

# Town of Harwich COUNCIL ON AGING NEWS



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

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

September / October 2020

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

## 2020 U.S. CENSUS

There is still time to complete the 2020 U.S. Census!

As with so many things, COVID-19 has impacted the 2020 Census timeline. The good news for anyone who has not yet completed their census is that you now have until September 30<sup>th</sup> to submit your response! There are a number of ways to submit your response – online (<https://my2020census.gov/>), by phone, by mail, or in person.

To respond by phone, call 844-330-2020 for English or 844-468-2020 for Spanish (for more info on how to respond in another language or using TDD, call us at the COA and we'll point you in the right direction). Calls are answered by a census worker – you will not be put through to an automated menu – and there is typically no wait time! Census workers staff the phone line seven days/week from 7 AM to 2 PM.

To respond in person, you have two options. Census workers have begun door-to-door in person follow up to households that have not yet submitted their census response. Second, you can come by a local Mobile Questionnaire Assistance (MQA) site! The COA and Brooks Free Library have both partnered with the census team to host MQAs in Harwich in September. There will be two at Brooks Free Library – Wednesdays September 2 and 9 – and one at the COA on Wednesday, September 16. All three Harwich MQAs will run from 1 PM to 4 PM. At both locations, the MQAs will be set up outside and will be staffed by census workers who can submit your census response right then and there. At the Library, this will be a walk-in service. **At the COA, we will be scheduling people by appointment – call us at 508-430-7550 to schedule yours! Masks/face coverings are required at both locations and social distancing will be maintained.**

The Census is a critically important tool that will inform the distribution of more than \$675 billion in funding each year. At the COA, census response most directly impacts of annual Executive Office of Elder Affairs Formula Grant. This grant is awarded to the COA at a certain dollar amount per senior (person age 60+) residing in the Town and is based on federal census data. **The 2020 census count of Harwich seniors will determine our Formula Grant funding for the next 10 years. We use these funds to pay a significant portion of our Program Specialist salary, to cover newsletter printing costs, and for other critically important projects and resources.**

Right now, Barnstable County has the lowest self-response rate in the state (under 50% to date). It is on all of us to fix this – take 10 minutes to respond and help our community get the funding we need!

## DIRECTOR'S DIALOGUE



Hello! It is hard to believe we are six months into the “new normal” that defines our experiences under COVID-19. Here at the COA, we are continuing to proceed cautiously, prioritizing safety and essential services, while also seeking ways to modify and expand our opportunities for fun, education, health/wellness, and socialization. We are still not in a position to safely bring group programming back onsite, but we are beginning to reintroduce expanded 1:1 services including legal appointments, podiatry care, Mobile Dental Hygiene Clinic, Wellness Clinic with the Town Nurse, and appointments with census workers to submit your 2020 response. We continue to hold 1:1 meetings with staff and can schedule times for Durable Medical Equipment loans or donation drop offs. Our remote lunch distribution, grocery/pharmacy support, essential transportation, and phone and email-based services are continuing in full force!

As a bright spot amidst the disruption of the last months, I am thrilled to announce that our own Julie Witas has been promoted to the position of Social Services Coordinator! Julie joined us about a year ago as the Program Specialist. She has overseen transportation services, coordinated the efforts of our huge base of dedicated volunteers, developed new programs, and built lasting relationships with so many in our community. With the onset of COVID, she has managed the day-to-day operations of our lunch, grocery/pharmacy, and transportation programs. Since the departure of Susanna from the Social Services Coordinator role, Julie has stepped in to assist with many of the core functions of that position as well. As any of you who have worked with Julie know, there is no better person for this position. I hope you'll join me in sending her congratulations and good wishes as she takes on this new role!

The next few months are filled with important events – the Annual Town Meeting, the 2020 U.S. Census deadline, the start of Medicare Open Enrollment, the State Primary and Presidential Elections, and more. Read on to learn more, including ways in which the COA can help you access and participate in these important events.

As always, we love to hear from you. Call or email any time get connected to services and resources, or just to check in and say hello!

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# CURRENT PROGRAMS & SERVICES

The programs described on pages 2 & 3 are available as of this writing in mid-August.

## LUNCH DISTRIBUTION

**Monday—Friday**      **NO COST**

We are offering a daily lunch distribution to support seniors who are self-isolating at home. See page 4 for details!



