

Town of Harwich COUNCIL ON AGING NEWS

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

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



November/December 2022

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



HAPPY HOLIDAYS

We're looking forward to sharing this holiday season with you! Read on for details on holiday programs we're organizing or partnering with other groups to offer. (Also check out page 2!)

THANKSGIVING FOOD BASKETS

With the generous help of Lower Cape Outreach Council, the COA will be distributing Thanksgiving baskets to seniors in need, containing complete turkey dinners to cook at home. Instead of a whole turkey, baskets contain a turkey breast—easier for small households to manage. Don't want to make a turkey breast? You can order a basket with just the fixings! Orders will be delivered by volunteers on a date to be determined closer to Thanksgiving. *You must be home for the delivery.* Sign up by Wednesday, November 16th by calling **508-430-7550**.

HOLIDAY MEALS AT THE COA

Chef Linda St. Pierre will be preparing special feasts for both Thanksgiving and the Winter Holidays!

- **Thanksgiving—Thursday, November 17th**, a Turkey Dinner with all the fixings! Sign ups begin Thursday, Nov 3rd.
- **Winter holiday—Weds, December 21st**, a Roasted Pork Dinner with all the fixings! Sign ups begin Monday, Dec 5th.

Both meals will have a capacity of 70 and will be filled on a first come, first serve basis. (We can seat up to 40 onsite.) Folks who do not attend the Thanksgiving meal will be given priority for the winter holiday meal. **Call 508-430-7550 to sign up.**

HOLIDAY GIFTS FOR ISOLATED SENIORS

Do you know a senior in Harwich who doesn't have many family or friends in the area to check on them or bring them holiday cheer? The COA has a small holiday outreach program to reach the most isolated older adults in our community. Please call us if there's someone you know who you think should be included. Each year, we deliver cranberry breads that are donated by the Kiwanis, as well as holiday gifts through generous donations made by community members. To make a referral, email andrea@HarwichCouncilOnAging.com or call **508-430-7550**.

COOKIE SWAP

Thursday, December 15, 1:00—2:15 PM

Join us for a traditional cookie exchange! Bring 3 or 4 dozen of your favorite cookies—some to sample during the event and the rest to share amongst the group. Everyone will trade, and you'll go home with an assortment of cookies wrapped up in packages appropriate for gift giving. We'll supply the festive packaging. **Registration is required—call 508-430-7550.**



DIRECTOR'S DIALOGUE

As I write this, Fall is barely upon us, yet we are already furiously planning for the holiday season. The days are getting shorter, nights are getting cooler, and soon we will all be firmly ensconced in our sweaters. The holidays of late fall and early winter are times to celebrate the blessings of the year. At Thanksgiving, we honor the harvest and enjoy the bounty of the season. The winter solstice and related holidays remind us that even the darkest night once again turns to light. A new year brings hopeful new beginnings.



This can be a season of great joy and gratitude, but for many it can also be bittersweet as we remember those we have lost over the years, or those who are far away who can't make the journey to us. At the COA, we strive to be a welcoming place for all who seek connection, and we believe there is no reason to be alone if you don't want to be. We have several events, both large and small, where you can come together with others to get into the spirit of the season. On the other hand, if you prefer to celebrate on your own at home, we have ways of supporting you in that private endeavor as well. For example, we can deliver gifts, holiday meals, or groceries for that special dish, without you ever having to leave your home. However you celebrate, we'd love to be a part of your holiday plans this year.

In addition to the merriment of the season ahead, please join in the COA's *current* delight and appreciation as we **welcome our new Social Services Coordinator, Andrea Sidoruk!** See page 8 for her introduction, and stop in to meet her soon. We're sure you'll love her just as much as we do. - **Julie Witas, MSW/MPH**

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SPECIAL PROGRAMS

UKULELE CLASSES



Mondays, Nov 7, 14, 21, 28; Dec 5, 12 \$55/session

Singing & Strumming Christmas Songs, 1:00-2:00 PM

This class will work on breathing and strumming through the traditional Christmas songs. Not for absolute beginners; a student must be able to play G-C-D7, F-G7, Am, Dm, Em, B7, and Gm.

Absolute Beginners, 2:00-3:00 PM



This class is for people who are new to ukulele or play at home but not with a group. The beginners will learn the basic 8 chords: C, F, G, D7, Am, Em, Dm, and G7. The class will also learn a couple of Christmas songs!

For both classes: Registration is required—to sign up, call 508-430-7550. Each class must have at least 6 students or is subject to cancellation. Snow day Dec 19.

TRAVEL IN A POST-COVID WORLD



Monday, November 7, 10:00-11:00 AM

Join travel agent Karyn Wendell (Adventures with Karyn) to learn what trends are emerging as the pandemic recedes. The travel industry is booming again. Learn what you should know before booking your trip and how our travel habits have changed. **Registration is required—call 508-430-7550.**

MEDICARE OPEN ENROLLMENT & COST SAVINGS PRESENTATION



Tuesday, November 8, 1:00-2:15 PM

Are you on Medicare and concerned about rising costs? Do you worry about how you will pay for your prescriptions? Do you know the right questions to ask when you are buying health insurance? Join us for an informative session on these topics and more. Also learn about how Open Enrollment can help you, and how to navigate the process. A quick review of your plans can save you money! Presented by the Massachusetts SHINE Program. **Registration is required—call 508-430-7550 to sign up!**

LET'S LEARN SIGN LANGUAGE (FREE!)



Wednesdays, Nov 9—Dec 28, 1:00-2:00 PM

Join Laurie Moore to learn some simple, conversational American Sign Language that you can use in everyday life. Laurie makes this activity fun & accessible for everyone—no experience required! After just one or two sessions, you will learn phrases that you can easily use and teach with friends. Perfect for those who are losing their hearing or anyone looking to learn a new skill to exercise their brain. Registration not required, but appreciated—call 508-430-7550.

VETERAN'S LUNCHEON

Thursday, November 10, 11:30 AM-12:30 PM

In honor of Harwich Veterans, the Friends of the Harwich Council on Aging is sponsoring a Grab & Go luncheon. Chef Linda St. Pierre is preparing a home cooked chicken parm over ziti with a side salad and patriotic dessert. **Registration is required and open to Harwich vets.** Call the Friends at 508-432-5050 or email FriendsOfHarwichCOA@gmail.com. Registration opens Tuesday, Nov 1 and is capped at 70.

HOW CAN CORD HELP YOU?



