



Harwich Community Center Newsletter

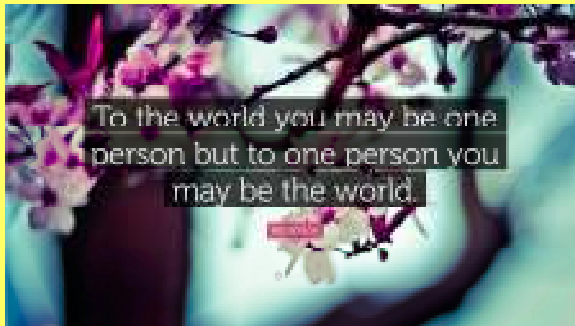
JULY/AUGUST 2017

**Town Offices Closed on Tuesday, July 4th, 2017
for Independence Day**



FAREWELL NOT GOODBYE

By the time you are receiving your July/August newsletter, the Council on Aging Executive Assistant, Gale Barnes who will have served this Town for 21 years, and COA Director, Barbara-Anne Foley, who will have served this Town for 18 years, will both be retiring on July 3rd!! Our Van Driver, Dan Eldredge retired after 16 years of service on June 30th. **We 3 are so grateful to have gotten to know so many of the wonderful Residents of Harwich, especially our fabulous seniors!** The COA has come a long way since being in the Albro House, where we could fit about 8 people in the kitchen for activities, to our beautiful Community Center we have the pleasure to work in today! I think a motto for our COA department can be summarized in the quote below by Bill Wilson: **To the world you may be one person but to one person you may be the world!**



We are so lucky in this Town to have such a tremendous, skilled, compassionate, knowledgeable COA Staff, in addition to ALL Town of Harwich employees!

Barbara-Anne believes this quote to be true: **"A friend is someone who reaches out for your hand and touches your heart."** [Antoine de Saint-Exupery](#) "The seniors of this town have become true friends to me and I am forever grateful for that!"

We wish Dan and Gale well in their retirement, and hope they enjoy more time with their families and Grandchildren.

We wish Barbara-Anne good luck in her new endeavor as Innkeeper with her husband at the Commodore Inn, West Harwich.

And a parting quote to the COA Staff:

"Be well, do good work, and keep in touch." » Garrison Keillor

Council on Aging Staff

Director

508-430-7550 ext. 10

Executive Assistant

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: Gerald Golia,

Remi Thibodeau, & Joan

Hussey

COA Fax Number

508-430-7530

Senior Dining Site

508-430-7550

Harwich Community Center

508-430-7568

Harwich Recreation Dept.

508-430-7553

Meals on Wheels

508-430-1991

To cancel a Meal from

"Meals on Wheels" call

508-394-4630 ask for the

Nutrition Dept. telling them

you live in Harwich.

BLUE LIGHT SPECIAL



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

Here we are, summertime on Cape Cod, my favorite time of year! Harwich is starting to buzz with tourists, traffic, and restaurants and shops open for the season. It's time to get out and enjoy our beautiful Cape Cod while the summer season kicks into high gear.

With the increase in traffic, due to summer residents and tourists, driving safety is always paramount. Here are a few tips and reminders from the police department to help you have a safe summer season.

Safe Driving Tips For Seniors

Our driving abilities change as we age. Think back to when you were a new driver in your teens. You were probably fearless behind the wheel; perhaps taking unnecessary risks with speed or ignoring common rules and etiquette. As you became an adult and had a family, you likely became a more conservative driver who followed the rules of the road. Now as you are entering your senior years, you may have noticed you are once again making adjustments to your driving habits.

As we age, it's important we take greater care with our driving habits. Fatal car crashes rise when a driver reaches the age of 70. Factors including medications, vision concerns, slow motor functions, and hearing impairment make driving more challenging as we age. Here are some tips you can keep in mind to ensure your safety of others when driving.

Get your eyesight and hearing checked.

Consult your doctor regarding medications and health conditions.

Get enough sleep.

Choose the right car.

Be a defensive driver.

Pay extra attention so you can avoid accidents.

When driving becomes difficult have the courage to admit you need help. While it is difficult to give up driving yourself around town, it may be the best thing for your safety. Family, friends and elder care professionals can help you run errands or get to appointments. There are plenty of transportation services offered through the Council on Aging.

By paying close attention to their abilities and limitations most seniors are able to continue driving well into their 70s and beyond. If you are concerned about your ability to drive safely, talk to a family member, friend, your physician, or you can always reach out to me to find out about what your next steps should be.

As always, to report a crime, call the Harwich Police Department at 508-430-7541 and for emergencies 9-1-1.

“A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.” – James Dent



**"A TOUR-DE-FORCE ONE-WOMAN SHOW...
GORGEOUS. A MUST SEE!"**

—NYTheaternow.com • **FULL REVIEW**

"★★★★"
—Chicago Theatre Review

Mother (and me)

**Cotuit Center
for the Arts
4404 Falmouth Rd**

**Call now
for tickets!
(508) 896-5170**



**Two shows only!
July 24, 1 pm & 6 pm**

**Admission
\$28**



**free tickets
available- please
call to inquire**

**Alzheimer's Family Support Center of Cape Cod
www.alzheimerscapecod.org**

ALSO COMING UP IN JULY FROM THE ALZHEIMER'S FAMILY SUPPORT CENTER:

**SUNDAY, JULY 9th, 5 pm THE FALMOUTH CHORALE CHAMBER SINGERS PRESENT
"SING ANYTHING: LOVE & MUSIC & MEMORY"**

A free concert illuminating the connection between music and memory in the life and care of these affected with memory loss. Location: Brewster Baptist Church, 1848 Main Street, Brewster.

Alzheimer's family Support Center provides all of their services for **FREE**, including the Caregiver Support Group held **right here at the Harwich COA** for **BOTH** the person with dementia as well as their Care Partner. For more information or questions please call them at 508-896-5170.

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



"No one wants to die. Even people who want to go to heaven don't want to die to get there. And yet death is the destination we all share. No one has ever escaped it. And that is as it should be, because Death is very likely the single best invention of Life. It is Life's change agent." Steve Jobs

Welcome to the Death Café: Let's talk about death." While at first blush this may sound like a depressing topic, we are excitedly planning on hosting our first Death Café here at the Council on Aging on Wednesday, July 26 from 2-4. In the true spirit of the Death Café, refreshments will be served as a focal point of the event. A Death Café 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 their questions, their curiosity, their wish to find out how other people are thinking about death. The discussion typically runs the gamut of topics, from conversations about burial versus cremation to reminiscences — both positive and negative — of the deaths of loved ones, and to concern about how to discuss wishes for a memorial service with one's children. 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. Kevin Grunwald, Social Service Coordinator, will be facilitating this discussion, and if you have any questions please call him at 430-7551. To register please call 430-7550; there is no charge.

Life is about transition and change, and the Outreach Office is here to assist you in negotiating obstacles and exploring your options when conditions change. To learn more about agencies, resources and supports that are available to assist you please contact Kevin at 430-7551.

