley offers a compassionate, gentle approach to yoga. Postures and breath become tools to release tension, stretch and strengthen the body and increase self awareness. Each class ends with time for relaxation.

Classes are held every Tuesday, Thursday & Saturday, from **9-10:30 am** Cost is \$15 per session, \$60 for 6 sessions. For more information please contact Michele Insley, RYT-500 at [micheleinsley@gmail.com](mailto:micheleinsley@gmail.com) or 508-360-7227.

**TAI CHI/CHI GUNG-GEOFFREY CARLSON** The Tai Chi/Chi Gung class will continue 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 Karlson. The class meets on **Tuesdays, 10:30-11:30.**

### **MARY ANN DEMELLO-EXERCISE ON THE BALL**

25 Minutes of low impact-fat burning aerobics and 25 minutes of great abdominals work on the ball! **Tuesdays at 8:30 am –9:30 a.m. and Thursdays at 9:30 a.m.-10:30 a.m.** The cost is \$8.00 per class or 2 classes for \$15 and it is pay as you go.

Nov menu

Dec Menu

## BREAKFAST AT EPOCH OF HARWICH-JOIN US!!

**HARWICH**—EPOCH Senior Healthcare of Harwich will host a Harwich Council on Aging (COA) breakfast on **Friday, November 20th at 8 a.m. and Friday, December 18th at 8 a.m. with a speaker at each.** These breakfasts are **FREE** and open to the public. For more information or to reserve your space, please call **508-430-1717**. EPOCH is located at 111 Headwaters Drive just off Route 124.



## Reiki Treatments

Reiki is a Japanese word meaning universal life energy. Reiki addresses the imbalances in the body. It is a method of hands-on treatment that gently and powerfully promotes good health and well-being. Reiki can alleviate pain and stress, promote restful sleep, healing and relaxation. One of the greatest benefits may be the opportunity to let go and enjoy the peace of being nurtured and cared for. **Diane C. Thibodeau is a Reiki Master Teacher** who is offering an abbreviated 20- minute treatment. Next Reiki Clinic will be on **Tuesdays, Nov. 17th & Dec. 15th by appt.** To schedule your appt. with Diane please call 508-430-7550 .

## ALZHEIMER'S SUPPORT GROUP FOR PATIENTS AND FAMILIES

The Alzheimer's Family Support Center of Cape Cod and the Harwich Council on Aging are partnering to offer a **NEW** Alzheimer's Caregiver Support Group on the first & third Wednesdays of the month, 10:30-12 pm, **Wednesday, Nov 4th and 18th and Dec. 2nd and 16th.** An activity group for people with cognitive impairment will run concurrently, to allow all to attend. These groups are being offered **FREE OF CHARGE**, thanks to the generous support of the "Rememberly Walk Fund" & the Alzheimer's Family Support Center of Cape Cod. Caregiver support group facilitator: Fran Lavin, RN, Activity group facilitator: Gail Bunnell. For more info., to sign up for the group, or to find out more about their free services, contact the **Alzheimer's Family Support Center (508) 896-5170.**

## CRANBERRY COACH VAN SCHEDULE

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

**Mondays:** Nov 2nd Lower Cape Thrift Stores Trip. Nov. 9th Dollar Store, Job Lot & Buckies in Dennisport Nov. 16th Market Basket Nov. 23rd Orleans T.J. Max & Christmas Tree Shops Nov. 30th Walmart. Dec. 7th Cape Cod Mall & Kmart Lunch @ Panera's. Dec 14th Market Basket Dec. 21st Trader Joes & Christmas Tree Shops Plaza. Dec. 28th Patriot Square-Movies.

**Tuesdays:** Senior Dining Program & Shaw's in afternoon.

**Wednesdays:** Nov. 11th Veteran's Day Center is closed. Senior Dining Program and Stop & Shop in afternoon

**Thursdays:** Nov. 26th Center is closed. Senior Dining Program & Stop & Shop & Harwich Food Pantry in the afternoon monthly.