Tuesday, November 15, 1:00-2:00 PM

Cape Organization for Rights of the Disabled (CORD) will be visiting the COA to discuss their programs and how their FREE services can help you. Learn about independent living options that can help you age in place at home and keep you out of a nursing home! **Registration is required. Call the COA at 508-430-7550 to sign up.**

REAL ID WORKSHOP

Tuesday, December 13, 11:00 AM-12:00 PM

Do you know what a REAL ID is? Beginning May 3, 2023, you'll need a REAL ID compliant driver's license (or passport) to fly within the United States or enter certain federal buildings. The RMV will present information on the new federal and state requirements concerning driver's license and ID card renewals. Come to our presentation to find out whether you need a REAL ID, and if so, how to obtain one. **Registration is required—call 508-430-7550 to sign up.**



HOLIDAY CARD MAKING WORKSHOP



Thursday, December 8, 10:00 AM-11:00 AM

Join local artist Bernadette Waystack for a fun holiday craft activity! We craftmakers love the holidays, perhaps more than any other time of year. Whether they are intricate, inky masterpieces or clean and simple creations, Christmas and holiday cards are some of the most fun to create! We will have a variety of materials and supplies on hand, but feel free to bring some of your own as well. **Registration is required—please call 508-430-7550.**



FITNESS PROGRAMS

JILL'S EXERCISE CLASS

Join Jill Brown, Certified Personal Trainer, for a low impact seated exercise class that includes balance work, stretching, strength training, cardiovascular exercise, yoga, and meditation all in one! All fitness levels are welcome.



Nov 30—Jan 4: Wednesdays, 9:30-10:30 AM
Dec 2—Jan 6: Fridays, 9:30-10:30 AM

Registration is required and opens on Wednesday, November 9th at 9 AM. Call the COA at 508-430-7550 to sign up! We ask that you choose either the Wednesday class or the Friday class to maximize participation. **Capacity:** 15 people per class. **Cost:** \$8/class.

TAI CHI QI GONG CLASS

Wednesdays, Nov 16—Dec 28, 10-11 AM

Practiced for the same reasons as Tai Chi, QiGong (Chi-Gong) is a simpler way of cultivating our life-force energy to improve health and overall well-being. Rather than learning a sequence of postures, QiGong is done mostly in a stationary position, either standing or sitting. Prior experience is not required. There is no on-going commitment required to attend this class—each class will be unique and can be taken as a standalone activity. Taught by A.Jay Zahn.

Registration is required. For any given class, please sign up by the Monday preceding the class. Call the COA at 508-430-7550 to sign up. **Capacity:** 12 people per class. **Cost:** \$15/class.

WALK & TALK with SUSAN FRASER

M, W, Th 11-11:45 AM / Tu 10-10:45 AM

This program is generously offered in partnership with the Harwich Recreation Dept. This is an invitation to start walking right in the Community Center gym at your own pace! **No registration required and participation is FREE.**

Super Fit with Charlie Abate Returns in January

Charlie's taking a break for the holidays. The next session is tentatively planned for **January 11—February 17**. Look for our January/February Newsletter for details on how to sign up!

BEGINNER TAI CHI — NEW SESSION!

Tuesdays & Fridays, Nov 8—Jan 13, 10-11 AM
(10 weeks; Participants should attend all classes)

Learn the many physical and spiritual benefits of practicing Tai Chi. Also known as "moving meditation," Tai Chi can help improve balance, core strength, flexibility, and provide a mind-body connection as a source for stress release. Participants will learn the easy Tai Chi Eight Form, a basic sequence of movements open to all ages and abilities. No special equipment or previous experience is necessary. Taught by A.Jay Zahn.



Registration for the class is required. Call 508-430-7550. **Capacity:** 12 people per class. **Cost:** \$15/class.

BALANCE BOOSTERS with SUE JUSELL

Maintain balance and flexibility with 45 minutes of strengthening and stretching while safely seated in a chair using your own body and simple implements which are supplied. Taught by Town Nurse Susan Jusell, who will be running two sessions (you may only register for one of the two).

Dec 6—Jan 10, Tuesdays, 10:30-11:15 AM

Dec 8—Jan 12, Thursdays, 12:15-1:00 PM

Registration is required and will open on Tuesday, November 15th at 9 AM. We will fill the class on a first come, first served basis. We take sign ups for Balance Boosters by voicemail only; please leave a message with your contact information. We will honor the timestamp of your message when filling the class. Call the COA at 508-430-7550 for more information or to sign up! **Capacity:** 15 people per session. **Cost:** Free!

SIT & GET FIT with SUSAN FRASER

Mondays & Fridays, 9:30-10:15 AM

This program is generously offered in partnership with the Harwich Recreation Department with support by Susan Fraser. It is a seated class that offers strengthening and stretching exercises. Participation is completely **FREE**. **No registration required.** If you have questions, call the Harwich Rec Department at **508-430-7553**.

MORE PROGRAMS & SERVICES

SIGHT LOSS SERVICES SUPPORT GROUP

Tuesdays, Nov 1 & Dec 6, 10:30 AM-12:00 PM

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. Transportation available.

FRIENDLY VISITOR

Friendly visitor volunteers are matched with a senior and visit on a regular basis, weekly or every other week for one or two hours. They can go for walks, talk about shared hobbies, read, or help write letters. If you would like to be receive visits from a volunteer, please call our office! **508-430-7550**

MAH JONGG

Tuesdays

Morning Group: 9:30 AM—12:30 PM

Afternoon Group: 1:00 PM—4:00 PM

This is a weekly group that gathers to play Mah Jongg. There are no lessons, but all levels of play are welcome. This group will be capped at 12 players.



BIG SCREEN MOVIE DAY

Join us to watch a movie on our big screen in the multi-purpose room. We'll serve popcorn and enjoy the following features together.

"The Leisure Seeker," R (2017)

Friday, November 18th, 1 PM

The Leisure Seeker is a 2017 comedy-drama film starring Helen Mirren and Donald Sutherland. The film is based on the 2009 novel of the same name by Michael Zadoorian. Traveling in their family Leisure Seeker vintage RV, John and Ella Spencer take one last road trip from Boston to the Hemingway House in the Florida Keys before his Alzheimer's and her cancer can catch up with them.



"Christmas with the Kranks," PG (2004)

Friday, December 16th, 1 PM

Finally alone for the holidays, Luther (Tim Allen) and Nora Krank (Jamie Lee Curtis) plan to eschew the Christmas traditions and take a cruise in the Caribbean instead. This doesn't sit well with their Christmas-obsessed neighbors Vic Frohmeyer (Dan Aykroyd) and Walt Scheel (M. Emmet Walsh), who are determined to win the annual "best decorated street" competition, and the Kranks soon find themselves social outcasts because of their lack of Christmas spirit.



**Registration is required—
Call the COA at 508-430-7550!**

WELLNESS & BLOOD PRESSURE CLINIC

Town Nurse Susan Jusell, RN

NO COST

Wednesdays, 9:30 AM-12:00 PM, by appointment

Mondays, 4:00-5:00 PM, walk in

Meet with the nurse to have your blood pressure taken, ask health related questions, or discuss your health needs. To schedule an appointment, call the COA at 508-430-7550.