Legislative Update: According to James Firman, President and CEO of the National Council on Aging (NCOA) the federal budget debates remain contentious despite nearly \$5 trillion in deficit reduction achieved in recent years. More than 75% of this reduction has come through spending cuts, particularly in non-defense discretionary (NDD) programs such as those of the Older Americans Act (OAA), Falls Prevention, Housing Counseling, Section 202 Housing for the Elderly, the Low-Income Home Energy Assistance Program (LIHEAP), and Senior Corps. One of the programs targeted for elimination in the proposed budget, the Senior Community Service Employment Program (SCSEP), serves some of our most vulnerable seniors. To qualify, an older adult must be aged 55+, unemployed, and living on a family income of no more than 125% of the federal poverty level—\$15,075 per year for an individual or \$20,300 per year for a couple. The typical SCSEP participant is a woman aged 65+ who is a minority, has just a few years of college, and lives in a rural area. About 20% have a disability, and 13% are veterans or their spouses.

While the status of the proposed budget remains unclear at this time, it continues to be important for all of us to pay attention to how what is happening on a federal level can impact the well-being of seniors in our community. We will attempt to keep you informed as some of this becomes clearer.

Men's Breakfast: Despite some interference from some unseasonal weather we are back on track. In May we were entertained by the Cape Cod Ukulele Club, and in June Mark and Patti McGrath offered a fascinating presentation on "Recalling the good times, recording your memories." In July Manager Steve Englert and some of his players from our own Harwich Mariners baseball team will join us. The Cape Cod Baseball League has been the premier amateur baseball league in the nation since 1885, and this has been one of our most popular events. We hope to bring the Cape Cod Classic Car Club back in August. This is a fun event, and we encourage you to bring your friends! Breakfast is from 9:00-10:00 AM on the second Friday of every month, and while there is no charge, please contact Kevin at 430-7551 ahead of time to register.

Men's Book Group: The Men's Book group has also been impacted by the winter weather, but in May we discussed The Boys In the Boat by Daniel James Brown, and in June we read Slaughterhouse Five by Kurt Vonnegut, a former resident of Cape Cod. All books chosen are generally available at Brooks Free Library. Please join us after breakfast from 10-11, even if you haven't read the book. We welcome your suggestions for new books to read!

Have a Happy & Safe Summer! Kevin

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

July 3rd Cape Cod Ukulele Club

July 10th & August 14th Harry French performs

July 17th & August 21st Brian Kelly on Guitar

July 24th & August 7th Ritchie Bern plays guitar & sings

July 31st & August 28th Music with Dot Hemmings & Friends



WOMEN'S BREAKFAST

The Women's Breakfast will be held at **9:00 a.m. on Friday, July 21, 2017 and August 18, 2017 in the Multi-Purpose Room** here at the Community Center. It is very generously being sponsored by **The Woodlands Assisted Living at Pleasant Bay**. The Breakfast will be made here by the Chef from The Woodlands and served by COA Volunteers.

Please pre-register by the Friday, July 14th and Friday August 11th

by calling 508-430-7550. There is no charge for this Breakfast and all are welcome. Each month will have a different speaker on a variety of topics. If you are able to Volunteer to help set up and serve at these breakfasts, please call Rick Anderson Vol. Coord. at 508-430-7550 ext 13. Kathleen from Flower Angels spoke in June and she was a big hit as can be seen below!



3 beautiful flower arrangements were given away by Kathleen to women in the audience and they were just thrilled!





SHINE NEWS



When Can You Enroll in a Medigap (Supplement) Plan?

Medigap (supplement) plans provide extra protection beyond Medicare by filling in some of the “gaps” in Medicare coverage. In Massachusetts, the insurance companies allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan (HMO, PPO). Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month.

In Massachusetts, there are two Medigap plans, Core and Supplement 1. The Core plan pays some of the co-pays and co-insurance for Medicare covered services, while the Supplement 1 covers all the deductibles, co-insurance and co-pays for these services. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Please call the COA at 508-430-7550 to schedule an appointment with a SHINE counselor.

OVEREATERS ANONYMOUS MEETING AT THE COMMUNITY CENTER

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



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, July 14th & Aug 11th from 8:30 a.m.- 2:30 p.m. and .Wednesday, July 26th, & August 23rd from 8:30 a.m.- 11:30 a.m.** Gift Certificates are available and make a nice gift for a friend/family member. For appointments call 508-430-7550. today. **Home visits are \$55.**



CRIBBAGE IS FUN

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

BRIDGE IS BACK WITH NANCY BLEZARD

Nancy Blezard's Bridge II course sessions are for 6 weeks each and will be ongoing through the Summer from 1:00-3:00 p.m. on Mondays; the fee is \$35. You can simply show up for this program no pre-registration is required. For more information please call Nancy at 508-432-6203. No July 3rd class.

EXERCISE PROGRAMS

MINDFUL YOGA BY KATHIE MARIN



Mindful Yoga Classes by Kathie Marin will be held at the Harwich Community Center, **Friday mornings: 9:00-10:15 a.m., July 7, 14, 21, 28 and August 4, 11, 18, and 25th** and the cost is **\$8.00 per class**. Hatha yoga postures and stretches are done sitting in a chair and also standing. Emphasis is placed on meditation, bringing awareness to the present moment and connecting the breath to the movement of the body. Contact the instructor to sign up: Kathie Marin at krmarin@msn.com or call 508-430-8623.

SUPERFIT AND SENIORFIT WITH CHARLIE ABATE

Every **Wed. and Fri.** Charlie offers a total body fitness program. He fuses stretching, hand weights, calisthenics, and movement exercises into a dozen unique musical routines that are easy to follow, invigorating, and loads of fun. You'll revitalize all your major muscle groups while you move and groove to the beat of the best music. Best of all you'll love your growing confidence and stamina. Pick the level that suits you best: SUPERFIT 8:30-9:30 am is a powerful hour that includes floor work on mats. For a slower, gentler workout with no work done on the floor, you'll love SENIORFIT 9:30-10:30 am. **This session is June 7 to July 21 with July 4th week off. Charlie's next session: Begins Sept. 6th.** Register now to reserve a space by contacting Charlie at 508-432-0370. Also ask how you can try out a free demo class.



EXERCISE CLASS WITH JILL BROWN:

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

BALANCE BOOSTERS CLASS

Please stay tuned. Although Barbara-Anne has retired, this class may be carried on by another Instructor, or attendees following a DVD with a class monitor. Please inquire at the Community Center Desk or call 508-430-7568 when you receive your newsletter.



HATHA YOGA WITH MICHELE INSLEY

Hatha yoga classes offered throughout the year and welcome all levels. Postures and stretches are used in combination with the breath and humor to stretch the muscles, strengthen joints, improve balance and have fun! Participants are encouraged to develop proper alignment in the poses and cultivate a calm mind. Each class ends with a long relaxation. Classes are currently being offered every **Tuesday, Thursday & Saturday, classes run from 9:30-10:45 a.m. until Sept. 2nd** at the Harwich Community Center. COST=\$15 per session, \$60 for 6 sessions. For more information or to inquire about classes, please contact Michele Insley, E-RYT500 at micheleinsley@gmail.com or 508-360-7227.

