

Town of Harwich COUNCIL ON AGING NEWS



Harwich Community Center ~ 100 Oak Street ~ Harwich, MA 02645
Tel: 508-430-7550 ~ Fax: 508-430-7530

July/August 2019

*The mission of the Harwich Council on Aging is
to support and advocate for older adults, their families, and caregivers.*

Mental Health First Aid

Join us for this incredible opportunity offered in partnership with Outer Cape Health Services and the Harwich Community Center

Mental Health First Aid is an 8 hour class—broken into 4 sessions—that teaches you how to identify, understand, and respond to signs of mental illness and substance use disorders. This training will give you the skill you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care.

These classes will be held on August 6, 8, 13, and 15, from 1-3 PM. Please plan to come to all four sessions if you sign up.

Become informed and empowered to support your friends, family, and community in navigating these difficult areas!

The cost for the training is \$20 per person. The COA will offer scholarships if the cost of the class is a barrier to participating. Call COA Director Emily Mitchell or Social Services Coordinator Susanna Keith to take advantage of the scholarship.

Class size is limited, so an RSVP is required.

Call the COA at 508-430-7550 no later than July 30, 2019 to sign up.



KNOW
THE SIGNS



LEARN THE
ACTIONS

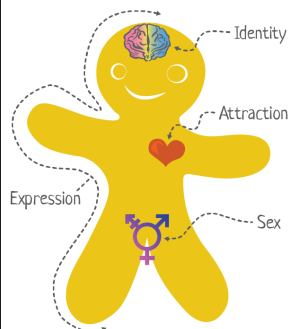


BE A
LIFELINE

Understanding the Alphabet: LGBTQ 101

Tuesday, July 30th, 10 AM—11 AM

Has your child, grandchild, or even a friend come out to you and you weren't sure what it meant or how to respond? Have you wanted to better understand and be more respectful around gender and sexuality? Have you seen this acronym in the media or in political discussions and wanted to know more? *This is the event for you!*



Join us for a fun, inclusive, and informative conversation about biological sex, gender identity and expression, and sexual orientation.

Light refreshments will be served.
Call the COA at 508-430-7550 with questions or to RSVP!

DIRECTOR'S DIALOGUE

Well, summer is fully upon us! I hope you are all enjoying the warmth, light, and longer days as much as I am.



Unfortunately, this time of year also marks the beginning of hurricane season. While we are often insulated from these storms, we have been hit hard before. I want to take this time to remind you to have emergency essentials packed, especially when a storm is predicted. This includes several days worth of any medications, flashlights, batteries, photo identification, a small first aid kit, health insurance information, toiletries, and cash. Stop by the COA for a full list of recommended items to keep in preparation for a hurricane or other emergency.

Also as a reminder, the COA published an "Emergency Resource and Information" form in our January/February newsletter and asked folks to complete and return it. This form helps us to gain information that the COA and Public Safety officials can use in times of emergency to better serve our community. If you never filled one out, stop by the COA for a copy and complete one now!

On another note, I am very excited about the programs we have planned for July and August. The events listed just to the left of this column touch on two of the topics I am most passionate about—open, honest, and compassionate conversations about mental health and LGBTQ+ justice. I hope to see you there!

Emily Mitchell

INSIDE!

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SPECIAL UPCOMING PROGRAMS

MEN'S MORNING

Men's Breakfast

Friday, July 12th, 9am

With five players from our own Harwich Mariner's baseball team!

Friday, August 9th, 9am

With special guest Sergeant Amy Walinski of the Harwich Police Department. Sergeant Walinski serves as the HPD's elder liaison officer and does invaluable work for our older adults.

**PRE-REGISTRATION IS REQUIRED
BY THE PRIOR WEDNESDAY**

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

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

Men's Book Club (new members always welcome!)

Friday, July 12th, 10am

The July book will be *Vanished* by Joseph Finder

Friday, August 9th, 10am

The August book will be *A Death In Vienna* by Daniel Silva

*Copies of both books will be available at Brooks Free
Library. Just ask at the desk!*

SUPPER CLUB EVENTS

Cost: \$5 residents (\$6 non-residents)

Patriotic Songs

Monday, July 1st, 5pm

Join us for an evening of Patriotic songs in time for the 4th of July with Martha Martin and Dot Bassett!

Geno Shurick

Monday, August 5th, 5pm

We're thrilled to have long time Supper Club singer Geno Shurick back to perform. You won't want to miss him!

Call early as space is limited.

PRE-REGISTRATION IS REQUIRED

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



WOMEN'S BREAKFAST

Friday, July 26th, 9am

Rescheduled—Our special guest will be Mark Kelleher, an innovative local kelp farmer here in Harwich.

Friday, August 23rd, 9am

With special guest Sergeant Amy Walinski of the Harwich Police Department. Sergeant Walinski serves as the HPD's elder liaison officer and does invaluable work for our older adults.

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

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DEVICE ADVICE—By Appointment

Tuesday, July 16th, 9:15 am to 10:00 am

Tuesday, August 20th, 9:15 am to 10:00 am

"Device Advice" is your chance to sit down with someone from Brooks Free Library who will answer basic questions about your personal device! Each appointment is 5-15 minutes long and is open to any type of device...iPad, eReader, iPhone, laptop, etc. "Device Advice" is perfect if you want an overview, need help downloading ebooks, or have a question about how to do something.



Sponsored by the Friends—BUS TRIPS

All rides are free. Call 508-432-5050 to sign up!



Friday, July 12, 2019, 10:30 AM

Chatham Beachcomber Pleasant Bay Boat Tour (\$25).
Lunch at Saquatucket Snack Shack. **Rain cancels.**

Friday, July 19, 2019, 3:30 PM (return 6:30 PM)

Greek Festival in Centerville. Free admission.

Friday, August 9, 2019, 11 AM

Cape Cod Museum of Natural History in Brewster (\$10).
Lunch location TBD.

Monday, August 26, 2019, 11 AM (return 2:30 PM)

Red River Beach Picnic provided by the Friends.
Rain cancels.