LEGAL ASSISTANCE—In Person

Attorney Michael Lavender

NO COST

Wednesdays, Nov 30 & Dec 28, 1:00-4:00 PM

Do you have a legal question? Schedule a free half-hour consultation with attorney Michael Lavender, who specializes in elder law. In-person appts are now being scheduled. Call the COA at 508-430-7550.



LEGAL ASSISTANCE—In Person or Remote

Attorney Andrew Bardetti

NO COST

Monday, November 7, 1:00-4:00 PM

Schedule a free half-hour consultation with Andrew Bardetti, Elder Law Attorney for South Coastal Counties Legal Services. Remote appointments are currently being scheduled. Call the COA at 508-430-7550.

MOBILE DENTAL HYGIENE CLINIC

Fridays, Nov 18 & Dec 16, by appointment

Preventative dental services are available at the COA! Mobile Dental Hygiene Services offers dental cleanings, exams, fluoride treatments, denture care, and education. Services are free to anyone with MassHealth Standard. They offer affordable rates for individuals without dental insurance.



To schedule an appointment, contact Mobile Dental Hygiene Services directly at smiles@mobiledentalhygiene.com or 508-827-6725.

FOOTCARE CLINIC

\$45

With Autumn Knight—Weds, Nov 2, 16; Dec 7, 14, 21

With Janet Tinney—Weds, Nov 30; Dec 28

Certified podiatry providers offer a general assessment of your feet and will trim, file, clean, and reduce thickening of nails, smooth corns & calluses, and massage your feet. Appointments are available 9:00am-3:00pm at the COA for \$45. Please call the COA at 508-430-7550 to schedule your appointment. (Note: Autumn Knight will be raising rates to \$50 beginning in January.)



Friends of Harwich COA—Minibus Excursions

November Excursion—Thursday, November 10

Scargo Pottery and Art Center in Dennis is our destination. Founded in 1952 by **Harry Holl (who also founded Cape Cod Museum of Art with Roy Freed)**, this charming studio is located above Scargo Lake and host to five resident artists. We'll take a tour of the grounds and the studio to enjoy the imaginative and whimsical fountains, vases and sculptures. Admission is free. **We then will lunch at Jack's Outback.** Call 508-432-5050 or email FriendsofHarwichCOA@gmail.com to reserve a seat on the Van. We'll leave from the Community Center at 10 am and expect to return by 2pm.

December Excursion—Thursday, December 8, 11:30

We're going to the COVE Restaurant for a festive holiday lunch! Under the direction of Chef Haelsen, Cape Technical culinary arts students will prepare a lovely meal to celebrate the season. The menu is being developed as we go to press; we do know it is buffet style with soup, salad, entrée and plated dessert for **50 diners**.

Underwritten by Friends, the cost to Harwich Older Adults is only \$6 per person; payment due by 12/1. To register, call 508-432-5050 or email FriendsofHarwichCOA@gmail.com. Travel to the COVE on your own (be there no later than 11:25) or sign up for the van, which can accommodate only 13 passengers. Van will leave promptly from the Community Center at 11 am.

DURABLE MEDICAL EQUIPMENT

Loans: Durable medical equipment is available for loan to Harwich residents (canes, walkers, commodes, shower seats, wheelchairs, etc.). Loans to non-Harwich residents are limited to items that we have in abundance.

Donations & Returns: Please only donate or return equipment that is clean and in good condition (e.g., no rust). **Note that our ability to accept donations and returns is dependent upon our storage space. There may be periods when we have to decline donations and returns—we recommend calling ahead to check whether we can accept your donation or return.** Further, we cannot accept equipment that requires power or non-durable medical supplies (bandages, medications, ointments, opened packages of briefs, etc.).

You can drop in Monday through Friday, 9 AM to 3 PM, to borrow or donate equipment. For more info or to request equipment, call 508-430-7550.

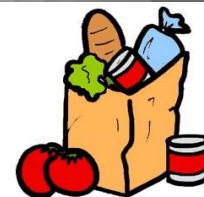
FUEL ASSISTANCE

See page 15 for details on Fuel Assistance and how to sign up. Fuel Assistance can save you \$\$\$ on your winter heating bills!

GROCERY ASSISTANCE

Call to schedule **NO COST**

If you are trying to avoid the grocery store, we can help! Read this section for details, then contact the COA: **508-430-7550** or kate@HarwichCouncilOnAging.com.



The COA can pick up and deliver groceries from the Family Pantry at no cost. The Family Pantry offers a full range of groceries, including perishables such as milk, eggs, meats, bread, and produce. All Harwich seniors are eligible.

How to Order:

1. Call or email the COA to request a copy of the current Family Pantry Shopping List (or we can read it over the phone).
2. When you have your selections ready, call the COA to give your order over the phone. You must place your order no later than Monday at 2 PM for Tuesday delivery (Friday if Monday is a holiday).
3. COA staff or volunteer picks up the groceries from the Pantry and delivers them to your home. We will leave the bags right outside your front door (you must be home at the time of delivery). **Deliveries are made Tuesdays between 1-3 PM.**

PHARMACY ASSISTANCE

Monday—Friday **NO COST**

COA staff or volunteer will pick up your prescription medication and bring it to your home if: (1)



The Rx is filled at CVS, Shaws, or Stop & Shop in Harwich, and (2) No copay is due.* To make a request, call the COA at 508-430-7550. **Some pharmacies offer flexible payment options over the phone—call yours to inquire.*

SHINE - Health Insurance Counseling

SHINE (Serving Health Insurance Needs of Everyone) counselors offer free assistance to help beneficiaries navigate the complex health insurance system and assist people with limited resources enroll in programs that help pay health insurance costs. SHINE Counselors are volunteers trained and certified annually by the Executive Office of Elder Affairs. Call the COA at 508-430-7550 for assistance. See page 10 for more information about Open Enrollment and SHINE news.

VETERAN'S ASSISTANCE

Veterans Service Officer Shawney Carroll is available from her Harwich office on Tuesdays and Thursdays from 9 AM to 4 PM to assist Veterans, as well as surviving spouses, with claims, VA healthcare, VA pensions, MGL Chapter 115 low income benefits, and more. Shawney can be reached by phone at 508-778-8740 (Hyannis office) or 508-430-7510 (Harwich office) or by email at capevso2@comcast.net.

LUNCH PROGRAM DETAILS

LUNCH PROGRAM



We recognize that folks looking to take advantage of our COA meal program are coming with different needs, interests, and comfort levels. We're working to provide options that work for everyone!

Dining Onsite and Grab & Go

For every meal, we'll offer the option to dine onsite or take your meal as a "grab & go".

For folks dining in, we'll offer seating at round tables with a maximum of four people per table. All components of the meal – the meal itself, beverages, condiments, and utensils – will be individually served by kitchen staff and volunteers; nothing will be offered communally or buffet style.

For folks who would like to enjoy a delicious meal prepared by Chef Linda, but aren't comfortable or interested in group dining, we'll offer a grab & go option. This option will include the same meal being served onsite, but packaged in a to-go container for you to take home. Grab & go meals must be picked up during the onsite dining timeframe.