THE PILATES SCHOOL has 2 classes AT THE HARWICH COMMUNITY CENTER

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

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

JULY 2017

Senior Dining Program Menu

Please call 430-7550 for reservations by 11am the day prior to the meal
you want to attend & for any cancellations. **Menu items subject to change by COA Chef.**

Lunches are \$3 for Harwich residents and \$4 for Non residents. Supper Club is \$5 for residents and \$6 for Non Residents

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. SUPPER CLUB Roast Pork Dinner, Potato, Vegetable Cape Cod Ukulele Club performs an Americana program	4. INDEPENDENCE DAY ALL TOWN OFFICES ARE CLOSED	5. Grilled Chicken with rice and Vegetable	6. Vegetable Quiche with Garden Salad	7 Linda's homemade Pizza & Salad
10. SUPPER CLUB Meatballs & Pasta, Garden Salad and Roll Harry French Performs	11. Scallops and Rice with Vegetable	12. American Chop Suey and roll	13. Egg Salad Roll with Chips and Coleslaw	14. Men's Breakfast NO LUNCH TODAY
17. SUPPER CLUB CHEF'S CHOICE Brian Kelly performs on Guitar	18. CHEF's CHOICE	19 CHEF'S CHOICE	20. CHEF'S CHOICE	21. WOMEN'S BREAKFAST (Provided by Woodlands Assisted Living Chef) CHEF'S CHOICE
24.SUPPER CLUB CHEF'S CHOICE Ritchie Berns performs on guitar & Singing	25. CHEF'S CHOICE	26. CHEF'S CHOICE	27. .CHEF'S CHOICE	28. CHEF'S CHOICE
31. SUPPER CLUB Chicken Marsala with Rice and Vegetable Music with Dot Hem- mings & Friends				

AUGUST 2017

Senior Dining Program Menu

Please call 430-7550 for reservations by 11am the day prior to the meal you want to attend & for any cancellations. **Menu items subject to change by COA Chef**

Lunches are \$3 for Harwich residents and \$4 for Non residents. Supper Club is \$5 for residents and \$6 for Non Residents

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. Oriental Beef with mixed vegetables	2. Salisbury Steak with mashed potato & vegetable	3. Salami and cheese with chips an pickle	4. Garden Salad with scoop of tuna salad
7. SUPPER CLUB Roast Beef with mashed potato & vegetable Ritchie Bern performs	8. Grilled Chicken Sandwich with French fries & coleslaw	9. Hot dog & beans with potato salad	10. Hot Ham & Swiss with chips	11. Men's Breakfast NO LUNCH TODAY
14. SUPPER CLUB Baked Haddock with mashed potato & vegetable Harry French Performs	15. Hot Pastrami & Swiss with chips & coleslaw	16. Chicken Fajita bowl with rice	17. Salad with crab meat	18. Women's Breakfast (provided by the Woodlands Assisted Living) Corn Chowder and Grilled Cheese Sandwich & chips
21. SUPPER CLUB Chicken a la King Brian Kelly performs on Guitar & Singing	22. Linda's famous Taco Boat	23. Roast Beef Sandwich with coleslaw & chips	24. Grilled Cheese and Bacon Sandwich with tomato soup & chips	25. Chicken Salad Sandwich with chips & coleslaw
28. SUPPER CLUB Stuffed Peppers with rice and salad Music with Dot Hemmings & Friends	29. Cranberry Baked Chicken with potato & vegetable	30. Turkey Rueben with coleslaw & chips	31. Shepherd's Pie	

BREAKFAST AT WINGATE OF HARWICH-JOIN US!!

HARWICH—Wingate Senior Healthcare of Harwich will host a Harwich Council on Aging (COA) breakfast on **Friday, July 28th at 8 a.m. and Friday, August 25th at 8 a.m. with a speaker at each.** These breakfasts are **FREE** and open to the public. For more information or to reserve your space, please call **508-430-1717**. WINGATE is located at 111 Headwaters Drive just off Route 124. (Formerly EPOCH of Harwich).



Reiki & Zero Balancing Treatments

Reiki is a Japanese word meaning universal life energy. Reiki addresses the imbalances in the body. It is a method of hands-on treatment that gently and powerfully promotes good health and well-being. Reiki can alleviate pain and stress, promote restful sleep, healing and relaxation. One of the greatest benefits may be the opportunity to let go and enjoy the peace of being nurtured and cared for. **July 18 and August 15. Diane C Thibodeau , Reiki Master Teacher and Joanne Clingan,** Reiki Practitioner are offering an abbreviated 20 minute treatment. There will be availability for two people at one time to be treated . Tables will be available , as well as chairs, as preferred. " **Couples are welcome.**" **Zero Balancing** with **Marcia Moeder,** a powerful body-mind therapy that uses skilled touch to address the relationships between energy and structures within the body **Thursdays, Sept. 14th 1-3 pm, Oct 12th 1-3pm, Nov. 9 1-3 pm.** To schedule your appt. with Marcia 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 our Alzheimer's Caregiver Support Group on the first & third Wednesdays of the month, 10:30-12 pm, **Dates: July 5th & July 19th & August 2nd and August 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 "Rememory Walk Fund" & the Alzheimer's Family Support Center of Cape Cod. Caregiver support group facilitator: Fran Lavin, RN. For more info, to sign up for the group, or to find out more about their free services, contact the **Alzheimer's Family Support Center (508) 896-5170.**



CRANBERRY COACH VAN SCHEDULE

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

Mondays: July 3rd Orleans Trip & Lunch @ Cooke's. July 10th Market Basket July 17th Dennisport-Job Lot & Buckies July 24th Trader Joe's & Christmas Tree Shop Plaza July 31st Patriot Square & Movies. August 7th WalMart Trip August 14th Market Basket August 21st Provincetown Trip (**weather permitting and a min of 6 present**). August 28th 3Thrift Shops-Driver's Choice

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

Wednesdays: Senior Dining Program and Stop & Shop in the afternoon

Thursdays: Senior Dining Program & Stop & Shop & Harwich Food Pantry.

Fridays: Senior Dining Program and Current Events at Brooks Library

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



EMERGENCY PREPAREDNESS TIPS

What Families Need To Do In The Event Of An Emergency

One of our main goals is to ensure that our residents and visitors are well informed and properly prepared, particularly where evacuation or sheltering in place is concerned.

- ♦ Create a plan to shelter in place. Create a Plan to Get Away,. Assemble an Emergency Supply Kit. Know Your resources. Talk with your neighbors NOW about how you can all work together!
- ♦ If it is a Hurricane, make sure you have someone in place NOW who can move outdoor or lawn furniture for you to a safe place BEFORE the storm arrives.

EMERGENCY SUPPLY KIT: You can use your C.A.P.E. Bag (Carry All Personal Essentials) for these Emergency Kit items. If you do not yet have a CAPE Bag- come to the COA and pick one up.



*Flashlight and Radio with Batteries, Fuel for a Generator (If you own one), Full Tank of Gas in your car, Cell Phone and Charger, 5 Days supply of food and water (1 Gallon of Water Per Person/Per Day), 1 Week Supply of Medication, Pet Food, Water and Supplies, Basic 1st Aid Kit. You can add later; Undergarments, Pajamas, book, ipad/tablet/laptop with charging cords.