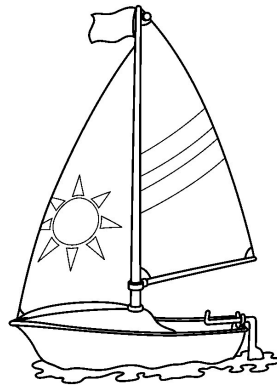


... & MORE

Introduction to Sailing

**Sponsored by
Pleasant Bay Community
Boating**

Friday, July 19th, 1:30 PM to 4 PM



Pleasant Bay Community Boating has once again extended a generous invitation to introduce sailing to Harwich seniors who have never had the opportunity to sail.

We will take a group of up to 12 people over the Pleasant Bay for an afternoon on the water with PBCB instructors. If you've never had an opportunity to explore the waters of Cape Cod by boat, we hope you will consider this experience right in our hometown with local instructors!

Due to boat accessibility, all participants must be fully ambulatory. All participants will also be required to sign a liability waiver. Space is limited, so we are restricting this program to Harwich residents only. An RSVP is required for this event—call the COA at 508-430-7550 to reserve your space.

This event is **FREE**—PBCB generously covers the cost of this program for our COA participants. Transportation will be provided on the Cranberry Coach van.

New Class: Meditation and Mindful Movement

Thursday afternoons, 2:30 PM to 3:30 PM (begins July 11th)

Join Janet Bettey, a Registered Yoga Teacher, for this exciting new class.

Classes include gentle, mindful movement and breathing practices that support your meditation practice. Leave feeling centered, restored, and balanced within the body, mind, and spirit. These classes offer a safe and nourishing space to experience the benefits of meditation whether you are a beginner or looking to deepen your practice.

Cost: \$10/class or 5 classes for \$45

BIG SCREEN MOVIE DAY

"The Upside" (Rated PG-13)

Tuesday, July 9th, 2:00 PM

A heartfelt comedy about an unlikely friendship between a recently paroled former convict and a billionaire with paralysis.



"The Book Shop" (Rated PG)

Tuesday, August 13th, 2:00 PM

Set in the 1950s in a small English town, a free-spirited widow follows her lifelong dream of opening a bookshop in spite of ruthless local opposition.



Light refreshments are served
No charge, but donations gladly accepted

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

Monthly Mobile DENTAL CLINIC



Friday, July 26th, 10am-3pm

Friday, August 23rd, 10am-3pm

Preventative dental services are now being offered at the Harwich COA. Mobile Dental Hygiene Services is excited to offer dental cleanings, exams, fluoride treatments, denture care, and education. Services are free to anyone with MassHealth Standard/Medicaid. They offer affordable rates for individuals without dental insurance.

Please call 508-827-6725 with any questions and to make an appointment.

LARRY DAPSIS, the "Tick King of Cape Cod"



Rescheduled—Tuesday, August 6th at 10 AM

Larry is making his second annual appearance with updated information on tick borne diseases. He has been featured on WCVB Channel 5 Chronicle Episode, and will discuss the detection, testing, and prevention of tick borne diseases. Larry is an Entomologist based here in Barnstable and is making a difference with community outreach programs. *Please come join us!*

An RSVP is always appreciated—call the COA at 508-430-7550

REGULAR ACTIVITIES

FUN STUFF!

BRIDGE CLASSES

Mondays, 1-3pm, \$35 for 6 weeks

This is for intermediate players focused on improving skills. Call Instructor Nancy Blezard at 508-432-6203 for more information.

CRIBBAGE

Thursdays, 1pm

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

COMPUTER INTERNET ACCESS

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

MAH JONGG

Tuesdays 9 AM—12 PM

NEW: Tuesdays 1 PM—4 PM

This is a weekly group that gathers to play Mah Jongg. There are no lessons, but all levels of play are welcome, and new players and "walk-ins" are always welcome! Can't get enough Mah Jongg? Join our new group on Tuesday afternoons!

"BIG SCREEN" MOVIE DAY

2nd Tuesday of the month, 2pm

Come alone or with your friends to see a movie on the "big screen" in the multipurpose room. We even serve popcorn! Pre-registration required. See p. 3 for details.

Ukulele Classes with Cathy Hatch—NEW TIME

Absolute Beginner: Thursdays 9-10 AM

Advanced Beginner: Thursdays 10:30—11:30 AM

Six week sessions—pre-registration required (508-430-7550).

Next session: July 11, 18, 25, August 1, 8, 15

You must bring your own ukulele! Contact Cathy Hatch (cathy_hatch@comcast.net) for more info!

Living with Vision Loss

Learn about devices and adapted techniques that help people with vision loss perform daily tasks independently. Sessions take place the first Tuesday of the month from 9:30-10:30 AM at the Harwich Community Center.

July 2nd topic: Magnification Options

August 6th topic: Labelling Methods

Cosponsored by the Harwich Council on Aging and the Brooks Free Library. RSVP is preferred, but not required. Call 508-430-7550 to register or arrange for transportation. Questions? Call Carla Burke at 508-430-7562, ext. 5.

COA FITNESS!

BALANCE BOOSTERS

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

Maintain balance & flexibility with 1 hour of stretching while safely seated in a chair using your own body and simple implements which are supplied. Taught by Town Nurse Susan Jusell. Call the COA at 508-430-7550 for more information.

GENTLE CHAIR YOGA

Wednesdays, 10-11am, FREE

This class emphasizes light stretching and strengthening with a focus on the link between breath and movement. All ages and fitness levels welcome!

HEALTHY FOR LIFE

Fridays, 10:30-11:30am, \$2/class

Keep your bodies moving in this class taught by certified fitness instructor, Debbie Benton. Classes incorporate different abilities and focus on seated exercises to help maintain strength, range of motion, coordination, balance, and muscle tone. Participants use small equipment like resistance bands, medicine balls and small weights, with music to keep the energy positive.

MINDFUL YOGA

Fridays, 9-10:15am, \$8 per class

Everyone can do mindful yoga. Stretches and yoga poses are done standing and sitting in a chair. Attention is placed on breathing and being present. Each class ends with 10 minutes of meditation. For information contact Kathie Marin at 508-430-8623.