Meals will be available Monday through Friday, from 11:30 AM to 12:30 PM. For folks dining in, please arrive in time to be seated at 11:30 AM. For folks taking meals to go, you may arrive any time in the one hour lunch window. **We have a strict capacity of 60 meals per day** (including both onsite and grab & go meals).

Preregistration is required. If you have not signed up in advance, we will have to turn you away.

You must sign up at least 24 hours in advance of your desired meal. However, please note that some dates fill up well in advance, so reserving your spot as early as possible is recommended! When signing up for multiple days, please confirm with staff that we have space for the days you are signing up for.

Similarly, if you sign up for a meal, please make sure you attend and pick up on time. **For grab & go meals, if you arrive after 12:30 for pick up, we cannot guarantee that your meal will still be available.** If you're unable to attend, we request that you cancel your reservation at least 24 hours in advance to allow someone else to attend in your place and to ensure food does not go to waste. Repeated failure to attend a lunch reservation may result in suspension from this service. (Please note, we understand emergencies happen! If you're unable to attend due to an emergency, this will not count against your lunch program eligibility.)

The suggested donation per meal is \$3 for Harwich residents, \$4 for non-residents.

**Questions or looking to sign up? Give us a call –
508-430-7550!**

November

Tue 11/1	Chicken sausage w/pasta & peas
Wed 11/2	Philly cheese steak sandwich w/chips
Thu 11/3	Italian wedding soup & grilled cheese
Fri 11/4	Tuna roll w/chips
Mon 11/7	Grilled cheese & soup
Tue 11/8	Strawberry balsamic spinach & chicken salad
Wed 11/9	Swedish meatballs w/noodles & veg
Thu 11/10	VETERAN'S LUNCHEON—see page 2
Fri 11/11	COA CLOSED—VETERAN'S DAY
Mon 11/14	Hot dog w/beans & chips
Tue 11/15	Hot pastrami sandwich w/swiss & chips
Wed 11/16	Meat lasagna & salad
Thu 11/17	THANKSGIVING MEAL—see page 1
Fri 11/18	Taco boat w/rice
Mon 11/21	Chicken salad roll w/chips
Tue 11/22	Grilled cheese w/bacon & soup
Wed 11/23	Beef stew w/Italian bread
Thu 11/24	COA CLOSED—THANKSGIVING HOLIDAY
Fri 11/25	COA CLOSED—HOLIDAY
Mon 11/28	Turkey sandwich w/lettuce & tomato w/chips
Tue 11/29	Beef stir fry w/snow peas & rice
Wed 11/30	Soup & salad

December

Thu 12/1	Veggie lasagna & salad
Fri 12/2	Pulled pork sandwich w/chips
Mon 12/5	Mac & cheese
Tue 12/6	Chicken alfredo
Wed 12/7	Cheeseburger w/French fries
Thu 12/8	Grilled salmon w/rice & veg
Fri 12/9	Tuna melt with "chowdah"
Mon 12/12	Hot ham & cheese w/chips
Tue 12/13	Fried chicken w/potato & veg
Wed 12/14	Stuffed peppers & rice
Thu 12/15	Chicken asparagus & mushroom skillet over rice
Fri 12/16	Pizza & salad
Mon 12/19	Comed beef Rueben w/chips
Tue 12/20	Chicken a la King
Wed 12/21	WINTER HOLIDAY MEAL—see page 1
Thu 12/22	Turkey Rueben w/chips
Fri 12/23	Chili w/ Italian bread
Mon 12/26	COA CLOSED—CHRISTMAS DAY OBSERVED
Tue 12/27	Chicken parm w/ziti
Wed 12/28	Chowder & grilled cheese
Thu 12/29	American chop suey
Fri 12/30	Hot pastrami & swiss w/chips

***Note: Meals are subject to change based on ingredient availability**

TRANSPORTATION INFORMATION

CRANBERRY COACH

Transportation on our handicapped accessible van is available for trips to grocery stores and pharmacies within Harwich, as well as to onsite COA programs, Brooks Free Library, and Town Hall.

- **At the time of this printing, we are back to full capacity on our van (14 passengers).**
- You must make a reservation **at least one day ahead**. The more notice, the better!
- Most trips are scheduled for 9:00 AM or 1:00 PM. Your flexibility is appreciated if we need to adjust times.
- Passengers must be free of COVID-19 symptoms. Masks are strongly encouraged, but not required.
- **Reminder: Rides are to scheduled locations only. Drivers cannot bring you to any location not scheduled through the COA office in advance.**

Cranberry Coach Weekly Schedule

Please note: Schedule is subject to change based on rides to and from COA sponsored programs.

Mon	AM—Market Basket or Hyannis shopping (see below) PM—Stop & Shop or Shaw's, optional Harwich Port stops*
Tues	AM—Stop & Shop or Shaw's PM—Family Pantry deliveries
Wed	AM—Stop & Shop or Shaw's, optional Harwich Port stops* PM—Shaw's, optional Harwich Port stops*
Thurs	AM—Stop & Shop or Shaw's, optional Harwich Port stops* PM—Stop & Shop, Shaw's, Library, or Town Hall
Fri	AM—Stop & Shop or Shaw's (except Brown Bag days)

**Stops at Harwich Port CVS, Post Office, and local banks must be explicitly scheduled when arranging your ride. Thanks!*

Monday Trip Schedule

Market Basket: Nov 7, Nov 21, Dec 5, Dec 19

Hyannis shopping: Nov 14, Nov 28, Dec 12

Note Holiday: Dec 26

**Call the COA to schedule all rides
508-430-7550**

**24 hours notice for Cranberry Coach
4 business days for Medical Rides**

RIDES TO MEDICAL APPOINTMENTS

The COA provides rides to medical appointments via Volunteer Drivers. Requests must be made **AT LEAST 4 BUSINESS DAYS in advance**. The more notice, the better! Call 508-430-7550. Guidelines:

- Travel between Wellfleet and Hyannis only.
- Masks are strongly recommended, but not required.
- No extra riders are permitted unless required due to disability (must be your household member).
- Limit of 2 medical rides per month. This means we are unable to provide ongoing rides for medical therapies.
- A stop to a pharmacy after your medical appt. is allowed; please request at the time of scheduling.
- Please provide a cash donation to your driver in these amounts to offset the cost of gas: Harwich and adjacent towns \$5. Hyannis, Yarmouth, Wellfleet \$15. If this creates a hardship, please let us know at the time of booking. No one will be turned away for inability to pay.

FRIENDS' MINI BUS (508-432-5050)

On Fridays at 1:30pm, the Friends of Harwich COA will take riders to on a loop through Harwich Port to:

- ♦ TD Bank & Cape Cod 5
- ♦ CVS & the Post Office
- ♦ Shaw's on Sisson Road

Call 508-432-5050 to sign up. Limited capacity (COVID).