Harwich Fire non-Emergency Line 508-430-7546 Emergency Line 911

Harwich Police Non-Emergency Line 508-430-7541 Emergency Line 911

Harwich Community Center 430-7568 Harwich Council on Aging 508-430-7550

NSTAR www.nstar.com/800592-2000

National Grid 800-465-1212. To report a Power outage and this line also provides you with updates and expected restoration.

Harwich Water Department has a self registration on their website that will sign you up to receive emergency alerts including water main flushing and other weather emergency items.

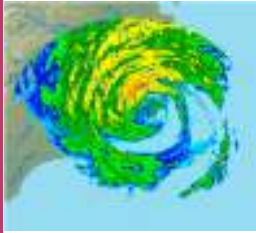
http://www.harwichwater.com/forms/voice_broadcast_system.php

Do you have an updated File of Life? Come to the COA and pick one up!

The COA maintains a list of people who have self identified that they want to be called if we have severe enough weather that the shelters open up. If you are phoned and have lost power, you are given the choice to be transported to a local Nursing and Rehab facility or Assisted Living for safety until the weather event is over. You are not charged for this it is a free community service. 508-430-7550.

MASSACHUSETTS ALERTS

Join the thousands of Massachusetts Residents who receive EMERGENCY ALERTS and critical information about disasters and public safety incidents on their Smart Phones. Massachusetts Alerts provides emergency notifications and public safety information based on your location, proximity to an event or incident, and the preferences you select. Find out more information and how to download the app to your Smartphone at <http://www.mass.gov/eopss/agencies/mema/massachusetts-alerts.html> The Harwich COA Director did this herself and has found it quite helpful!



Hurricane season officially started June 1st, and now is the time to prepare in case Mother Nature pays us an unwelcomed visit. You can find detailed preparedness information on the National Weather Service's Website: <http://www.nhc.noaa.gov/prepare/ready.php> and at FEMA's ready.gov site for hurricanes: <http://www.ready.gov/hurricanes>.

To prepare for a hurricane, here are some of the following measures to take to protect you and your family

Build an Emergency Kit and make a Family Communication Plan. (If I asked you for your children's telephone numbers without being allowed to look at your Smart Phone for your contacts, would you know it? **Print out your list of contacts in your phone!**)

Learn where your local Shelters are (Harwich Cape Tech and Dennis Yarmouth High School are the closest to us) . Make sure before leaving you have secured your property (don't leave lawn furniture out if you can move it as it may become projectiles into windows of your home or worse-that of a neighbor!

Have Your C.A.P.E. Bag ready to go if you will be transported by the Cranberry Coach COA Van to the Tech School or to a local Nursing/Rehab./Assisted Living facility temporarily.

Don't forget about your pets! Check out Cape Cod D.A.R.T. at www.capecoddart.org for complete details. If you go to a shelter, bring a crate for your animal, 5 days of food and water, poop bags, a photo I.D. of your pet, any medications your pet may take, the name/business card of your Veterinarian, Keep up to date copies of your pet's vaccines, and medical records.

HOT WEATHER ALERTS

Every summer over 200 Americans die from health problems caused by high heat and humidity, most of whom are age 50+. When the temperature climbs above 90 degrees Fahrenheit, older adults need to be proactive and take precautions. On these days, if you do not have a way to stay cool in your house/apartment, call for the COA Van to bring you to the Community Center-**we are a cooling station**. 508-241-1566. At night time perhaps carpool with a friend or neighbor if you don't drive-to get to the community center. Movie Theatres, Restaurants, Brooks Free Library, Other Town Offices too, stores like CVS...walking in a cool place is usually safe and the Community Center you can also charge your cell phone, or electronic type of device. Please note: The Federal Low-Income Home Energy Assistance program (LIHEAP) helps adults 65 and older who have limited incomes cover the cost of air conditioners and utility bills. To reach the LIHEAP program, call 1-866-674-6327.

Stay hydrated too! You need to drink plenty of cool water, clear juices, but be careful as great as refreshing lemonade tastes when you are hot most contain lots of sugar and you don't want to load up on sugar. Be careful of caffeinated beverages too such as iced tea or iced coffees-as great and refreshing as they may taste they can dehydrate you and dry you out.

Use Sunscreen: Please use a broad spectrum sunscreen with SPF of 30 or higher-my family uses 50!

Learn the signs of heat stroke and dehydration and Call 911 if you even think you have those symptoms. We would rather have you err on the side of caution, than make a fatal mistake!



BOOKS ON WHEELS

"Can't get to the library? Love to Read? Try Books on Wheels. This is a free delivery program sponsored by the Friends of the **Brooks Free Library**, and is a long running program designed to bring the library to Harwich residents who are unable to come to our building. The need may be long-term or temporary. We deliver 2 times each month, and call before each delivery to check on your needs for that week. In addition to requesting books, you may also enjoy DVD's. Along with delivering your new items, we also pick up your prior delivery. You tell us what types of books and the authors you enjoy, as well as how many items you would like delivered. It's easy. It's fun. It's Free. We would love to hear from you. To sign up or have any questions you may have answered, just call the Brooks Library - 508-430-7562.

HAVE YOU HAD YOUR HOME SAFETY ASSESSMENT DONE YET?

This program is a joint venture with the Harwich Council on Aging and the Harwich Fire Department. 2 Staff come to your home with clipboard in hand and a safety assessment checklist that includes smoke detectors and carbon monoxide detectors. We also check for Fall Prevention items such as scatter rugs and flashlights and how your snow removal is taken care of. This is a free service and can be done by calling the COA for an appointment at 508-430-7550. When you call, please have ready your name, address, phone and approx. age of your home. If we have batteries or detectors that will work in your home that have come through the grant we will use them. If not, and you want to purchase them, that works as well. The Fire Association purchases items in bulk that we could sell to you at cost. This is a donation check made payable to the Harwich Fire Association which is tax deductible. **The next available Assessment dates will be in the Fall of 2017.** All appt.'s are 1 hour and begin at 9:00 and the last appt. is at 12 noon.



NUTRITION & DIET SUPPORT GROUP

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

5th Annual Wildlands Music & Art Stroll

Saturday, September 9th (1:00 – 4:00 p.m.) Park at Monomoy Regional High School (75 Oak St.) and board one of the courtesy shuttle buses for the 5-min. ride to the Wildlands Music & Art Stroll in Harwich Port. It will be fun!

Event admission is a suggested donation of \$5.00 per person.

Stroll HCT's 66-acre Robert F. Smith Cold Brook Preserve and watch as the Guild of Harwich Artists paints 'en plein air' while listening to local musicians play jazz, classical, and folk music on the original "piano in the woods" as well as guitar, clarinet, and other instruments. Ice cream will be available for sale provided by The Local Scoop!



Clean out your closets
& save the date for

Harwich Community Center's
Annual Yard Sale!

Community
YARD SALE!