SUPERFIT & SENIORFIT

Wednesdays & Fridays, 8:30-9:30am/9:30-10:30am, \$40/6 weeks

This is a popular class instructed by Charlie Abate. Superfit is a powerful hour that includes floor work on mats. Seniorfit is a slower, gentler workout with no work on the floor. For more information contact Charlie at 508-432-0370.

SPAULDING PARKINSON'S PROGRAM

Tuesdays & Thursdays, 10-11:30am

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

The next session begins September 10th

WALKING CLUB

Mondays, Tuesdays, & Thursdays, 6-8:30am

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

WELLNESS PROGRAMS

AL-ANON

Fridays, 5:30-6:30pm

This is a group for those affected by another person's drinking. You have choices and Al-Anon can help.

CLUTTERERS ANONYMOUS

Wednesdays, 9:30-10:30am

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

DIET & NUTRITION SUPPORT GROUP

Tuesdays, 9-10am, with Ginny O'Halloran, RN

This group offers support and strategies to lose and maintain your desired weight.

FOOTCARE CLINICS

With Betty Brady—July 3rd, August 7th

With Janet Tinney—July 19th, August 16th

Trained nurses will provide a general assessment of your feet and will trim, file, clean and reduce thickening of nails, smooth corns & calluses and massage your feet.

Appointments at the COA are \$35. Please call the COA at 508-430-7550 to schedule your appointment.

FUEL ASSISTANCE APPLICATIONS

Assistance with Fuel Assistance applications is available starting September 14th. Call the COA at 508-430-7550 to schedule an appointment with Susanna.

HEARING SCREENINGS

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

HOME SAFETY ASSESSMENTS

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

LEGAL ASSISTANCE

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

MEDICAL EQUIPMENT LOANS

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

OVEREATERS ANONYMOUS

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

OA is a fellowship of men and women from all walks of life who meet in order to help solve a common problem - compulsive overeating. All are welcome.

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

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

SIGHT LOSS SERVICES SUPPORT GROUP

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

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

Support Group Meetings resume September 3rd

SOCIAL SECURITY APPOINTMENTS

3rd Monday of each month

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

WELLNESS CLINIC (& BLOOD PRESSURE)

Wednesdays, 9:30am-12pm & Mondays, 4:30pm

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

VETERAN'S ASSISTANCE

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

OUTREACH & HEALTH NEWS

NOTES FROM THE OUTREACH OFFICE

Susanna Keith,
Social Services Coordinator



Well, it's that time again; it's hard to believe it's been two months since our last newsletter! The July-August letter comes on the heels of our recent Pre-Planning Seminar held on June 10th here at the COA so I think I will follow up with what I shared with those who attended. The program was well-attended and attendees left feeling as though they were coming away with some vital information.

My piece focused on getting important paperwork in place. "Paperwork" for my purposes is related to putting "significant others" in place to make important financial and health-related decisions should you become unable to make such decisions. Health Care Proxys, Advance Directives, Durable POAs, MOLSTs, and the File of Life are the documents I addressed. Please stop by the COA to collect some or all of the above-mentioned documents and I would be more than happy to explain the intention of each one.

In fact, take the long way into the office and stroll around the outside of the Community Center to enjoy the absolutely BEAUTIFUL gardens that volunteer gardeners have been working on so diligently! The roses are about to bust out of their buds and the catmint is already in full bloom! Just gorgeous and uplifting, especially after the rainfall we all endured this spring! So, I will be peaking out of my office windows to see who is taking my advice on perusing the landscape here at the Harwich Community Center. Make sure to give our gardeners a big ol' thank you for their hard work, which we all know is a true labor of love.

MOLST

MEDICAL ORDERS FOR
LIFE-SUSTAINING TREATMENT

A POLST Paradigm Program

FILE OF LIFE	
KEEP INFORMATION UP TO DATE !! Review At Least Every Six Months !	
MEDICAL DATA REVIEWED AS OF: _____ MO. _____ YR. _____	
Name: _____	Phone #: _____
Address: _____	
Doctor: _____	Phone #: _____
Preferred Hospital: _____	
EMERGENCY CONTACTS	
Name: _____	Phone #: _____
Address: _____	
Name: _____	Phone #: _____

HERE'S TO YOUR HEALTH

Susan Jusell, Town Nurse



Is Elder Services the same as the Council on Aging?

It can be helpful to yourself and to others that cross your path, to have a broad understanding of services available to you in this community. It's often overwhelming to seek out options of care when you or a loved one needs help. We often see confusion regarding the terms of Elder Services and the Council on Aging. Understandably so, because both groups provide comprehensive and personal support throughout the aging process.

This newsletter is sent to you through the Harwich Council on Aging. The COA is a town department, working hard to engage, problem solve, and identify the needs of our community. As you will see throughout this newsletter, most programs & resources are based at our multi-generational Community Center. We offer a broad range of programs including education, social activities, games, and exercise classes, while prioritizing special needs, helping you connect to the Social Security office, free legal advice, and so much more!

Elder Services of Cape Cod and the Islands is a nonprofit community based organization dedicated to serving older adults. They're our federally designated Area Agency on Aging (AAA) and the state designated Aging Service Access Point (ASAP). In addition to that, they serve as the Aging and Disability Resource Consortium (ADRC) for Barnstable County.

So what does all that mean? Our local Elder Services agency is based in Dennis. They have many departments that come together to bring services into your home. To learn about their services & home care programs you can call the Information and Referral line @ 508-394-4630 and request to have a representative come talk with you at home. This Elder Services employee will share with you some basic services, and based upon your individual concerns, can further discuss some of their specialized programs that might be fitting to your needs and tell you the cost on their sliding payment scale. These professionals are not trying to make a sale. They are most known for their home care program to help elders remain in their community. You would work with a case manager to develop a service plan and arrange for supports such as homemaking, personal care, shopping needs, laundry service, adult daycare, companionship, & a personal emergency response system. ES runs our meals on wheels home delivery program, providing meals seven days a week!

I'm proud to help serve in this great community.

There is no one-size-fits-all when it comes to your quality of life! Reach out to us at any time or make an appointment if you're looking to discuss your concerns are unmet needs.