COMMUNITY TRANSPORTATION

CCRTA continues to run services on a reduced schedule. Call the numbers listed for details.



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.

NOTES FROM THE OUTREACH OFFICE

Andrea Sidoruk, MSW

508-430-7550, extension 12



I am extremely excited to be at the Harwich Council on Aging as the Social Services Coordinator. I hope to have the opportunity to meet each of you and to learn about you and the Harwich Community. My husband and I moved to Cape Cod permanently, in May of 2022, from Cheshire, Connecticut. In Cheshire, I taught ninth to twelfth graders Earth Science, Biology, Environmental Science, Astronomy and Oceanography for twenty-three years. I retired from teaching to become a social worker. Meanwhile, I volunteered and interned at the Cheshire Senior Center as I earned my Master in Social Work. In May 2022, I graduated with my MSW from Southern Connecticut State University. Prior to my MSW, I earned my Gerontology and Social Gerontology Certificates from the University of Massachusetts Boston. My undergraduate work was in Nutritional Sciences from the University of Connecticut. Afterwards, I worked at Yale New Haven Hospital, in New Haven, Connecticut as a Nutritionist and at Saint Mary's Hospital, in Waterbury, Connecticut. I worked in the clinical and community settings as the Outpatient Nutrition Educator developing programs along with the registered nurses and medical teams.

Later, I earned my Master in Public Health and Health Education from Southern Connecticut State University and a Master in Education from University of New Haven. I found my way to social work as I worked with students, patients, and as I cared for my parents and in-laws. When caring for my parents I needed to learn about health care, insurance and social programs. I met the most helpful and inspirational people who guided and mentored me to assisting my parents. These are also the people who encouraged me to become a social worker. I am glad I had the opportunity to be with our parents as we navigated the various medical and social landscapes. I understand that people need to find someone to guide them to learn about important financial, social and health resources and to

listen to their questions and concerns. As the MSW intern, at the Cheshire Senior Center, I counselled clients, developed a grief and bereavement program and created a Dementia Café. I was a Friendly Visitor in Cheshire and learned so much from my friends especially one lady who taught me to play the keyboard as she sang "Amazing Grace." I never played the keyboard prior to our friendship. I believe the Friendly Visitor Program is a great way to have people connect. I hope to plan and implement interesting programs or group meetings that meet your needs as well as work with individuals. I will be available for fuel assistance, rental assistance, Medicare and Medicaid questions and other program inquiries. The Harwich Council on Aging Director, Julie Witas, MSW and I discussed implementing, in the future, mindfulness programs, stress reduction programs, women and men's breakfast programs and bereavement programs. As I grow in this position I would like to hear some ideas from you and your interests so I can further develop programs to meet your needs.

I am happy to be here in Harwich working in the Council on Aging and exploring the beautiful Harwich landscape and environment. I love to explore paths and beaches with my two West Highland White Terriers, Cooper and Quinn. I love walking and riding my bicycle. On quiet days, I love reading great historical fiction novels, biographies, or baking. I enjoy learning about new foods, especially sweets and baked items. I love to share recipes! Recently, I decided to try taking up a new hobby--clay and painting but I need some time to develop my skills. I have learned patience is a virtue!! During the last two years I enjoyed watching old mystery shows and movies. I love solving "who done it!"

Please stop by to introduce yourself and let me know what is of interest to you. I look forward to meeting each of you and learning about this great community.

Thank you,

Andrea L. Sidoruk, MSW



HERE'S TO YOUR HEALTH

Susan Jusell, Town Nurse

508-430-7505

What Do You Know About Hearing Loss?

No one enjoys missing the punchline of the joke, then smiling just to show others that you had understood what was said. The loss of your hearing can leave you feeling isolated. Prevention of hearing loss happens during our younger years. However, the earlier you detect a problem may positively impact your long-term outcome.

Nearly 50% of older adults suffer from hearing loss. Those who use hearing aids reduce the risk of both depression and dementia while improving their quality of life. Your ability to hear may not necessarily get worse by not wearing hearing aids, but your ability to decipher the words that are spoken may decline faster than if you were wearing hearing aids. If other people are concerned about your hearing, then you should be as well.

There are many local providers that will bill insurance for a hearing test. The audiologist will take a history, conduct testing and may use an audiogram to assess tones, then develop a thorough report of what your deficits are and what you can do about it. It's always your choice whether or not you purchase hearing aids. There's a variety of styles and prices to choose from, now including over the counter as well as options covered by the Veterans Administration and many of the Mass Health plans.

If you think you have tinnitus, a ringing or buzzing in your ears, it's important to get it checked out. Many times patients are surprised by finding out they have a wax build up and experience relief when it's removed.

When a hearing aid is no longer helpful or is not an option, then educating those around you is the key! The following are some tips to effectively communicate with somebody who's hearing impaired.



- Face the hearing impaired person directly
- Do not call them from another room



- Speak clearly, slowly, distinctly, but naturally without shouting
- Say the person's name before beginning a conversation
- If the listener hears better in one ear, then position yourself to speak on that side of the person
- Try to minimize background noise when having a conversation
- Acquaint the listener with a general topic of conversation and avoid sudden changes to the topic
- If you're providing pertinent information ask the listener to repeat what has been said or offer to put it in writing; try keeping a wipe board handy
- Try to be patient and understanding
- Lastly, pay attention to the listener; if they're not showing any response or have a puzzled look, then ask them a clarifying question.

We are looking to start a new and ongoing program here at the Community Center. Laurie Moore is a wonderful resident here in Harwich looking to build an added culture within our Community Center. She's been learning conversational American Sign Language (ASL), and as a signer, she enjoys communicating in sign as practice during casual interactions. Her passion and enjoyment is infectious and makes you want to learn more! Please join me for an hour from 1-2pm on Wednesdays, as we'll be sharing in laughter and learning how to talk to each other in sign. Sign language isn't as difficult to learn as it looks, and it's more than just using hand gestures. If you're seeking to learn something new, if you know how to sign, are looking to have some fun, are trying to keep your brain sharp, or would just like to know an added way to communicate with someone you love that's hard of hearing, then this group is for you! There's no charge, and no reservation is required for this "conversational sign language" program.

I'm at the COA on Mondays from 4-5 pm for a walk-in blood pressure clinic, as well as the Wellness Clinic on Wednesday mornings by appointment. Stop in and say hi!

I wish you and yours the most happy and healthy holiday season!

MORE HEALTH NEWS & MEDICARE UPDATES

ADVICE FOR SEEING YOUR DOCTOR

Many of you may see your doctor only once yearly and may feel rushed when you do, so here are a few ideas that may help.