## PHARMACY ASSISTANCE

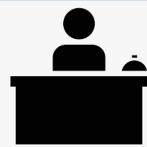
**Monday—Friday**      **NO COST**

COA staff or volunteer will pick up your prescription medication and bring it to your home if the following conditions are met: (1) Rx is filled at CVS, Shaws, or Stop & Shop in Harwich, and (2) No copay is due (we cannot pay for medication on your behalf, even if you are willing to reimburse). To make a request, call Julie at 508-430-7550.



### Visiting the COA

Like most town offices, the COA is open by appointment only for the foreseeable future. Unfortunately, we cannot provide walk-in service at this time. We have learned that a lot can be accomplished from a distance! When a visit to the COA is needed, we ask that you follow these procedures:



- ◆ Please wait outside or in your car until your appointment time. If the person you are meeting with is able to see you early, they will call your cell phone (we will ask for that number when you schedule the appointment).
- ◆ Please wear a mask/face covering inside the building and on the pathways outside, especially if you cannot maintain 6 feet of distance between yourself and others.
- ◆ If you come into the COA offices, please sign in for the purpose of contact tracing.

## 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 **[jwitas@town.harwich.ma.us](mailto:jwitas@town.harwich.ma.us)**.



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. The Pantry provides a “Shopping List” of their available items, and your selections are made from this list.

### How to Order:

1. Call or email the COA to request a copy of the current Family Pantry Shopping List.
2. When you have your selections ready, call the COA to give your order over the phone. (We accept orders every day of the week, and hold them to be filled on the next scheduled delivery day.)
3. We submit orders to the Family Pantry, where a volunteer will gather and bag up the groceries for each order.
4. 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.)

### More details:

- ⇒ Currently, all deliveries are made on Tuesdays, approximately 1pm-3pm.
- ⇒ You must place your order no later than Monday 3pm for Tuesday delivery (Friday if Monday is a holiday).
- ⇒ The Family Pantry allows you to shop every two weeks.
- ⇒ There is no charge for the groceries or the delivery. Donations to The Family Pantry are gratefully accepted to offset food costs, but there is no obligation to donate.
- ⇒ Service availability is dependent on Pantry capacity and COA volunteer or staff availability. Please give as much notice as possible when placing your order.



**The COA also keeps a small supply of non-perishable basics on site for urgent needs. If you know someone who needs help *today*, please call us! 508-430-7550.**

## WELLNESS & BLOOD PRESSURE CLINIC

Town Nurse Susan Jusell, RN **NO COST**

**Wednesdays 9:30am—12:00, by appointment**

Meet with the nurse to have your blood pressure taken, ask health related questions, or discuss your health needs. If weather permits, visits can be conducted outside on a covered bench. During inclement weather, visits will move to the COA's "Glass Room". All visitors to the Community Center are asked to wait outside or in their cars until their appointment time. To schedule an appointment, call the COA at 508-430-7550.

## LEGAL ASSISTANCE—In Person

Attorney Michael Lavender **NO COST**

**Wednesdays September 23 & October 28**

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

## LEGAL ASSISTANCE—Remote

Attorney Katie Wibby **NO COST**

**Mondays September 14 & November 2**

Schedule a free half-hour consultation with attorney Katie Wibby, who specializes in elder law. Katie's appointments will be fully remote. You will schedule your appointment with the COA, and then at your appointment time, Katie will call for a telephonic consultation. Call the COA at 508-430-7550.

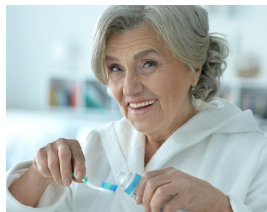
## MOBILE DENTAL CLINIC

**Fridays September 25 & October 23**

Preventative dental services are available again at the Community Center! Mobile Dental Hygiene Services offers 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.

To schedule an appointment, contact Mobile Dental Hygiene Services directly at 508-827-6725 or [smiles@mobiledentalhygiene.com](mailto:smiles@mobiledentalhygiene.com)



## ACTIVITY KITS

Our activity kits are finally ready to distribute! We have put together gift bags full of fun things to help you occupy your time: puzzles, art supplies, stress relievers, and more! These kits are **FREE!** (Supplies are limited—first come, first serve.) We will schedule a time for you to pick up at the COA, or deliver if you don't drive. For more information or to sign up, call 508-430-7550.



## FOOTCARE CLINIC

Betty Brady's "Feet First" **\$40**

**Wednesdays September 23 & October 7**

Trained nurse Betty Brady 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 are available 9:00-3:00 at the COA are \$40. Please call the COA at 508-430-7550 to schedule your appointment.