SATURDAY
AUGUST 5TH, 2017
9^{AM} - 1^{PM} | *Rain or Shine!*

★ **In Brooks Park** ★


Community Groups, Clubs, Organizations,
and the public offering items for sale!

Spaces Available for 20\$, Call for Details

★ 508-430-7568 ★

[In the Event of rain, Yard Sale will be held in Community Center Gym]

HARWICH COUNCIL ON AGING CALENDAR JULY 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 7:00 Walking Club-Gym 8:30 Walking Club Brooks Park 1:00-3:00 Bridge with Nancy 1-4:00 Open Game Rm & Gym 1/2 2-3:00 Overeaters Anonymous 5:00 Supper Club-Cape Cod Ukulele Club Performs COA Van-Orleans Trip & Lunch @ Cooke's</p>	<p>4 INDEPENDENCE DAY ALL TOWN OFFICES ARE CLOSED</p> 	<p>5 8:30 Walking Club Brooks Park 8:30 Pilates Mat Class 9:30-12 Wellness Clinic Town RN 9:30 Footfit Class 9:30 NO COA BOARD MTG 9:30 Clutterer's Anonymous 10:30-12 Caregiver Support Grp Call Alzheimer's Family Support Ctr 508-896-5170 11:30 Sr. Dining Program 1:00 Legal Services with Tom Kosman, Esq. by appt. 1-4:00 Open Game Rm & Gym 1/2 6-7:30 Dad's Support Group</p>	<p>6 Stop & Shop COA Van 7:00 Walking Club-Gym 9:00 Yoga with Michele 10-11 Overeaters Anonymous 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program 1:00 Cribbage Game 1-4:00 Game Room Open 2:00 Harwich Family Food Pantry</p>	<p>7 8:30 Pilates Mat Class 8:30 Walking Club- Brooks Park 9-12 S.H.I.N.E. Counseling 9:00 Mindful Yoga with Kathie 9:30 Footfit Class 9:30 Balance Class 10-11:30 Blood Pressure Clinic RN-Bayada Nursing 11-1:00 50+ Volleyball-Gym 11:30 Senior Dining Program 1-4:00 Game Room Open 1:00 COA Bicycle Group meets at Brooks Pk if weather permits 2:00 Current Events Brooks Library.</p>
<p>10 7:00 Walking Club-Gym 8:30 Walking Club Brooks Park 1:00-3:00 Bridge with Nancy 1-4:00 Open Game Rm & Gym 1/2 2-3:00 Overeaters Anonymous 5:00 Supper Club-Harry French Performs COA Van-Market Basket Store</p>	<p>11 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's & the Ball 9:30 Free Hearing Screenings-Barbara Eaton 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 9:30 Balance Class 11-1 50+. Volleyball-Gym 11:30 Sr. Dining Program 1:00 Legal Services-Elizabeth Lynch, Esq by appt 1-4:00 Open Game Rm 6:00 Exercise Class with Jill Brown</p>	<p>12 8:30 Pilates Mat Class 8:30-9:30 Superfit with Charlie 8:30 Walking Club Brooks Park 9:30 Footfit Class 9:30-12 Wellness Clinic Town RN 9:30-10:30 Seniorfit- Charlie 9:30 Clutterer's Anonymous 10:00 Friends of Harwich COA Board Mtg. 11:30 Sr. Dining Program 1-4:00 Open Game Rm & Gym 1/2 7-8:30 Compassionate friends grp.</p>	<p>13 Stop & Shop COA Van 7:00 Walking Club-Gym 9:00 Yoga with Michele 10-11 Overeaters Anonymous 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program 1:00 Cribbage Game 1-4:00 Game Room Open 2:00 Harwich Family Food Pantry</p>	<p>14 8:30 Pilates Mat Class 8:30-9:30 Superfit with Charlie 8:30-2:30 Betty Brady's Foot Care Clinic by Appt. 8:30 Walking Club- Brooks Park 9:00 MEN'S BREAKFAST followed by Men's Book Club 9-12 S.H.I.N.E. Counseling 9:00 Mindful Yoga with Kathie 9:30 Balance Class 9:30 Footfit Class 9:30-10:30 Seniorfit -Charlie 10-11:30 Blood Pressure Clinic RN-Wingate Nursing & rehab. 11-1:00 50+ Volleyball-Gym NO Senior Dining Program 1-4:00 Game Room Open 1:00 COA Bicycle Group meets at Brooks Pk if weather permits 2:00 Current Events Brooks</p>

HARWICH COUNCIL ON AGING JULY 2017 CALENDAR PG 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>17 7:00 Walking Club-Gym 8:30 Walking Club Brooks Park 9:00-12:00 Social Security Machine Live by Appt.!! 1-4:00 Open Game Rm & Gym 1:00-3:00 Bridge with Nancy 2-3:00 Overeaters Anonymous 5:00 Supper Club Brian Kelly on Guitar COA Van-Dennisport-Job Lot & Buckies</p>	<p>18 7:00 Walking Club-Gym 9:00 Nutrition & Diet Support 9:00 Yoga with Michele 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Reiki WITH Diane Thibodeau Reiki Master, & Joanne Clingan 9:30 Balance Boosters 10-11:15 Nutrition Pearls of China, Costa Rica & Loma Linda-presented by Dietitian, Tricia Silverman 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 1-4:00 Open Game Rm 6:00 Exercise Class with Jill Brown</p>	<p>19 8:30 Pilates Mat Class 8:30-9:30 Superfit with Charlie 8:30 Walking Club Brooks Park 9:30-12 Wellness Clinic Town RN 9:30 Clutterer's Anonymous 9:30 Footfit Class 9:30-10:30 Seniorfit with Charlie 10:30-12 Caregiver Support Grp Call Alzheimer's Family Support Ctr 508-896-5170 11:30 Sr. Dining Program 1-4:00 Open Game Rm & Gym 1/2</p>	<p>20 Stop & Shop COA Van 7:00 Walking Club-Gym 9:00 Yoga with Michele 10-11Overeaters Anonymous 11:30 Sr. Dining Program 1:00 Cribbage Game 1-4:00 Open Game Rm 2:00 Harwich Family Pantry</p>	<p>21 8:30 Pilates Mat Class 8:30-9:30 Superfit with Charlie 8:30 Walking Club Brooks Park 9-12 S.H.I.N.E. Counseling 9:00 Mindful Yoga with Kathie 9:00 Women's Breakfast R.S.V.P. 9:30 NO Balance Boosters 9:30 Footfit Class 9:30-10:30 Seniorfit with Charlie 10-11:30 Blood Pressure Clinic R.N. with Bayada Nursing 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 1:00 COA Bicycle Group meets at Brooks Pk if weather permits 2-4 AUTHOR'S TEA see flyer 2:00 Current Events Brooks Library</p>
<p>24 7:00 Walking Club-Gym 8:30Walking Club Brooks Park 1:00-3:00 Bridge with Nancy 2-3:00 Overeaters Anonymous 4:00 Open Game Rm & Gym 5:00 Supper Club-Ritchie Bern on Guitar & Songs COA Van Trader Joes & Christmas Tree Shop Plaza</p>	<p>25 7:00 Walking Club-Gym 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 9:30 LAST Balance Class 11-1 50+. Volleyball-Gym 11:30 Sr. Dining Program 1-4:00 Open Game Rm 6:00 Exercise Class Jill Brown</p>	<p>26 8:30 Pilates Mat Class 8:30-11:30 Betty Brady's Foot Clinic 8:30 Walking Club Brooks Park 9:30-12 Wellness Clinic-Town RN 9:30 Clutterer's Anonymous 9:30 Footfit Class 11:30 Sr. Dining Program 12:30-3:00 Legal Services with Michael Lavender, Esq. by Appt 1-4:00 Open Game Rm & Gym</p>	<p>27 Stop & Shop COA Van 7:00 Walking Club-Gym 9:00 Yoga with Michele 10-11Overeaters Anonymous 11:30 Sr. Dining Program 1:00 Cribbage Game 1-4:00 Open Game Rm 2:00 Harwich Family Pantry</p>	<p>28 8:00 FREE Wingate Breakfast 8:30 Pilates Mat Class 8:30 Walking Club Brooks Park 9-12 S.H.I.N.E. Counseling 9:00 Mindful Yoga with Kathie 9:30 Footfit Class 10-11:30 Blood Pressure Clinic R.N. with Wingate of Harwich 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 1:00 COA Bicycle Group meets at Brooks Pk if weather permits 2:00 Current Events Brooks library</p>
<p>31 7:00 Walking Club-Gym 8:30Walking Club Brooks Park 1:00 Legal Services-Elizabeth Lynch, Esq by appt 1:00-3:00 Bridge with Nancy 2-3:00 Overeaters Anonymous 4:00 Open Game Rm & Gym 5:00 Supper Club-Music with Dot Hemmings & Friends COA Van-Patriot Square & Movies</p>				