I HOPE YOU'RE ENJOYING YOUR SUMMER!

CAREGIVER & COMMUNITY RESOURCES

DEMENTIA CAREGIVING SUPPORT GROUP

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

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

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

PRE-REGISTRATION IS REQUIRED
Call 508-896-5170 for more information.
Program is free



Alzheimer's Family Support Center of Cape Cod

Art Fridays for People with Cognitive Loss and their Caregivers
Every Friday, 2:00—3:30 PM at the Cape Cod Museum of Art (Dennis)

Men's Alzheimer's Monthly Coffee & Conversation Group
Third Thursday each month, 9:30—11:00 AM at Maplewood in Brewster

Senior Tax Work Off Program

Do you need some assistance paying your property tax bill? The Senior Tax Work Off Programs allows you to earn up to \$1,500 off your tax bill by volunteering for the Town.

You can volunteer for up to 125 hours between January 1st and November 30th and earn credit at a rate of \$12 per hour.

There are income and asset restrictions—call the Assessor's Department today to see if you qualify (508-430-7503)! If you do, I will work with you to find a volunteer position you will enjoy.

SUPPORTIVE DAY PROGRAM

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

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

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

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

ARE YOU A CAREGIVER IN NEED OF HELP?

For information about community resources available to help support you, please call the COA Social Services Coordinator at 508-430-7551.



LAPTOPS FOR SENIORS

We are thrilled to report that this program has **returned!**

Harwich COA has partnered with the Masonic Angel Foundation to bring **free** refurbished devices to seniors in need. If you are a senior who would benefit from having a laptop and are unable to purchase one, let us know and we will add you to the list for when devices become available. If you have a laptop to donate, please bring it to the COA and it will be wiped clean, refurbished, and returned right back here to our community. For more information, please call the COA at 508-430-7550.

Homeless Prevention Council

A caseworker from the HPC is in the Harwich Council on Aging on Tuesday afternoons from 1-4 PM to meet folks on a drop-in basis!

The HPC provides access to housing programs and funding, budgeting assistance, negotiation services for rent and mortgage back payments, and assistance in pursuing job training or educational opportunities. All services are **FREE**. Older adults are one of the largest and fastest growing groups experiencing housing insecurity.



FRIENDS' NEWS



100 OAK STREET, HARWICH, MASSACHUSETTS 02645

A MESSAGE FROM THE PRESIDENT

Jack Brown, President of the FHCOA

IMPORTANT NEWS:

Please call 508-432-5050 AND LEAVE YOUR VOICEMAIL RIDE REQUEST!

As Friends celebrates its 45th Anniversary supporting Harwich seniors, the Board and I are announcing our 2019 campaign to raise \$40,000 to meet our mission to provide funding and support for Harwich's Council on Aging programs and services – **primarily in the areas of nutrition, socialization, transportation, and medical equipment and emergency assistance.**

2018 was a busy year and 2019 has started out with a bang! Among our efforts in support of our **nutrition goal**, Friends donated funds to **purchase a new oven at the Harwich Community Center.** Many seniors enjoy the Council on Aging weekday lunches, the monthly breakfasts and supper club. And, too, we donated \$3,000 for **food gift cards** for those in need.

To provide **socialization and transportation** opportunities, **Friends** sponsored craft projects, shopping trips, and a Holiday Luncheon at Cape Tech's Hidden Cove Café for over 50 attendees. We have enhanced transportation services in 2019 by adding 3 bus excursions monthly. Trips have included the National Sea Shore, Cape Cod

Cultural Center, and off Cape to IKEA and the Pilgrim Hall Museum in Plymouth. And **Friends** continued to fund the purchase of **durable medical equipment** for free use by Harwich seniors.

As we mark this 45th anniversary, we plan to celebrate by teaming up with the Harwich Fire Department to honor our Veterans at lunch, by hosting both an ice cream social and a Holiday Lunch at the Hidden Cove Cafe. Additionally, Friends is a **2019 sponsor of the Alzheimer's Family Support Center** – a group which provides free services to Harwich Seniors and their caregivers.

The Board of Directors and I hope you will contribute to the 2019 Campaign by donating using the form below.

FRIENDS BOARD:

Jack Brown (President), JoAnne Brown (Secretary), Chris Joyce (Membership/Treasurer), Linda Johnson (Fun Committee), and Directors Susan Lellis and Richard Waystack

FRIENDS MINI-BUS 508-432-5050



Friends Mini-Bus Coordinator: Joan McCarty

On Thursday afternoons we take riders to :

- ◆ TD Bank & Cape Cod Five
- ◆ Then to CVS & the Post Office
- ◆ Followed by Shaw's on Sisson Road

We'll even help bring your groceries in at home! **Call before 4pm on Wednesday to make a reservation.**

FY 19 FRIENDS OF HARWICH COA MEMBERSHIP

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

Member #1 (Please Print)

Name _____

Mailing Address _____

Town/Zip _____ Phone _____

Email: _____

ANNUAL DUES: \$5.00 _____ LIFE DUES: \$40.00 _____

Additional Donation: \$ _____

Member #2 (Please Print)

Name _____

Mailing Address _____

Town/Zip _____ Phone _____

Email: _____

ANNUAL DUES: \$5.00 _____ LIFE DUES: \$40.00 _____

Additional Donation: \$ _____

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

Please make checks payable to: Friends of the Harwich COA

Mail to: Chris Joyce, c/o Friends of the HCOA, 100 Oak Street, Harwich, MA 02645

COMMUNITY CENTER NEWS

COMMUNITY CENTER ACTIVITIES

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

The Community Center hours are changing! The building will now close at 9 PM Monday through Friday.

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

**You can also reach Community Center Director
Carolyn Carey at ccarey@town.harwich.ma.us**

SPECIAL DATES

July Events

July 4th—Building CLOSED

July 13th, 10 AM to 2 PM—Kiwanis Yard Sale

July 18th, 12 PM to 5 PM—American Red Cross Blood Drive

July 21st, 8 AM to 2 PM—Last Day for Beach and Transfer Station

Passes at the Community Center (available at Town Hall through Labor Day)

August Events

August 3rd, 9 AM to 1 PM—Harwich Community Yard Sale

August 31st, 10 AM to 3 PM—Antique Show

Seaside Marketplace at Saquatucket Marina

The new Seaside Marketplace is a component of the Town's Saquatucket Harbor Landside Renovation Project. The goal of the project is to make the Harbor more vibrant and attractive to a broader spectrum of our community, including residents, visitors, and boaters. The Marketplace consists of four artisan sheds where selected vendors will display and sell handmade and original work.