**Fridays:** Nov. 27th and Dec. 25th center is closed. Senior Dining Program and Current Events at Brooks Library

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

**Harwich Council on Aging Travel Club** Hours: Mon – Fri 10 a.m. -2 p.m. 508-430-4710

**NOVEMBER & DECEMBER TRIPS Trips with Funtastic Getaway**

**Sat. Nov. 7th “Motown” the Musical** Orchestra Seating for the 2pm show. Providence Performing Arts Center Lunch on your own at Providence Place Mall. **\$125**

**Fri. Nov. 13-Sat. Nov 21** Music Road Christmas-Branson, Nashville & Memphis Fly/Drive. Fly to Branson & fly home from Nashville to celebrate a Country Christmas. Staying at the Hilton Promenade at Branson landing for 3 nights. See the show “Jonah”, and the smash hit “Liverpool Legends Beatles Christmas”, The Brett Family Christmas Show & The Lennon Sisters & Osmond Brothers Christmas Show. Wine Tasting at Stone Hill Winery, Dinner Cruise on the Showboat Branson Belle and so much more... **\$1,979 ppdo plus airfare \$2,611 single plus airfare**

**Wed. Dec. 2nd “Retail Therapy” at Wrentham Village** Premium Outlets, Nashoba Valley Winery for a tour and wine tasting, and end the day with a stop at Hebert’s Candy Mansion Candy Camp and Ice Cream Bar. **\$84**

**Thurs. Dec. 3rd Lee Greenwood’s Tennessee Christmas at Foxwoods.** You know him best perhaps for his “God Bless the USA” song. Try your luck before & after the show at 2pm at Foxwoods with a \$10 slot bonus and free lunch buffet. **\$120**

**Fri. Dec. 4th Christmas with the Boston Pops** and Keith Lockhart at historic Symphony Hall First Balcony seating for the 4pm show. **\$112**

**Sat. Dec. 5th Freeport Sparkle Outlet Shopping-170+ outlet shops!** **\$62**

**Sun. Dec 6th “Christmas Memories” play & Bright Lights at the Salem Cross Inn.** Stageloft Repertory Theatre Performers sing over 20 Christmas Carols. New England Turkey Lunch. Off to Yankee Candle’s Flagship Store, then end the day with a drive through “Bright Nights at Forest Park”-New England’s largest holiday light display with over 500,000 lights in a breathtaking tribute to the holiday season. **\$122**

**Sat. Dec. 12th Irving Berlin’s “White Christmas” at Providence Performing Arts Center.** Orchestra Seating 2pm Matinee. **\$129**

**Sun. Dec. 13th Holiday Mystery Tour. An all NEW Christmas Mystery Adventure!** With all the Christmas madness of cooking and shopping it is well worth it to take a break & enjoy a day out with friends! Full Lunch included. Please dress for the weather-some walking involved. **\$129**

**Tues. Dec. 15th-Thurs. Dec. 17th “A Grand Resort Christmas”.** Pamper yourself at 3 of New Hampshire’s Historic Grand Resorts: Wentworth By The Sea, Mount Washington Hotel & Resort & Mountain View Grand Resort. A Horse Drawn Sleigh/Wagon Ride is included, Tour & Tasting at Moonlight Meadery, Meals and of course the gorgeous scenery! **\$649 ppdo \$865 Single**

**Mon. Dec. 14th Newport Vanderbilt Christmas.** You will tour 2 of the Newport Mansions: Marblehouse and The Breakers, decorated for the holidays. Enjoy a guided tour of Newport, a delicious lunch at the “Brick Alley Pub” and some free time at the Brick Marketplace too. **\$99**

**Thurs. Dec 10-Tues. Dec 15th “A Colonial Williamsburg Christmas”.** Getaway to Colonial Williamsburg, Old Town Alexandria and Washington, D.C. This trip has an **optional additional \$55 “Miracle of Christmas Show” at the Millennium Theatre:** (This show is an amazing moving portrayal of the birth of Christ). Travel to Christmas Town at Busch Gardens Europe: each Country at Busch Gardens will feature their own Christmas traditions. In Germany you’ll find a traditional Christmas Market, light show & 45 ft tree with a live musical tribute to Christmas traditions and a buffet at Germany’s “Black Forest”. So much more. **\$1,199 ppdo \$1,630 single**