HARWICH COUNCIL ON AGING CALENDAR AUGUST 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>DON'T FORGET TO MARK AUGUST 5TH ON YOUR CALENDAR TO ATTEND THE COMMUNITY YARD SALE AT BROOKS PARK FROM 9-1 P.M. RAIN OR SHINE. IN CASE OF RAIN IT WILL BE HELD IN THE COMMUNITY CTR GYMNASIUM.</p> <p>COMMUNITY GROUPS, CLUBS, ORGANIZATIONS, AND THE PUBLIC OFFERING ITEMS FOR SALE!</p> <p>SPACE AVAILABLE FOR \$20 CALL 508-430-7568 TODAY TO RESERVE A SPACE!</p>	<p>1</p> <p>7:00 Walking Club-Gym</p> <p>9:00 Free Hearing Screenings-Barbara Eaton</p> <p>9:00 Nutrition & Diet Support</p> <p>9-12 Mah Jongg</p> <p>9-12 S.H.I.N.E. Counseling</p> <p>9:00 Yoga with Michele</p> <p>10-11:30 Sight Loss Support Grp.</p> <p>11-1 50+. Volleyball-Gym</p> <p>11:30 Sr. Dining Program</p> <p>1-4:00 Open Game Rm</p> <p>6:00 Exercise Class with Jill</p>	<p>2</p> <p>8:30 Pilates Mat Class</p> <p>8:30 Walking Club Brooks Park</p> <p>9:30 FootFit Class</p> <p>9:30 COA BOARD MTG</p> <p>9:30-12 Wellness Clinic</p> <p>Town RN</p> <p>9:30 Clutterer's Anonymous</p> <p>10:30-12 Caregiver Support Grp Call Alzheimer's Family Support Ctr 508-896-5170</p> <p>11:30 Sr. Dining Program</p> <p>1:00 Legal Services with Tom Kosman, Esq. by appt. 1-4:00 Open Game Rm & Gym 1/2</p> <p>6-7:30 Dad's Support Group</p>	<p>3</p> <p>Stop & Shop COA Van</p> <p>7:00 Walking Club-Gym</p> <p>9:00 Yoga with Michele</p> <p>10:30-12 Open Tennis-Gym</p> <p>10-11 Overeaters Anonymous</p> <p>11:30 Sr. Dining Program</p> <p>1:00 Cribbage Game</p> <p>2:00 Harwich Family Food Pantry</p> <p>1-4:00 Game Room Open</p>	<p>4</p> <p>8:30 Pilates Mat Class</p> <p>8:30 Walking Club- Brooks Park</p> <p>9:00 Mindful Yoga with Kathie</p> <p>9-12 S.H.I.N.E. Counseling</p> <p>9:30 Footfit Class</p> <p>10-11:30 Blood Pressure Clinic RN-Bayada Nursing</p> <p>11-1:00 50+ Volleyball-Gym</p> <p>11:30 Senior Dining Program</p> <p>2:00 Current Events Brooks Free Library</p> <p>1-4:00 Game Room Open</p> <p>1:00 COA Bicycle Group meets at Brooks Pk if weather permits</p>
<p>7</p> <p>7:00 Walking Club-Gym</p> <p>8:30 Walking Club Brooks Park</p> <p>1-3:00 Bridge with Nancy Blezard</p> <p>1-4:00 Open Game Rm & Gym 1/2</p> <p>2-3:00 Overeaters Anonymous</p> <p>5:00 Supper Club-Ritchie Bern performs</p> <p>COA Van-Walmart trip</p>	<p>8</p> <p>7:00 Walking Club-Gym</p> <p>9:00 Nutrition & Diet Support</p> <p>9-12 Mah Jongg</p> <p>9-12 S.H.I.N.E. Counseling</p> <p>9:00 Yoga with Michele</p> <p>10-11:30 Sight Loss Support Grp.</p> <p>11-1 50+. Volleyball-Gym</p> <p>11:30 Sr. Dining Program</p> <p>1-4:00 Open Game Rm</p> <p>6:00 Exercise Class with Jill</p>	<p>9</p> <p>8:30 Pilates Mat Class</p> <p>8:30 Walking Club Brooks Park</p> <p>9:30 FootFit Class</p> <p>9:30-12 Wellness Clinic</p> <p>Town RN</p> <p>9:30 Clutterer's Anonymous</p> <p>10:00 Friends of Harwich COA Board Mtg</p> <p>11:30 Sr. Dining Program</p> <p>1-4:00 Open Game Rm & Gym 1/2</p>	<p>10</p> <p>Stop & Shop COA Van</p> <p>7:00 Walking Club-Gym</p> <p>9:00 Yoga with Michele</p> <p>10:30-12 Open Tennis-Gym</p> <p>10-11 Overeaters Anonymous</p> <p>11:30 Sr. Dining Program</p> <p>1:00 Cribbage Game</p> <p>1-4:00 Game Room Open</p> <p>2:00 Harwich Family Food Pantry</p>	<p>11</p> <p>8:30-3:30 Betty Brady's Foot Clinic</p> <p>8:30 Pilates Mat Class</p> <p>8:30 Walking Club- Brooks Park</p> <p>9:00 MEN'S BREAKFAST, followed by Men's Book Club</p> <p>9-12 S.H.I.N.E. Counseling</p> <p>9:00 Mindful Yoga with Kathie</p> <p>9:30 Footfit Class</p> <p>10-11:30 Blood Pressure Clinic RN-Wingate of Harwich Nursing</p> <p>11-1:00 50+ Volleyball-Gym</p> <p>NO Senior Dining Program</p> <p>12:00 Current Events Brooks Library</p> <p>1-4:00 Game Room Open</p> <p>1:00 COA Bicycle Group meets at Brooks Pk if weather permits</p>