## 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.

We "quarantine" all returned equipment for 24 hours before giving it out to a new recipient and spray it with disinfecting spray. However, we are not able to guarantee that it is fully sanitized.



Call to see if we have the equipment you need. We will place it outside the building's South entrance at a designated time for you to pick up at your convenience.

Equipment can also be *returned* to this same location, without notice, Monday-Friday 1-3pm.

For more info or to request equipment, call 508-430-7550.

## UPDATE ON SOCIAL SECURITY APPTS

The Hyannis Social Security office remains closed to the public, and their staff continues to work remotely. Unfortunately, this means that they are cannot currently offer their Community Social Security Video Service (where you can video conference with a live person from our COA office). To speak to the SSA, call 866-467-0440.

# LUNCH PROGRAM DETAILS

## LUNCH DISTRIBUTION

**Monday—Friday, 11am-1pm, NO COST**



We are offering a daily lunch distribution to support seniors who are self-isolating at home. Our talented chef, Linda St. Pierre, prepares hearty sandwiches and salads fresh every day, and our friendly volunteers deliver to your home! To sign up or learn more, call the COA at 508-430-7550.

Program details:

- ◆ Schedule: Sandwiches on M, Tu, & Th / Salads on W & F. Each meal also includes a side and/or dessert.
- ◆ Unfortunately, we cannot accommodate most dietary restrictions at this time (call for details).
- ◆ Eligibility criteria applies—call the COA to discuss.
- ◆ We have capacity to serve 60 meals per day. At the time of this printing, you can sign up to receive lunch up to 4 days per week. Talk to Julie to set up a schedule.

### Delivery Procedures

To protect everyone's health, all deliveries are now "contactless."

- ◆ COA staff & volunteers are not permitted to enter anyone's home, nor the common areas of congregate housing such as condo buildings.
- ◆ Delivery drivers will wear a face covering/mask and apply hand sanitizer between houses.
- ◆ Driver will set the items down near the door, and step back at least 6 feet after they knock. Place a small table or chair outside your door if you do not want items touching the ground or cannot bend over. *Keep in mind we are not supposed to hand you things directly!*
- ◆ If you wish to speak to the driver, please wear a mask. Don't forget to maintain distance.
- ◆ For food deliveries, YOU MUST BE HOME. Board of Health Regulations prohibit us from leaving food outside an empty home.
- ◆ Help us decrease waste! Please call us to cancel as soon as possible if you will not be home.

## FUNDING UPDATE

Many of the recipients of our lunch program have inquired about the costs and funding source, as well as long-term sustainability. We aim to be completely transparent and do want to share this information to anyone interested; at the same time, the answer is actually a bit complicated! If you are curious to learn the details, read on. If this isn't of interest to you, just skip the numbered portion below & jump to the bottom.

1. For FY 21 (July 1, 2020-June 30, 2021), the COA initially requested funding for approximately 30 meals per day for our normal *onsite* daily meal program. (Budgets are submitted well in advance, before a pandemic could be predicted!)
2. The FY 21 town budget (including the COA budget with the above mentioned request) was scheduled to be approved at the Annual Town Meeting in May 2020. Town Meeting has been delayed to September 26, 2020 due to COVID so the town's FY 21 operating budget has not yet been approved.
3. In preparation for the September 26 Town Meeting, the COA recently submitted a *revised* FY 21 budget request to cover the cost of 60 meals/day to support the revised community-based lunch distribution program that evolved in response to COVID.
4. Since the onset of COVID in March, COA lunch distribution costs have been fully reimbursable through FEMA funds. It is anticipated that *FEMA reimbursement* for this program will end as of September 30, 2020.
5. If the revised COA budget request (#3) is supported by the Town Administrator, Board of Selectmen, and Finance Committee, it will be part of the full town operating budget presented at Town Meeting for approval. If approved at Town Meeting, the COA will continue to operate at a 60 meal/day capacity.
6. If revised budget is not supported at any step along the way (Administration, Board of Selectmen or Finance Committee, or at Town Meeting), we will have to return to a maximum of 30 meals/day when FEMA funding ends.

The takeaway is this:

We are very optimistic about being able to continue operating the lunch program at our current capacity (60 meals/day), but there is a possibility that we will have to reduce capacity to 30 meals per day later this fall. Unfortunately, we just can't say with certainty until after the Town Meeting on September 26. As of this writing, we expect to continue serving everyone who currently receives lunch. If our ability to do so changes, we will contact everyone individually.