First, you may want to write down your questions in advance. This makes things easier for your doctor, and it will give you the time beforehand to write down the important things that you may forget to ask once there. You may also benefit from bringing a friend with you that may remember things your doctor talked about that you may not. Here are a few questions for you: Do I need any vaccines? Should I be taking any vitamins or supplements? Am I at a healthy weight? How can I lower my dementia and fall risks? Do I need to take all of these medications? If diagnosed with an illness: Will it be permanent? How is this managed or treated? How can I learn more about it? What changes should I be looking for (good or bad)? What tests/exams will be needed; and why? Also, will there be any new meds added to what I take now?

Be honest with your doctor about your smoking, alcohol use, etc. (Remember, your doctor can't help you if they don't know you!) Tell your doctor about what concerns scare you the most (for example, falling). And lastly, when describing a pain, use an example like "It hurts to turn my head to the right but not to the left." These tips will make your visit more productive.

MEDICARE OPEN ENROLLMENT & COST SAVINGS PRESENTATION

Tuesday, November 8, 1:00-2:15 PM

Are you on Medicare and concerned about rising costs? Do you worry about how you will pay for your prescriptions? Do you know the right questions to ask when you are buying health insurance? Join us for an informative session on these topics and more. Also learn about how Open Enrollment can help you, and how to navigate the process. A quick review of your plans can save you money! Presented by the Massachusetts SHINE Program.

Registration is required—call 508-430-7550 to sign up!

COST SAVINGS TIP FROM SHINE

Did you know that the **Medicare Savings Plans** can help you pay for Medicare premiums and make you eligible for BIG SAVINGS on your prescriptions? Check these current 2022 numbers. If you have Medicare and your income and assets are similar to those below, you might qualify!

Income & Asset Limits for MassHealth Buy-In (SLMB, QI-1):

	Income (at or below)	Assets* (at or below)
Single	\$1,869/month	\$16,800
Married	\$2,518/month	\$25,200

**Your home and car are not counted as assets.*

At these income limits, MassHealth pays: Medicare B premium & full extra help with prescription costs

Income & Asset Limits for MassHealth Senior Buy-In (QMB):

	Income (at or below)	Assets* (at or below)
Single	\$1,473/month	\$16,800
Married	1,984/month	\$25,200

**Your home and car are not counted as assets.*

At these income limits, MassHealth pays: Medicare A & B premiums, deductibles and copays, automatic full extra help with prescription costs

For help applying, contact Social Services Coordinator Andrea Sidoruk at 508-430-7550.

MEDICARE OPEN ENROLLMENT

Don't wait until it's too late!

The Open Enrollment Period (**Oct 15th – Dec 7th**) for Medicare Advantage Plans (Part C) and Prescription Drug Plans (Part D) is starting and it is **very important** to re-evaluate your Medicare options for **2023** during this period.

SHINE appointments at the Harwich COA are full, but the Regional SHINE office is also available to help. If you would like the Regional SHINE office to assist you, please call **508-375-6762** for a telephone appointment. You may also contact Medicare at 1-800-633-4227; they are available 24 hours, 7 days a week.

Remember—don't wait until it is too late. If you don't change your Part D plan during the Open Enrollment Period (**Oct 15th- Dec 7th**), your 2022 plan Part D will be your 2023 plan. Let SHINE help you navigate through the 2023 plan changes.



VOLUNTEER NEWS

VOLUNTEER SPOTLIGHT



*Joanne
Lepore*



Joanne Lepore has been one of our wonderful reception volunteers for six years. She has been a Harwich resident for 45 years. “No better place than Harwich!” she says. When she’s not busy helping older adults in our community, she enjoys cooking, taking Balance Boosters class here at the COA, and keeping her mind active and busy. A former dog owner herself, she loves meeting new canine friends, which works out well for her in our dog friendly office. When asked what she enjoys about helping out at the COA, Joanne says working with the young staff at the COA because it keeps her full of youthful energy. Joanne is full of knowledge about Harwich and is known for doling out a “Fun Fact Friday” about the town to Community Center Director Carolyn Carrey. Come say hi to Joanne and see what you might learn about Harwich!

***Thank you Joanne, for all you do for the
Council on Aging!***

CURRENT VOLUNTEER NEEDS

The Council on Aging is always seeking new volunteers. We ask for a 6 month minimum commitment for most of our roles. To find out about our current opportunities, contact Julie Witas at jwitas@town.harwich.ma.us or 508-430-7550.

Lunch Check-In Aide (1 hour/week): Check in the patrons arriving for our lunch program, direct them to their seats, distribute grab and go meals, and collect donations. It’s easy and fun! The shift runs from 11:15am-12:30pm.

Medical Drivers (2 hours/week): Drivers take seniors to medical appointments in the local area, covering Hyannis to Wellfleet, 1 or 2 times a month. Volunteers provide rides in their own vehicles. You must have a valid driver’s license and complete background, driving record, and vehicle safety checks. Transportation is a top need of seniors, and you can make a real difference in the lives of many of your neighbors! A small stipend is provided to cover the cost of gas.

Reception/Admin Assistant (3.5 hrs/week): Responsible for greeting guests Directing clients to proper COA Staff, helping in the distribution of medical equipment, acting as a backup answering phones, and making reminder calls. Excellent communication skills and a friendly demeanor would make this a very rewarding experience. The current shift available is Wednesday afternoon, 12:30-4:00pm.

Friendly Visitor (1 hour/week, more if desired): Friendly Visitor volunteers provide one-on-one companionship to combat social isolation through regularly scheduled visits and activities. We match you with an isolated senior who needs social support. As a friendly visitor, you will gain valuable experience, contribute to your community, have fun, make a friend, and learn something new. In this role, you can set your own schedule, making it ideal for folks who are a little busier!



FEATURED POSITION:

Holiday Help: We have need for several volunteers to help with various projects throughout the holiday season: primarily deliveries, serving meals, and wrapping gifts. If you would like to help bring some cheer to a neighbor at Thanksgiving or Christmas, please give us a call at 508-430-7550 and speak to Julie or Andrea.

BROOKS FREE LIBRARY NEWS

Late Fall can be a great time to visit the library. Although the darkness comes early these days, most years the snow has yet to come and traffic is light and there is always something going on at the library. Our Friends of the Library group has a "First Sunday" series of programs and they will present "Stephen Collins Irish Voices" on Sunday November 6 at 2pm. In this dramatic offering Yeates, Joyce, McCourt will be some of the writers who will be represented. Our Youth Services Librarian, Ann Carpenter, will be bringing back her 'Send a story' program soon. This is a very special program where we can make a recording of you (video or just audio) reading a story to your grandchild, niece, nephew or other child. The library will then create and print out a QR code that you can share with that child/caregiver so they can access that video/audio recording and you can 'share a story' together. For more information about this program you can contact Ann Carpenter by email at acarpenter@clamsnet.org. You can always check out the events calendar page on our website brooksfreelibrary.org to see what other special programs are being offered as we are adding new programs all the time.