The sheds will be open from July 3rd through September 3rd

Sign up for our trip on the Cranberry Coach van on July 22nd!

REC. DEPT. ACTIVITIES FOR SENIORS

Senior Volleyball

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

Pickleball (Harwich Residents Only)

Monday-Friday 8:00am-2pm at Harwich Cultural Center

Men's Over 55 Basketball

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

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

MORE WELLNESS PROGRAMS AT THE COMMUNITY CENTER

Zumba - Tuesdays, 5:00 pm—6:00 pm &

Thursdays, 5:30pm – 6:30pm

Zumba in an interval style dance fitness class. For information contact Alissa at 617-959-4922.

NAMI (National Alliance on Mental Illness) Cape & Islands - Wednesdays, 6PM-8:30PM

For family members of individuals with mental health issues. For information contact Kim at 508-778-4277.

Insight Meditation Circle

Tuesdays, 7-8pm

Yoga

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

Exercise Class with Jill

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

Line Dancing for Fun & Fitness

Mondays & Thursdays, many times & levels

Bit of Bliss Yoga

Mondays 5:30-6:30pm

Thursdays, 4-5pm

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

Brooks Free Library Resources



Our very own Brooks Free Library offers an incredible variety of services and resources for our community. From providing assistive technology to delivering books to your home, the library has so much to offer. Learn more below!

VITAL: The VITAL (Vision Impaired Technology Assistance at the Library) Program offered at Brooks Free Library includes assistive technology, and offers assistive technology training as well as resource and referral services, for people with vision loss. Through the VITAL program, the library offers free, one-on-one instruction in the use of assistive technology to individuals with vision loss on devices such as the Apple iPhone, iPod Touch, and iPad using Apple's assistive technologies such as VoiceOver screen reader and Zoom screen magnifier. They also offer training in the use of the Victor Reader Stream media player, ZoomText screen magnifier & reader, JAWS screen reader, Dolphin Guide screen magnifier & screen reader. Kurzweil 1000 Text to Speech software, and Duxbury Braille Translation software used with a Juliet Pro60 Braille embosser. In addition to training, the VITAL program also offers access to a variety of materials for users with vision loss, including talking books and digital players from the Perkins Library.

Tech Help @ Brooks Free Library: In addition to the Device Advice offered at the COA, the Reference Desk at Brooks Free Library is a great resource for tech help. The staff offers weekly Device Advice, a quick tech help hour, at the Brooks Free Library on Saturdays from 2pm to 3pm. For those who need a little more time, the Library also offers one on one appointments through their Book a Librarian program.

Books on Wheels: The Friends of Brooks Free Library are pleased to support the Books on Wheels Program. The program is designed to provide free delivery of library materials to Harwich residents who are permanently or temporarily unable to visit the library due to illness, physical disability, lack of either transportation or a caregiver, or any other reason that makes it either difficult or impossible to get to the library. The BOW Program is provided by volunteers who give individual care and attention to each patron in choosing and receiving the library materials that are requested.



Free Ebooks, Consumer Reports, and more: Did you know that you can fill up your Kindle or other device with ebooks, eaudiobooks, and even e-edition magazines from the Brooks Free Library? The library offers a number of electronic resources for free, you just need a library card to access them. Printed handouts with directions are available to walk you through the steps of downloading books or you can drop by the Reference desk on the second floor of the library anytime for ebook help. At the Brooks Library site you can also find the Newsbank database that allows free access to the Metrowest collection of newspapers that includes the Cape Cod Times and Cape Cod Chronicle.

Telephone and Internet Scams Abound: Protect your Personal Information

Telephone and internet scams are not new, but the scammers are more diligent and creative than ever. Be sure to take steps to protect your personal information. A few of the most common scams are as follows:

- Threatening calls from the IRS
- Calls claiming a family member is in danger
- Lottery Scams
- Technical Support calls (pretending to be from well known companies like Apple or Microsoft)
- Website password requests

A NEW SCAM: Scammers are offering Medicare beneficiaries **cheek swabs for genetic testing**. When making the offer, they are trying to obtain your personal Medicare information to commit **identity theft or fraudulent billing**. Be cautious of unsolicited requests for Medicare numbers. Do not accept a genetic testing kit unless it was ordered by your doctor.

How do you protect yourself? Your best strategy is to ignore these calls. If you don't recognize a phone number, don't answer it. If it's someone you know, they will leave a message and you can call them back.

Beware of making any purchases over the phone, especially if you did not initiate the call. Never give personally identifying information including Social Security numbers, birthdays, bank account numbers, or internet passwords over the phone.

Another sign that you're dealing with a scammer is a request to send money via gift cards. Scammers like to receive money in the form of gift cards because they are untraceable—this request is a big red flag that you're dealing with someone who is trying to take advantage of you.

As a rule, the IRS will never: call you if you owe taxes without first sending you a bill in the mail, require that you pay taxes over the phone with a credit/debit card, or threaten to bring the police in to arrest you for not paying your taxes.

Council on Aging Board of Directors Meetings

The Council on Aging Board of Directors meets on the first Wednesday of every month. Meetings are at 10:00 AM in the Community Center. All meetings are open to the public!

There will be no July 2019 meeting.
Our next meeting will be **August 7th!**

SENIOR DINING



Senior Dining Lunches

Lunch is served at 11:30am most days Monday - Fridays (see the menu) and includes a delicious home-cooked meal by Chef Linda along with a special dessert treat. (No lunch on Friday if there is a breakfast program.) The cost is \$3 for residents and \$4 for non-residents. Come alone and make new friends, or come with a group...either way, we're sure you'll enjoy it!