# Preplanning Luncheon 2015

Thursday, November 5th  
10am-12pm

\*\*Lunch is from 12pm-1pm\*\*

## Featuring

Ann E. Geagan - Bereavement Director for Hope Health  
"How to Manage the Holidays When Grieving a Loss"

Wil Remillard - Veterans Agent for Town of Harwich  
"Veterans services, required documents and benefits"

Christine Damery - Doane Beal & Ames Funeral Home  
"Preplanning your funeral services"

John Blute - Morris O'Conner & Blute  
"Local owner Funeral Home Experience"

Kevin Considine - Harwich Police Department  
"Unattended Deaths" & "Prescription Medication Safety"

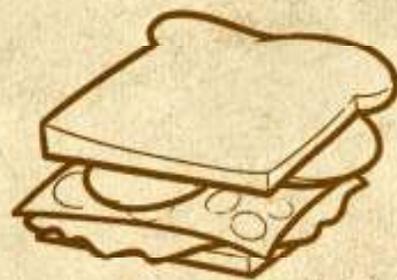
Tom Blute - Henry T. Crosby & Sons  
"Monumentation, natural stones, granite, slate & Veterans Markers"

Elena Medeiros - Community Relations Director for Royal at Home  
& Royal at Harwich Village  
"A Home Away from Home - It's my Decision!"

Barbara Ann Foley - Town of Harwich Council on Aging Director  
"Programs available to help avoid loneliness"

Robbin Kelley - Town of Harwich Cemetery Administrator  
"Purchasing your final resting place - don't leave it to your loved ones"

Attorney Arther Crooks - Wills and Trusts



Harwich Community Center  
RSVP [rkelly@town.harwich.ma.us](mailto:rkelly@town.harwich.ma.us)

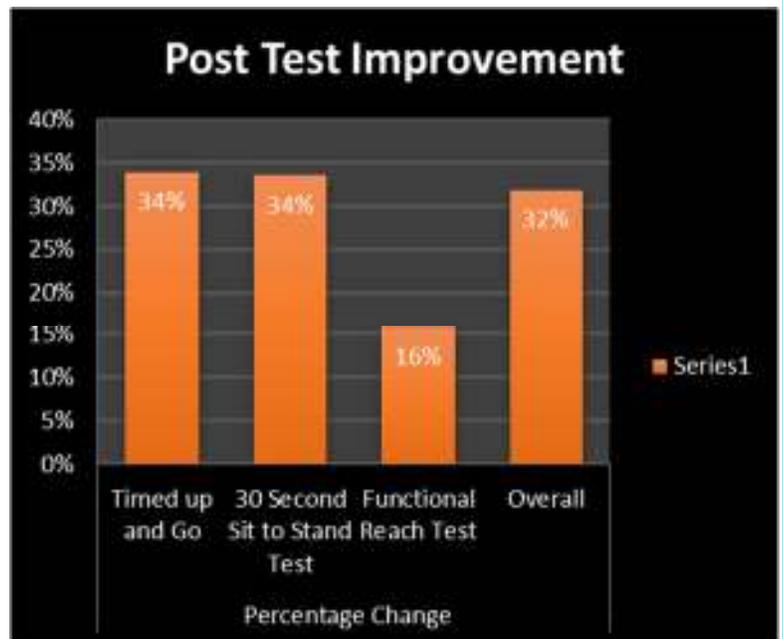


## 1ST HARWICH COA -AGING MASTERY (AMP) CLASS GRADUATES!!

29 Residents graduated from the very 1st Aging Mastery Class held at the Harwich Community Center. The course was offered as a result of the COA securing a grant, for 2 hours a day once a week for 12 weeks. The topics covered were: **Navigating Longer Lives:** Barbara-Anne Foley, COA Dir. & Susan Jusell, Town R.N., **Exercise & You** offered by Broadreach Rehab. @ Liberty Commons: Christopher Jones, MS., PT, DPT, CSCS, Clinical lead Doctor of Physical Therapy, Michael Kennally, P.T., and Donna Phelps. **Healthy Eating & Hydration**-Kimberly Concra, LDN, Nutrition & Food Safety Specialist for Cape Cod Cooperative Extension. **Sleep:** Leora Amir, J.D., M.A., B.A. Certified Health Coach. **Medication**

Above, Steve Szafran an AMP Class participant with Town RN receiving his diploma.