We currently have three regular book groups with monthly meetings for adults that meet at different days and times. Call us at 508-430-7562 or visit our website for more details about these groups. On November 1st at 6:30pm, the evening group will be discussing "Leave it as it is: a journey through Theodore Roosevelt's American Wilderness" by David Gessner and on December 6, they will discuss "The Feather thief: beauty, obsession, and the natural history heist of the century" by Kirk Wallace Johnson. The morning group will meet at 11am on November 8th to discuss "This Tender Land" by William Kent Krueger, and they will meet the second Tuesday morning in December to discuss an as yet to be named title. All of our book groups are always open to new members and registration is not required. You can check out a copy of each group's selections at the front desk and then just come to the Thornton room on the

lower level of the library for the group discussion. We are always happy to greet newcomers and different points of view are always appreciated and encouraged.

I am happy to announce that we are bringing back our popular tech help 'Book a librarian' program! Harwich residents are given priority for this program that allows you to schedule up to two, 30 minute, one-on-one sessions with a librarian for help with technology that goes beyond our brief tech help that is always available at the Reference desk. Book a Librarian (or BAL as we like to call it) can be a great option for you if you need help with learning how to read free ebooks on your device, or the best way to use Zoom on your laptop, or how to tweak your setting so you stop getting tons of emails from Facebook. These are just a few examples of the endless tech questions we have helped folks with. We can't help you with malfunctioning software or hardware issues (like a virus) and we aren't experts at everything, but we are willing to work with you to try to get your questions answered and help you feel more comfortable with technology. The form to request a BAL appointment can be found on our website <https://www.brooksfreelibrary.org/services/book-a-librarian-form/> or you can call us and we can fill the form out for you. Hope to see you soon at Brooks Free Library.

Brooks Free Library
739 Main St, Harwich MA 02645
508-430-7562 or www.brooksfreelibrary.org
Monday-Thursday 10am-7pm
Friday and Saturday 10am-4pm



COMMUNITY UPDATES & EVENTS

COUNCIL ON AGING UPDATES

HOME SAFETY ASSESSMENTS AVAILABLE AGAIN!

In collaboration with the Harwich Fire Department, you can have your home inspected for safety. Members of the Fire Department and Council on Aging staff will visit your home to perform a thorough evaluation of smoke detectors, carbon monoxide detectors, fall risks, and more. We will replace batteries and if needed, offer replacement devices. To schedule a home safety assessment, call the Council on Aging at **508-430-7550**.

CALL FOR NEW PROGRAMS

We're hoping to introduce some new programs here at the COA and we need your help!

Do you have a special interest, skill, certification, or knowledge that you'd like to share or explore with others? A new hobby or lifelong passion? We'd love to hear about it! We're looking to add both one time programs and recurring activities, ranging from games, presentations, skill-building, discussion groups, fitness programs, and anything in between.

Contact Julie to discuss your ideas and learn about the process of getting a new program up and running:

Email Director@HarwichCouncilOnAging.com
or call **508-430-7550**

COA BOARD OF DIRECTORS

The Council on Aging Board of Directors meets monthly on the third Wednesday of every month at **10 AM**.

Next meetings: November 16; December 21

All agendas will be available on the town website, via the Town Clerk, or by contacting the COA.

COMMUNITY EVENTS

Elder Services of Cape Cod and the Islands, Inc. will be providing a FREE traditional Thanksgiving meal to individuals 60+. Meals will be distributed via a "grab and go" on **Tuesday 11/22 between 10am—1pm** at Elder Services of Cape Cod and the Islands office located at 68 Route 134 S.Dennis, MA. **There are a limited number of meals, so reservations are required.** To reserve a meal please call the Nutrition Department at Elder Services at (508) 394-4630 x412. All reservations must be made by Wednesday 11/16 at 3 pm.

HARWICH COMMUNITY CENTER

Building Closed:

November 11th — Veteran's Day
November 24th & 25th — Thanksgiving Holiday
December 26th — Christmas Day (Observed)

Ongoing Groups:

Zumba with Alissa: Mon, 5PM-6PM & Thu, 7:30AM-8:30AM
Zumba with Alice: Thursday, 5:30PM-6:30PM
Lumi Yoga & Wellness: Tuesday & Thursday, 9AM-10:15AM
Wed, 5:30PM-6:45PM (*Stops meeting after Dec 15th*)
Adult Volleyball: Thursday, 6:30PM-8:45PM
Al-Anon: Friday, 5:30PM-6:30PM
Men's 55+ Basketball: Mon & Wed, 12-2PM & Fri, 1-3PM
Senior Volleyball: Tuesday & Friday, 11PM-1PM
Insight Meditation: Tuesday, 7PM-9PM
Wednesday Stitchers: Wednesday, 10AM-2:30PM
NA: Wednesday, 7:30PM-9PM
Bit of Bliss Yoga: Monday & Wednesday, 9:30AM-10:30AM
Cranberry Mah Jongg: Wednesday, 1PM-4PM
Quilt Bank: Monday, 9AM-2PM
Cranberry Rug Hookers: Monday, 9:30AM-1PM
Children's Pajama Playgroup: Tuesday, 5:30PM-6:15PM
Children's Playgroup & Open Gym: Thursday, 10AM-12:30PM

Groups & Events:

November:

Community Orchestra: Nov 2nd, 9th & 16th, 6PM-8:40PM
Mad Science: Nov 4th, 6PM-7PM
Harwich Democrats: Nov 5th, 9:30AM-11:30AM
KD Quilters, Nov 7th & 21st, 9:30AM-2:30PM
State Election: Nov 8th, Polls open 7AM-8PM
Woman's Club Meeting: Nov 10th, 1:30PM-3:30PM
Harwich Artists Open Painting: Nov 10th, 1PM-3:30PM
Harwich Town Band Rehearsals: Tuesdays, 6:30PM-8PM
Front Porch Rug Braiding, Nov 12th, 10AM-3PM
Master Gardeners Meeting, Nov 17th, 8AM-2PM
Harwich Republicans Meeting, Nov 17th, 5PM-6PM
Cranberry Rug Hookers, Nov 19th, 9:15AM-1:15PM
Harwich Artists Monthly Meeting, Nov 19th, 2PM-4PM
Women's Book Club, Nov 28th, 2PM-3:30PM

December:

Harwich Artists Open Painting: Dec 1st & 8th, 1PM-3:30PM
Garden Club Holiday Boutique: Dec 3rd, 9AM-1PM
Historical Society Craft Fair: Dec 3rd, 9AM-1PM
KD Quilters: Dec 5th & 19th, 9:30AM-2:30PM
Harwich Town Band Rehearsals: Dec 6th & 13th, 6:30-8PM
Woman's Club Santa's Workshop: Dec 7th, 3PM-7PM
Fishing Partnership Support: Dec 7th, 9AM-5PM
Community Orchestra Holiday Fair: Dec 10th, 9AM-3PM
Harwich Republicans Meeting, Dec 15th, 5PM-6PM
Cranberry Rug Hookers, Dec 17th, 9:15AM-1:15AM
Red Cross Blood Drive: Dec 21st, 1PM-5PM (Appt req'd)