Reservations are required by 11am the day before by calling the COA at 508-430-7550. Also, please call to cancel by 10am on the day of the meal if necessary.

Supper Club

Come join us for a traditional supper on the first Monday of the month at 5pm. Meal includes a home-cooked dinner, dessert, and special entertainment!

- **July 1st: Patriotic Songs**
- **August 5th: Geno Shurick**

See page 2 for details.

Reservations are required by 11am the Friday before by calling the COA at 508-430-7550. Also, please call to cancel by 1pm on the day of the meal if necessary.

NUTRITIONAL SUPPORT PROGRAMS



Brown Bag Food Program

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

***The second Friday of the month in July (July 12th)**

MEALS ON WHEELS

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

S.N.A.P.

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

MENU

Supper Club Menu *(see page 2 for details of the events)*

Mon 7/1 Baked Haddock w/ Potato & Vegetable

Mon 8/5 Ham and Beans w/ Potato Salad & Brown Bread

Senior Dining Lunch Menu

ALL MONDAYS ARE CHEF'S CHOICE

July

Tues 7/2	Pulled Pork Sandwich w/ Potato Salad & Pickle
Wed 7/3	Chicken Salad Sandwich w/ Chips & Pickle
Fri 7/5	Egg Salad Sandwich w/ Chips & Pickle
Tues 7/9	Sausage w/ Pasta & Peas
Wed 7/10	Grilled Cheese w/ Tomato Soup
Thu 7/11	Turkey Reuben Sandwich w/ Chips & Slaw
Tues 7/16	Lemon Chicken w/ Rice & Veggie
Wed 7/17	Spinach Pie w/ Salad & Roll
Thu 7/18	Italian Sausage Sub w/ Peppers & Onions
Fri 7/19	Hot Dog w/Chips & Pickle
Tues 7/23	Bubba Burger w/ Lettuce, Tomato, Bacon w/ Chips& Pickle
Wed 7/24	Mac & Cheese w/ Salad
Thu 7/25	BLT Salad
Tues 7/30	Taco Boat w/ Rice
Wed 7/31	Chicken Caesar Salad w/Roll

August

Thu 8/1	Onion Soup w/ Salad
Fri 8/2	Fish Sandwich w/ French Fries & Cole Slaw
Tues 8/6	Chicken Marsala w/ Rice & Veggie
Wed 8/7	Roast Pork w/ Potato & Veggie
Thu 8/8	Grilled Ham & Cheese w/ Chips & Pickle
Tues 8/13	Crab Cakes w/ French Fries & Cole Slaw
Wed 8/14	Pastrami & Swiss Sandwich w/ Chips & Pickle
Thu 8/15	Stuffed Shells w/ Salad
Fri 8/16	Tuna Sandwich w/ Chowdah
Tues 8/20	Beef Fajita Boat w/ Rice
Wed 8/21	Chicken Tender w/ Potato & Veggie
Thu 8/22	Pizza w/ Salad
Tues 8/27	Scallops w/ Potato & Veggie
Wed 8/28	Meatloaf w/ Potato & Veggie
Thu 8/29	Chicken Alfredo w/ Egg Noodles
Fri 8/30	Roast Beef Club w/ French Fries & Cole Slaw

VOLUNTEER SPOTLIGHT



FEATURED VOLUNTEER



I would like to take this time to extend a special thank you to our featured volunteer for July and August—**Joel Bradley!**



Please say hello to our volunteer medical driver extraordinaire, Joel Bradley and his faithful friend Tyson! Joel and Tyson have been driving our seniors to their medical appointments for nearly three years! Joel always goes above and beyond anything that is asked of him.

Joel has truly saved the day many times when we've been in a pinch—whether it's a last minute ride we're doing our best to accommodate or a date & time that just doesn't work for anyone else, Joel always comes through.

We at the COA and all the folks we serve are lucky to have Joel in our community!

***Thank you Joel (and Tyson!) for all of your positive energy.
You make an amazing difference in the lives of our
Harwich seniors!***



CURRENT VOLUNTEER NEEDS

As some of you know, Rick Anderson permanently left his position at the COA in May. We are in the process of filling Rick's former position as Volunteer Coordinator. While no one can replace Rick, we look forward to introducing you to someone new in the coming months. We wish Rick well and are immensely grateful for his nearly five years of dedicated service to seniors, families, and caregivers here in Harwich. Thank you, Rick!

Below are some of the areas where we have an ongoing need for volunteer assistance. Give us a call or stop in if you're interested in helping out!

DINING ROOM AIDE

Volunteers help set up, serve, and clean up for our meal programs—either daily lunches or our once a month Supper Club. Volunteers even receive a free meal!

FOOD DELIVERY

Volunteers help in either packing or delivering food for our Brown Bag Food program which happens the morning of the first Friday of each month. Packers gather at 9:00 AM and Drivers make local deliveries at 10:00 AM.

MEDICAL DRIVER

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

COMPUTER/TECHNOLOGY ASSISTANCE

Do you have intermediate to advanced computer skills? We'd love your help with special projects including event planning and advertising, maximizing the use of our My Senior Center software, or even helping to prepare the next edition of this newsletter!

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

***"Wherever there is a human being, there
is an opportunity for a kindness."***

~ Seneca

TRANSPORTATION INFORMATION

CRANBERRY COACH



COA Transportation Services

Transportation on our handicapped accessible van is provided for shopping, all COA programs and special trips. You must call the COA at 508-430-7550 **between 9:00 AM and 4:00 PM the day before** to make a reservation for a ride.

As a reminder, drivers will only make stops at the locations scheduled below!

IMPORTANT:

YOU MUST CALL THE COA AT 508-430-7550 TO SCHEDULE ALL RIDES.

CALL MONDAY - FRIDAY, BETWEEN 9AM-4PM.

The drivers will no longer schedule rides so they may focus on driving.

Cranberry Coach Weekly Schedule

Mondays: COA Activities & Special Trips
Tuesdays: COA Activities & Shaws afternoons
Wednesdays: COA Activities & Stop&Shop afternoons
Thursdays: COA Activities & Stop&Shop and Family Pantry afternoons
NEW: Harwich Farmer's Market
Fridays: COA Activities & Library and Errands

You must bring your own bags for all grocery shopping trips!