**Don't forget! Elder Services of Cape Cod & The Islands offers a Meals on Wheels program. See pg 12 for details.**

# TRANSPORTATION INFORMATION

## CRANBERRY COACH

Transportation on our handi-capped accessible van is still available for essential trips to grocery stores and pharmacies. **To schedule, call 508-430-7550.**



- ◆ Passengers are limited to maintain social distancing: At the time of printing, we are taking two passengers at a time on the van.
- ◆ 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.
- ◆ Passengers must wear a face covering/mask on the COA van and be free of COVID-19 symptoms.

### Cranberry Coach Weekly Schedule

Mondays	Market Basket or Hyannis shopping
Tuesdays	AM—Local shopping PM—Family Pantry deliveries
Wednesdays	AM—Local shopping PM—Local shopping
Thursdays	AM—Local shopping PM—Harwich Farmer’s Market
Fridays:	AM—Local shopping PM—Local shopping

*\*Local shopping = Shaw’s or Stop & Shop. Call the COA for the current schedule. Stops at CVS allowed, only until the Friends’ bus resumes service.*

### Monday Trip Schedule

Market Basket: Sept 14, Sept 28, Oct 12, Oct 26  
Hyannis shopping: Sept 21, Oct 5, Oct 19

***Please call by FRIDAY at NOON to book a Monday trip!***

## RIDES TO MEDICAL APPOINTMENTS

Our ability to provide rides to medical appointments is *extremely* limited right now. We will do our best to accommodate your request, but ***ride availability is not guaranteed.***

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.
- No extra riders are permitted unless required due to disability (must be your household member).
- We are unable to provide ongoing rides for medical therapies (e.g., physical therapy, chemotherapy).
- A stop to a pharmacy after your medical appt. is allowed; please request at the time of scheduling.
- NEW: Limit of 2 medical rides per month.
- NEW: We can no longer offer rides to dentists.

## 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.

**Call the COA to schedule ALL rides!**

**508-430-7550**

**Please give us as much notice as possible—call at least 24 hours in advance for Cranberry Coach rides, and at least 4 business days for medical rides.**

# TOWN & COMMUNITY UPDATES

## TOWN UPDATES

Town buildings and departments remain open to the public on a limited basis. At this time,

- The COA is open by appointment only. We are scheduling 1:1 appointments with staff and bringing a few 1:1 professional services back on site (read on to learn more). For DME services, please call in advance and we will arrange a pick up or drop off time.
- The Community Center is open for scheduled groups/ events and by appointment with staff members.
- Town Hall is open by appointment only.
- Brooks Free Library is open for curbside pickup and remote services only. Building modifications are in process to enable them to reopen safely to the public in the coming weeks.
- The Cultural Center remains open to renters only.

All departments continue to prioritize safety for staff and the public. If your needs can be addressed remotely, you are encouraged to do so. Please call or email us, or any other department you are seeking services from, to arrange an appointment time if you're looking to meet in person.

The rescheduled Annual Town Meeting (initially scheduled for May 2020) will take place on Saturday, September 26, 2020 at 10 AM at Monomoy Regional High School (75 Oak Street, Harwich, MA 02645) on Stadium Field. The change in venue to an outdoor location is intended to maximize safety during COVID-19. Seats will be in single and double clusters with at least 6 feet between clusters. Masks or face coverings are required. For folks unable to wear a mask for medical reasons, there will be a separate designated seating area.

The Town Meeting article most relevant to the Council on Aging is the appropriation of the Fiscal Year 2021 town operating budget. The COA has requested supplemental funds, while identifying all possible offsets in other areas of our proposed budget, to support our community lunch distribution program. In ordinary times, we budget for approximately 30 meals/day for our onsite lunch program. Our community lunch distribution is up to almost 70 meals/day. We are responding to a greatly increased need for consistent, nutritious (and tasty!) meals due to COVID restrictions and isolation. We are hopeful the supplemental funds will be supported by the Finance Committee and Board of Selectmen, and ultimately supported at Town Meeting as part of the total appropriation.

If you have any questions or concerns about the rescheduled and modified Annual Town Meeting, don't hesitate to reach out. If we don't have the answer to your question ourselves, we will follow up with the appropriate department(s) to get you the information you need!

## VOTING

Voting will be held in person at the Community Center on November 3rd. If you have questions about voting, contact the Harwich Town Clerk's Office at 508-430-7516.