FRIENDS' NEWS



Friends of the Harwich Council on Aging

100 Oak Street, Harwich MA 02645

508-432-5050

FriendsofHarwichCOA@gmail.com

A Message from Jim Knickman, Friends' President

Dear Friends, Donors, and Members:

Kidde Lock Boxes: Again, this year, *Friends*, the Harwich Fire Association, and the Harwich Fire Department are partnering to provide Harwich Older Adults with Kidde Lock boxes. The boxes will be installed by the Harwich Fire Department on participants' front door area and allow, in an emergency, firefighters and paramedics immediate entry into the home without forced entry damage. There unfortunately is "supply chain" issues slowing the availability of the actual lock boxes but you are welcome to sign up now so you are on the list when the boxes arrive. To sign up, just email your name, address, and best phone number to: FriendsofHarwichCOA@gmail.com.

Harwich Veterans: Save the Date! Enjoy a grab and go lunch prepared by Chef Linda and funded by Friends on **Thursday, November 10**. See page 2 for details.

Excursions: The popular trips we sponsor using the Friends van will continue for the rest of the year. Details about places and dates can be found on page 5.

Annual Appeal: Friends 2022 Year End Appeal kicks off this month. Please consider a donation to Friends. We will spend your gift wisely to support Harwich older adults primarily in areas of nutrition, socialization, transportation, emergencies, and durable medical equipment. You can also donate on our web site.

Volunteer Drivers: *Friends* continues to need volunteer van drivers. Your commitment can be as little as once a month. Driving this van does not require a special license. We hope

to increase the 14 passenger van's use to take seniors on errands in Harwich and to increase our social excursions on the Cape. By volunteering, you will make a difference in your neighbors' lives. If interested, send an email to:

FriendsofHarwichCOA@gmail.com

Friends Website and Facebook Page: Keep up to date with the *Friends*! Recent posts on the web and Facebook include a PowerPoint summary of two lectures I presented at Eldredge Library focused on federal policy as well as state and local programs aimed at improving the lives of older adults. Our Facebook Page: Friends of Harwich Council on Aging. Our website: friendsofharwichcoa.org.

Enjoy the Fall! Jim Knickman and the Friends Board

GIFT DEDICATIONS

In Memory of

Jack E. Brown

Mary Beth Russo and the
Saracino Family

John and Jeannie Wheeler

Linda and Russell Johnson

Frank and Gloria Gurdziel

David and Pamela Purdy

R "Link" Thacher

Beverly Thacher

Kay Sacramone

The Brophys

In Memory of

Sherill A. Duggan

Dennis F. Duggan

Stan Kokoszka

Pat Kokoszka

In Honor of

Harwich Veterans

Christina Joyce

Chris Joyce

Nancy B. Poor

FY 23 FRIENDS OF HARWICH COA MEMBERSHIP

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

Name _____

Mailing Address _____

Town/Zip _____ Phone _____

Email: _____

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

Additional Donation: \$_____

Donation: \$_____ In Honor Of _____ In Memory Of _____

Name _____

Mailing Address _____

Town/Zip _____ Phone _____

Email: _____

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

Additional Donation: \$_____

Name: _____

Please make checks payable to: Friends of the Harwich COA

Mail to: FHCOA, 100 Oak Street, Harwich, MA 02645

CAREGIVER & COMMUNITY RESOURCES

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.

While the Day Center was closed down throughout the height of the COVID-19 pandemic, they have reopened under enhanced protocols designed to ensure the health and safety of both staff and participants.

The Day Center Program is open to residents of Orleans, Brewster, Chatham, and **Harwich**, and attendance is subsidized by these communities. The cost for Harwich residents to attend is \$55/day and includes all activities and meals.

To learn more about scheduling a complimentary trial day or for more information about eligibility, contact the Day Center Director at 508-255-6333, ext. 19.

FUEL ASSISTANCE

Heating bills are expected to rise substantially this year. Lower your costs by applying for Fuel Assistance. The Council on Aging can help you apply! **Appointments can be scheduled by calling 508-430-7550.** (We do not accept walk ins for Fuel Assistance.)

This year, gross income limits for Fuel Assistance are:

One person household: \$42,411

Two person household: \$55,461

(Note: There are no asset limits.)

You can schedule a time that is convenient for you during our open hours. We are also having special Fuel Assistance “clinics” in collaboration with the Homeless Prevention Council on the following dates:

Monday, November 14, 4:00-6:30pm

Tuesday, November 15, 12:30-3:30pm

Appointments are required, so call today to reserve your time! To schedule an appt for one of these dates, contact Mary at HPC at 508-255-9667 ext. 180

NUTRITIONAL SUPPORT PROGRAMS

These programs are ongoing. Call for more information.

BROWN BAG 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 to moderate income and/or are on MassHealth, SNAP, or Fuel Assistance, you will qualify. For more information, call 508-430-7550 and ask for Andrea.



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 Elder Services at 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. For more information, contact Andrea at 508-430-7550.

CALEB CHASE FUND

The Caleb Chase Fund is a Town of Harwich fund designed to help Harwich residents in financial need. The Fund can help with payments for rent, utilities (including phone and internet service), medical bills, car payments, and child care. If you are interested in learning more about the Caleb Chase Fund, contact Julie Witas (508-430-7550, or jwitas@town.harwich.ma.us) to learn more about the application process.

HOMELESS PREVENTION COUNCIL

Caseworker Mary O'Reilly from HPC is available to meet at the Harwich Council on Aging on **Tuesday afternoons from 12:30-3:30 PM.**

Mary can assist with housing applications, applying for SNAP benefits, fuel assistance, and other personalized case management support. This is a walk in service—no appointment required.

Can't make it on Tuesdays, but want to get in touch with HPC for support? Contact them at 508-255-9667 or info@hpccapecod.org.

HARWICH COUNCIL ON AGING
100 Oak Street
Harwich, MA 02645

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FOR THOSE WITH VISUAL IMPAIRMENTS, A LARGE PRINT VERSION OF THE NEWSLETTER IS AVAILABLE UPON REQUEST.

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.harwich-ma.gov/council-on-aging

Staff Contacts

Director:..... Julie Witas
Town Nurse:..... Susan Jusell
Social Services Coordinator: Andrea Sidoruk
Program Specialist II: Vacant
Executive Assistant: Marie Carlson
Program Specialist I: Kate Seeley
Chef:..... Linda St Pierre
Van Drivers: Gerry Golia, Kathy Skipper, Kurt Von Hone

COA BOARD:

Richard Waystack, Chair
Carol Thayer, Vice Chair
Angelina Chilaka
Joanne Lepore
Ralph Smith
Justin White

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by the Town of Harwich.***

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.