Monday Trips

Trip departure times are dependent on COA Dining Schedule. Trips involve a stop for lunch or dinner, and typically last 4-6 hours.

Mon. 7/1: Hyannis Shopping
Mon. 7/8: Orleans Shopping
Mon. 7/15: Market Basket
Mon. 7/22: Artist Shacks at Saquatucket Marina
Mon. 7/29: Walmart in Falmouth
Mon. 8/5: Beach Day—Red River Beach
Mon. 8/12: Market Basket
Mon. 8/19: Local Thrift Stores
Mon. 8/26: Dennis and Dennis Port Shopping

Please call the COA by Friday at noon to reserve your ride for the following Monday.

FRIENDS MINI-BUS (508-432-5050)

On Thursday afternoons the Friends will take riders to:

- ◆ TD Bank & Cape Cod Five
- ◆ Then to CVS & the Post Office
- ◆ Followed by Shaw's on Sisson Road

They'll even help bring your groceries in! ***Call before 4pm on Wednesday to make a reservation & leave a message if nobody answers...you will get a call back.***

COA VOLUNTEER MEDICAL RIDES

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

- Ride requests should be made by calling the COA Monday-Friday, between 9am-4pm at 508-430-7550. We cannot be responsible for requests left on voicemail.
- No extra riders are permitted unless required due to disability.
- We are unable to provide ongoing rides for medical therapy.
- A stop to a pharmacy after your medical appt. is at the discretion of the volunteer driver.
- You may not request any additional stops during your ride.
- Limit of 3 volunteer rides per month.
- Please provide a cash donation to your driver:
 - \$5 for rides to Harwich, Chatham, Orleans, Brewster and Dennis
 - \$15 for rides to Hyannis, Yarmouth, Eastham, and Wellfleet.

We do our best to find rides. However, ride availability is based on volunteer availability.

COMMUNITY TRANSPORTATION RESOURCES

DART

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

H2O

Fixed route public transportation provided on CCRTA buses between Orleans and Hyannis, with stops in Harwich Port and at Shaws in Harwich. Call 1-800-352-7155 for information. Exact change needed.

Boston Hospital Transportation

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

Nauset Neighbors

Join for \$75/year and you'll qualify for 3 services/week. This includes transportation (medical and social), light home maintenance, general support, and more!

July 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 6:00 Drop in Walking 10:00 Balance Boosters 1:00 Bridge 1:00 Legal Appts 2:00 Overeaters Anonymous 4:30 BP Clinic 5:00 Supper Club Entertainment: Patriotic Songs	2 6:00 Drop in Walking 9:00 Mah Jongg 9:00 SHINE Appts 9:00 Diet & Nutrition Support 9:30 Hearing Screenings 9:30 Living with Vision Loss 11:30 Lunch 1:00 Mah Jongg 1:00 Legal Appts	3 8:30 Super Fit w/ Charlie 8:30 Footcare w/Betty 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 9:30 Clutterer's Anon 10:00 Gentle Chair Yoga 10:30 Dementia Caregiving Support 11:30 Lunch	4 Fourth of July BUILDING CLOSED	5 8:30 Super Fit w/Charlie 9:00 Mindful Yoga 9:00 SHINE Appts 9:30 Senior Fit w/Charlie 10:30 Healthy for Life Fitness 11:30 Lunch
8 6:00 Drop in Walking 10:00 Balance Boosters 1:00 Bridge 2:00 Overeaters Anonymous 4:30 BP Clinic	9 6:00 Drop in Walking 9:00 Mah Jongg 9:00 SHINE Appts 9:00 Diet & Nutrition Support 11:30 Lunch 1:00 Mah Jongg 1:00 HPC Caseworker 2:00 Big Screen Movie Day	10 8:30 Super Fit w/ Charlie 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 9:30 Clutterer's Anon 10:00 Gentle Chair Yoga 11:30 Lunch	11 6:00 Drop in Walking 10:00 Balance Boosters 10:00 Overeaters Anon 11:30 Lunch 1:00 Cribbage 2:30 Meditation & Mindful Movement	*Brown Bag Distribution* 8:30 Super Fit w/Charlie 9:00 Men's Breakfast 9:00 Mindful Yoga 9:00 SHINE Appts 9:30 Senior Fit w/Charlie 10:00 Men's Book Club 10:30 Healthy for Life Fitness
15 6:00 Drop in Walking 9:15 Social Security Appts 10:00 Balance Boosters 1:00 Bridge 2:00 Overeaters Anonymous 4:30 BP Clinic	16 6:00 Drop in Walking 9:00 Mah Jongg 9:00 SHINE Appts 9:00 Diet & Nutrition Support 9:15 Device Advice 11:30 Lunch 1:00 Mah Jongg 1:00 HPC Caseworker	17 8:30 Super Fit w/ Charlie 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 9:30 Clutterer's Anon 10:00 Gentle Chair Yoga 10:30 Dementia Caregiving Support 11:30 Lunch	18 6:00 Drop in Walking 10:00 Balance Boosters 10:00 Overeaters Anon 11:30 Lunch 1:00 Cribbage 2:30 Meditation & Mindful Movement	19 8:30 Super Fit w/Charlie 9:00 Mindful Yoga 9:00 SHINE Appts 9:30 Senior Fit w/Charlie 10:30 Healthy for Life Fitness 10:30 PEDI-Care w/ Jan 11:30 Lunch
22 No Balance Boosters or BP Clinic 6:00 Drop in Walking 1:00 Bridge 2:00 Overeaters Anonymous	23 6:00 Drop in Walking 9:00 Mah Jongg 9:00 SHINE Appts 9:00 Diet & Nutrition Support 11:30 Lunch 1:00 Mah Jongg 1:00 HPC Caseworker	24 8:30 Super Fit w/ Charlie 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 9:30 Clutterer's Anon 10:00 Gentle Chair Yoga 11:30 Lunch 1:00 Legal Appts	25 No Balance Boosters 6:00 Drop in Walking 10:00 Overeaters Anon 11:30 Lunch 1:00 Cribbage 2:30 Meditation & Mindful Movement	26 8:30 Super Fit w/Charlie 9:00 Women's Breakfast 9:00 Mindful Yoga 9:00 SHINE Appts 9:30 Senior Fit w/Charlie 10:00 Dental Clinic 10:30 Healthy for Life Fitness
29 6:00 Drop in Walking 10:00 Balance Boosters 1:00 Bridge 2:00 Overeaters Anonymous 4:30 BP Clinic	30 6:00 Drop in Walking 9:00 Mah Jongg 9:00 SHINE Appts 9:00 Diet & Nutrition Support 10:00 LGBTQ+ 101 11:30 Lunch 1:00 Mah Jongg 1:00 HPC Caseworker	31 8:30 Super Fit w/ Charlie 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 9:30 Clutterer's Anon 10:00 Gentle Chair Yoga 11:30 Lunch		