**Mgmt.:** Susan Jusell Town R.N. & Tom Kelley, Pharmacist. **Financial Fitness & Advanced Planning:** Gregory Durette owner of Future Secured Financial and Richard Scarano, Esq. **Healthy Relationships:** Molly Perdue, PhD, Co Founder & Exec. Dir. Of Alzheimer's Family Support Ctr. **Falls Prevention,** Barbara-Anne Foley, COA Dir. & Susan Jusell, Town RN. **Community Engagement,** Carolyn Carey, Comm. Ctr. Mgr. **Bucket Lists & Intergenerational Programming:** Dr. Donna Bender, PhD. We want to thank these wonderful speakers without whom we could not have done this course! We learned from the PT testing Broad Reach did on day one and the last day of the course that every participant tested, improved! See chart at rt. for yourself!! We cannot say enough how proud we are of all of our participants!



Above, Attorney, Richard Scarano class



At rt. some members of the AMP class (not all 29 pictured)

# Sound Dunes Swing Ensemble

Featuring the Big Band music of Glenn Miller,  
the Dorsey Brothers, Benny Goodman, and others!

November 23  
5PM

\*\*During Supper Club\*\*  
Harwich Community Center

\$5 for Harwich Residents  
\$6 for Non-Residents

RSVP by Monday, Nov 16  
by calling 508-430-7550





# Reiki

## For Caregivers

Reiki Treatments for Caregivers and those they care for are being offered on the following dates:

**Fridays, Nov 13<sup>th</sup> & Dec 11<sup>th</sup> 5PM – 7 PM**

### **Harwich Community Center**

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.

**Diane C. Thibodeau is a Reiki Master Teacher.** Treatments will be voluntarily provided by Diane Thibodeau and Practitioners who have been trained by her.



Treatments are given to participants, free of charge, who stay fully clothed, while they relax on a massage table.

**Pre-registration is required** and can be easily done by simply calling:

**508-430-7550** to make your appointment.

## Friends of the Harwich Council on Aging



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

A Non-Profit 501C3

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

### November/December 2015

The Friends wish you and yours all the best, including in health matters, as we enter the holiday season. And also the flu season I'd add!

Our Minibus program continues to aid seniors to get out of the their houses and apartments to shop, do their banking, etc., and socialize a bit. Sadly, the bus is aging and will need replacement one of these days. We are asking folks to consider donating to the minibus program so that we can afford a new minibus at some point.

We continue to seek volunteers to join our Friends' Board of Directors. Given the important work we are taking on, we hope you will consider donating some of your time to our efforts and become a Board member.

Finally, Fall is clearly here – enjoy the kids and grand-kids, watch out for deer ticks, enjoy the Fall color, watch a lovely snow (but only little snow) and just plain have a great Fall/early Winter!

Jack Brown, FHCOA President



### Membership Form 2015-2016

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

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

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

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

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

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

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

Senior in Need Support \_\_\_\_\_

### Board of Directors

Jack E. Brown, Chairman

Andrea Terney- Treasurer

JoAnne Brown, Secretary

Bob Widegren

Nan Bailey

**Council on Aging Board**

**Adrienne Johnson -Chair**

**Joe Johnson-Vice Chair**

**Ralph Smith**

**Lee Culver**

**Michael Smith**

**Richard Waystack**

**The COA Board is currently looking for 1 NEW COA Board Member!**

**COA Disclaimer**

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

**Harwich Council on Aging  
Mission Statement**

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

**Office of Elder Affairs**

**provided by the Executive**

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

**"Nobody cares how much you know, until they know how much you care." - Theodore Roosevelt**

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**Harwich Council on Aging**