HARWICH COUNCIL ON AGING AUGUST 2017 CALENDAR PG 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>14 7:00 Walking Club-Gym 8:30 Walking Club Brooks Park 1-3 Bridge with Nancy Blezard 1-4:00 Open Game Rm & Gym 1/2 2-3:00 Overeaters Anonymous performs 5:00 Supper Club Harry French COA Van-Market Basket Trip</p>	<p>15 7:00 Walking Club-Gym 9:00 Nutrition & Diet Support 9:00 Yoga with Michele 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Reiki WITH Diane Thibodeau Reiki Master, & Joanne Clingan 11-1 50+. Volleyball-Gym 11:30 Sr. Dining Program 1-4:00 Open Game Rm 6:00 Exercise Class with Jill Brown</p>	<p>16 8:30 Pilates Mat Class 8:30 Walking Club Brooks Park 9:30-12 Wellness Clinic RN 9:30 FootFit Class 9:30 Clutterer's Anonymous 10:30-12 Caregiver Support Grp Call Alzheimer's Family Support Ctr 508-896-5170 11:30 Sr. Dining Program 1-4:00 Open Game Rm & Gym 1/2 Van-Stop & Shop Market pm</p>	<p>17 Stop & Shop COA Van 7:00 Walking Club-Gym 9:00 Yoga with Michele 10-11Overeaters Anonymous 11:30 Sr. Dining Program 1:00 Cribbage Game 1-4:00 Open Game Rm 2:00 Harwich Family Food Pantry</p>	<p>18 8:30 Pilates Mat Class 9:00 WOMEN'S BREAKFAST!! Provided by Woodlands Assisted Living R.S.V.P.required 8:30 Walking Club Brooks 9:00 Mindful Yoga with Kathie 9-12 S.H.I.N.E. Counseling 9:30 Footfit Class 10-11:30 Blood Pressure Clinic R.N. with Bayada Nursing 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 1:00 COA Bicycle Group meets at Brooks Pk if weather permits 2:00 Current Events Brooks Library</p>
<p>21 7:00 Walking Club-Gym 8:30 Walking Club Brooks Park 9:00-12:00 Social Security Machine Live by Appt.. 1-3 Bridge with Nancy Blezard 1-4:00 Open Game Rm & Gym 1/2 2-3:00 Overeaters Anonymous Performs COA Van-Provincetown Trip-Weather Permitting and a minimum of 6 riders</p>	<p>22 7:00 Walking Club-Gym 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:30 Yoga with Michele 11-1 50+. Volleyball-Gym 11:30 Sr. Dining Program 1-4:00 Open Game Rm 6:00 Exercise Class with Jill</p>	<p>23 8:30 Pilates Mat Class 8:30 Walking Club Brooks Park 8:30-11:30 Betty Brady's Foot Clinic 9:30 Clutterer's Anonymous 9:30 FootFit Class 9:30-12 Wellness Clinic RN 11:30 Sr. Dining Program 12:30-3:00 Legal Services with Michael Lavender, Esq. by Appt 1-4:00 Open Game Rm & Gym Van-Stop & Shop Market pm</p>	<p>24 Stop & Shop COA Van 7:00 Walking Club-Gym 9:30 Yoga with Michele 10-11Overeaters Anonymous 11:30 Sr. Dining Program 1:00 Cribbage Game 1-4:00 Open Game Rm 2:00 Harwich Family Food Pantry</p>	<p>25 8:00 Wingate Breakfast 8:30 Pilates Mat Class 8:30 Walking Club Brooks pk 9-12 S.H.I.N.E. Counseling 9:00 Mindful Yoga with Kathie 9:30 Footfit Class 10-11:30 Blood Pressure Clinic R.N. with Wingate Nursing 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 1:00 COA Bicycle Group meets at Brooks Pk if weather permits 1-4:00 Open Game Rm 2:00 Current Events Brooks Library</p>
<p>28 7:00 Walking Club-Gym 8:30 Walking Club Brooks Park 1-3 Bridge with Nancy Blezard 1-4:00 Open Game Rm & Gym 1/2 2-3:00 Overeaters Anonymous 5:00 Supper Club-Music with Dot Hemmings & Friends COA Van-Thrift Shops-Driver's Choice</p>	<p>29 7:00 Walking Club-Gym 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:30 Yoga with Michele 11-1 50+. Volleyball-Gym 11:30 Sr. Dining Program 1-4:00 Open Game Rm 6:00 Exercise Class with Jill</p>	<p>30 8:30 Pilates Mat Class 8:30 Walking Club Brooks Park 9:30 Clutterer's Anonymous 9:30 FootFit Class 9:30-12 Wellness Clinic RN 11:30 Sr. Dining Program 1-4:00 Open Game Rm & Gym Van-Stop & Shop Market pm</p>	<p>31 Stop & Shop COA Van 7:00 Walking Club-Gym 9:30 Yoga with Michele 10-11Overeaters Anonymous 11:30 Sr. Dining Program 1:00 Cribbage Game 1-4:00 Open Game Rm 2:00 Harwich Family Food Pantry</p>	

RICK'S VOLUNTEER CORNER



Volunteer Job Descriptions:

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

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

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

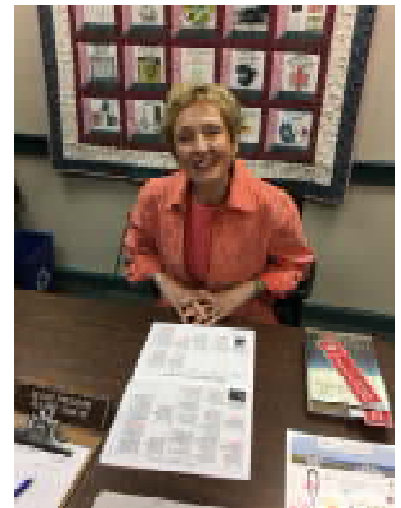
Medical Drivers-Drive seniors to medical appointments in the local area.

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

We are please to welcome new volunteers: Myrna Gary, who has assisted us in our food delivery program and Joe Ullman a new Friendly Visitor

SUMMERTIME IS VOLUNTEER TIME

Many years ago, Aristotle wrote; "What is the essence of life? To serve others and do good". Those words are as true today as the day they were spoken. If you would like to enrich your life through volunteering we have needs in the following areas: **Dining Room Aides, and Medical Drivers.** Our featured volunteer is Gail Marshall, who has been Volunteering for many years. First on our former Travel Desk and now as a greeter. A pleasure and a treasure, Gail is a real asset to the COA.



The Harwich Cultural Council and the Harwich Council on Aging

Present

Nutrition Pearls of China, Costa Rica & Loma Linda

A Fun and Informative Nutrition Presentation

Tuesday, July 18

10:00 a.m. – 11:15 a.m.