August 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5</p> <p>6:00 Drop in Walking 10:00 Balance Boosters 1:00 Bridge 2:00 Overeaters Anonymous 4:30 BP Clinic 5:00 Supper Club Entertainment: Geno Shurick</p>	<p>6</p> <p>6:00 Drop in Walking 9:00 SHINE Appts 9:30 Hearing Screenings 9:30 Living with Vision Loss 10:00 Tick Talk w/Larry Dapsis 11:30 Lunch 1:00 Legal Appts 1:00 Mental Health First Aid</p>	<p>7</p> <p>8:30 Super Fit w/ Charlie 8:30 Footcare w/Betty 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 9:30 Clutterer's Anon 10:00 COA Board Meeting 10:00 Gentle Chair Yoga 10:30 Dementia Caregiving Support 11:30 Lunch</p>	<p>1</p> <p>6:00 Drop in Walking 10:00 Balance Boosters 10:00 Overeaters Anon 11:30 Lunch 1:00 Cribbage 2:30 Meditation & Mindful Movement</p>	<p>2</p> <p>*Brown Bag Distribution* 8:30 Super Fit w/Charlie 9:00 Mindful Yoga 9:00 SHINE Appts 9:30 Senior Fit w/Charlie 10:30 Healthy for Life Fitness 11:30 Lunch</p>
<p>12</p> <p>6:00 Drop in Walking 10:00 Balance Boosters 11:30 Lunch 1:00 Bridge 2:00 Overeaters Anonymous 4:30 BP Clinic</p>	<p>13</p> <p>6:00 Drop in Walking 9:00 Mah Jongg 9:00 SHINE Appts 9:00 Diet & Nutrition Support 11:30 Lunch 1:00 Mah Jongg 1:00 Mental Health First Aid 2:00 Big Screen Movie Day</p>	<p>14</p> <p>8:30 Super Fit w/ Charlie 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 9:30 Clutterer's Anon 10:00 Gentle Chair Yoga 11:30 Lunch</p>	<p>15</p> <p>6:00 Drop in Walking 10:00 Balance Boosters 10:00 Overeaters Anon 11:30 Lunch 1:00 Cribbage 1:00 Mental Health First Aid 2:30 Meditation & Mindful Movement</p>	<p>16</p> <p>8:30 Super Fit w/Charlie 9:00 Mindful Yoga 9:00 SHINE Appts 9:30 Senior Fit w/Charlie 10:30 Healthy for Life Fitness 10:30 Pedi-Care w/ Jan 11:30 Lunch</p>
<p>19</p> <p>No Balance Boosters 6:00 Drop in Walking 9:15 Social Security Appts 11:30 Lunch 1:00 Bridge 2:00 Overeaters Anonymous 4:30 BP Clinic</p>	<p>20</p> <p>6:00 Drop in Walking 9:00 Mah Jongg 9:00 SHINE Appts 9:00 Diet & Nutrition Support 9:15 Device Advice 11:30 Lunch 1:00 Mah Jongg 1:00 HPC Caseworker</p>	<p>21</p> <p>8:30 Super Fit w/ Charlie 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 9:30 Clutterer's Anon 10:00 Gentle Chair Yoga 10:30 Dementia Caregiving Support 11:30 Lunch</p>	<p>22</p> <p>6:00 Drop in Walking 10:00 Balance Boosters 10:00 Overeaters Anon 11:30 Lunch 1:00 Cribbage 2:30 Meditation & Mindful Movement</p>	<p>23</p> <p>8:30 Super Fit w/Charlie 9:00 Women's Breakfast 9:00 Mindful Yoga 9:00 SHINE Appts 9:30 Senior Fit w/Charlie 10:00 Dental Clinic 10:30 Healthy for Life Fitness</p>
<p>26</p> <p>6:00 Drop in Walking 10:00 Balance Boosters 11:30 Lunch 1:00 Bridge 2:00 Overeaters Anonymous 4:30 BP Clinic</p>	<p>27</p> <p>6:00 Drop in Walking 9:00 Mah Jongg 9:00 SHINE Appts 9:00 Diet & Nutrition Support 11:30 Lunch 1:00 Mah Jongg 1:00 HPC Caseworker</p>	<p>28</p> <p>8:30 Super Fit w/ Charlie 9:30 Senior Fit w/Charlie 9:30 Wellness Clinic w/ RN 9:30 Clutterer's Anon 10:00 Gentle Chair Yoga 11:30 Lunch 1:00 Legal Appts</p>	<p>29</p> <p>6:00 Drop in Walking 10:00 Balance Boosters 10:00 Overeaters Anon 11:30 Lunch 1:00 Cribbage 2:30 Meditation & Mindful Movement</p>	<p>30</p> <p>8:30 Super Fit w/Charlie 9:00 Mindful Yoga 9:00 SHINE Appts 9:30 Senior Fit w/Charlie 10:30 Healthy for Life Fitness 11:30 Lunch</p>

HARWICH COUNCIL ON AGING
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HARWICH COUNCIL ON AGING

Harwich Council on Aging
100 Oak Street
Harwich, MA 02645
508-430-7550 (COA)
508-430-7505 (Town Nurse)

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

www.town.harwich.ma.us
click on "Departments" then "Council on Aging"

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COA Disclaimer

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