Location: Harwich Council on Aging inside the Community Center

100 Oak Street, Harwich, MA



Discover how following some traditional eating habits of the Chinese can lower rates of heart disease, cancer and diabetes. Join Tricia Silverman, Registered Dietitian and Nutrition Expert, to learn how beans, squash, and corn are helping people live longer in Costa Rica. See why the Seventh Day Adventists in Loma Linda, California, are one of the healthiest and longest living populations in the United States. Strategies for simple and healthy meals and snacks that reflect the tasty and nutritious food of these cultures will be shared.

This free seminar is open to all members of the community. Please RSVP to the Harwich Council on Aging by Friday, July 14 by calling (508) 430-7550.



This program is supported in by Harwich Council on Aging, and a grant from the Harwich Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Tricia Silverman, RD, LDN, MBA, is a Registered Dietitian and was named 2016 Boston Fitness Idol by SCW Fitness, 2008 Recognized Young Dietitian of the Year by the Massachusetts Dietetic Association, and 2008 Chapter Member of the Year by the National Speakers Association New England. She owns *Tricia Silverman Wellness*, a nutrition and business consulting firm in Massachusetts. She is a writer, speaker, exercise instructor, and wellness coach. For more information, check out www.triciasilverman.com.

Native Nightlife Walks under the Full Moon

Guided Walks in the Cape Cod National Seashore

Sponsored by Harwich Conservation Trust and Eastham Conservation Foundation (Eastham's local land trust), join 12th generation Cape Codder Todd Kelley and Native American Nipmuc/Wampanoag Marcus Hendricks on one of three walks exploring the cultural and natural nightlife of Cape Cod. Learn about the lifeways of the First People (Native Americans) as well as old Cape Codders in relation to the rhythms of native plants and animals at dusk and during the night. Learn why the First People told stories at night (the foundation of the oral storytelling tradition) and why they fished at night among other things. These walks take place around the time of the summer full moons in June, July



Cost: \$15.00 per person per walk-These walks are recommended for ages 12 and up.

July Full Moon ("Thunder Moon")Day/date: Monday, July 10, 2017;Rain date: Tuesday, July 11, 2017

August Full Moon ("Sturgeon Moon")Day/date: Monday, August 7, 2017;Rain date: Tuesday, August 8, 2017

Time for each walk: 6:00 – 8:00 p.m.

Location: Cape Cod National Seashore, Eastham

(You will receive directions to the meeting place with your reservation confirmation email.)

Helpful info.: Please bring walking/hiking shoes, long-sleeves, lightweight pants, water, and if available a headlamp or flashlight because of returning in twilight. These moderate walks include a woodland trail, some paved bike trail, a wooden footbridge, and some soft beach sand.

BIRDS AND BUTTERFLIES OF THOMPSON'S FIELD

Friday, July 28th, 8:30 to 10:00 a.m.

Birds & Butterflies of Thompson's Field

Sponsored by Harwich Conservation Trust (HCT), join Town of Harwich Conservation Administrator Amy Usowski on a walk to learn about the natural history, birds, butterflies, and other pollinators of town-owned Thompson's Field. This walk is free, but please register in advance by emailing events@harwichconservationtrust.org. You will receive directions with your registration confirmation email.

American lady butterfly photo at right, by Janet DiMattia



6 Tips for Senior Sun Safety



Summer weather is great for relaxing with family and friends. Being outside for pool parties, barbecues, and beach trips are what make summertime so much fun.

Too much outdoor time, however, can lead to problems like sunburn and dehydration in elderly populations who are especially at risk for these hot-weather woes. But by taking a few precautions, problems like sunburn and dehydration in the elderly can be avoided and seniors will be able to get the most out of long summer days.



Wear the right clothing.

The best summertime clothing for seniors is lightweight and made out of a breathable fabric such as cotton. Shirts should be long-sleeved, and seniors should wear wide-brimmed hats to protect from the sun.



Apply sunscreen early and often.

Sunscreen takes time to work, so don't wait until you're poolside. Try to apply sunscreen about an hour before you head outside, and reapply every two hours. Look for a broad-spectrum sunscreen that protects against both UVA and UVB radiation.



Drink plenty of fluids.

Seniors are less likely to feel thirsty, and dehydration can come on quickly and be dangerous. Try to drink between 6 and 8 glasses of water a day, and increase your intake if you're doing any kind of physical activity, or if the weather is particularly hot.



Stay indoors at the hottest hours.

The sun is most intense during the middle of the day. If you're a tennis player or gardener, it's best to keep these activities to the early morning or evening, when the weather is cooler. Try to stay indoors when the sun is at its peak.



WARNING: Knowing the signs of heat stroke can save a senior's life. A flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and lack of sweating despite the heat are signs that immediate action should be taken. Drinking water, a cool ice pack to the back of the neck, and removal of the sun is a must at the earliest signs of these symptoms.



Wear eye protection.

Seniors have very sensitive eyes. Wearing sunglasses can help reduce the cumulative damage that causes eye problems such as cataracts and age-related macular degeneration in seniors. Wrap-around styles that protect from both UVA and UVB radiation are best.



Check your medications.

Some medications can cause increased sensitivity to the sun. Look over your medications, and talk to your doctor about any concerns or questions you have.



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.

JULY-AUGUST, 2017

The Friends' Board has received court approval to expend funds on the below areas I've written about previously, This is a significant decision.

Socialization opportunities such as dances, concerts, author lectures, educational programs, programs and purchases that support music appreciation, current affairs

Medical Equipment such as canes, bed railings, incontinence products

Nutrition Support programs such as holiday meal packages, supermarket gift cards Transportation-minibus purchase and its operational expenses

"Last resort" Emergency Assistance for food, fuel, medical needs, prescriptions

Future needs of the COA that support seniors and are not eligible for funding from other sources.

For all of these areas the Friends Board is the sole decision-makers for evaluating and deciding whether to expend funds for any particular certain project.

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

We are dependent on donations. from both individuals and businesses, bequests, and fundraisers to help Harwich's seniors. We have recently been fortunate to receive a donation from a Senior widower in honor of his spouse.

Please consider helping us in our efforts in any way you can, including volunteering in our efforts. Harwich's seniors appreciate it, and need it.

I hope you are enjoying Summer and the trees, flowers, and warm weather and waters.

Jack Brown, FHCOA President

Membership Form 2017-2018

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

Member: _____ Annual/Individual: \$5.00 _____

Member: _____ Lifetime/Individual: \$40.00 _____

Address: _____ Phone: _____

Email: _____

Additional Donation Appreciated: \$ _____

Designated for: Minibus Operation _____

Board of Directors

Jack E. Brown, Chairman

Andrea Terney- Treasurer

JoAnne Brown, Secretary

Richard Waystack

Nicole Muller

Council on Aging Board

Lee Culver-Acting Chair
Ralph Smith
Richard Waystack
James Mangan
Dr. Robert Aaron

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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Office of Elder Affairs**

"We all make mistakes, have struggles, and even regret things in our past. But you are not your mistakes, you are not your struggles, and you are here NOW with the power to shape your day and your future." – Steve Maraboli – Author

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