### **VOTER REGISTRATION**

To register to vote, or check the status of your registration online, visit: <https://www.sec.state.ma.us/OVR/> Or, you can register by mail to vote in Massachusetts by printing a voter registration form, filling it out, and mailing it to your local election office (Harwich Town Clerk). To register by mail, the form must be postmarked by October 24, 2020.

### **HOW TO VOTE BY MAIL**

To request an absentee ballot, you must complete an "Absentee Ballot Application" and return it to the Town Clerk's office. You can download the form from the Town Clerk's website, or request that one be mailed to you. **You should submit this form as far in advance as possible!** The deadline to request a ballot by mail is (received by) 5:00pm on Wednesday, October 28, 2020.

An absentee ballot will be mailed to you. When your ballot arrives, read it carefully and follow the instructions to complete and return it. **If you don't want to mail your ballot, you can place it in the BIG BLUE DROP BOX behind Town Hall.**

### **TRANSPORTATION**

Unfortunately, the COA cannot provide transportation for in-person voting this year. However, the van *can* take you to Town Hall to drop off your absentee ballot.

## **COA BOARD OF DIRECTORS**

The Council on Aging Board of Directors is holding their first meeting since the onset of COVID-19. The meeting is scheduled for **Wednesday, September 2, 2020 at 10 AM**, and will be held by remote participation only. The virtual meeting credentials/call in information will be included on the publicly posted meeting agenda. If you would like to attend this meeting and need assistance, please contact Emily Mitchell (508-430-7550 or [emitchell@town.harwich.ma.us](mailto:emitchell@town.harwich.ma.us)) at least 24 hours before the meeting and she will guide you through the participation process.

The subsequent meetings are scheduled for:

Wednesday, October 7, 2020, 10 AM  
Wednesday, November 4, 2020, 10 AM

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

## NOTES FROM THE OUTREACH OFFICE

**Julie Witas, MSW, MPH**

### **Social Services Coordinator**

I found it very challenging to write this column—I think I just don't want to reconcile the idea of trying to practice social work without seeing anyone in person. I'm so excited to move into this new role at the COA! We now need to fill the Program Specialist position in order to be fully staffed, but we'll continue to do our best to provide as many essential services as possible. The areas we have prioritized over the past several months addressed the basic needs of seniors (e.g., nutrition, transportation, and financial assistance). To the extent possible, we have also tried to facilitate social connections and promote wellness, but with reduced staff and volunteers in the office, it has been very challenging to meet these needs. I am hoping that as we bring volunteers back into the office this Fall, we will have more resources to devote to helping people in our community stay connected from a distance.

I was slow to get on board with Zoom and other methods of video conferencing, but my friends and family eventually convinced me to give it a try. I have to admit... It's a lot easier than I expected. It's always a little awkward to be on camera, but the payoff is huge! We just aren't meant to live in extreme isolation, and there's no substitute for seeing a friendly face. It's never easy to try something new (and this seems to be especially true with technology), but there has never been a better time to challenge yourself.

Of course, any connection helps, so keep up with your phone calls if that's what your comfortable with! But if you're curious about trying a video call, ask your loved ones if they have a favorite app and if they could help you get started. I am hoping to recruit some tech-savvy volunteers to act as a resource for seniors who want to start video chatting. If you would be interested in volunteering or in receiving this kind of help, please get in touch! I am available for "practice" on the following apps: Duo, Whatsapp, Skype, and Zoom. (Facetime coming soon!)

I look forward to someday seeing our Community Center (safely) full and busy again. Until then, I am committed to providing as much help and support remotely as possible. Contact me any time with questions or concerns: [jwitas@town.harwich.ma.us](mailto:jwitas@town.harwich.ma.us) or 508-430-7550, ext 14.



## CALEB CHASE FUND

The Caleb Chase Fund is a Town of Harwich fund designed to help Harwich residents in financial need. Founded with a \$10,000 donation from Harwich businessman Caleb Chase in 1904, the Fund has grown and now supports an average of 10-15 Harwich residents per year with one time bill payments for housing, utilities, heating costs, medical bills, and car and cell phone payments. The Fund is overseen by the Caleb Chase Trustees and administered by the Council on Aging, with the Board of Selectmen granting final approval for each award.

With the onset of COVID-19 and the resultant financial impact on Harwich residents, the Trustees and Board of Selectmen, in consultation with the COA, voted to expand use of the Fund for one year. These changes include raising the cap from \$800 to \$1,000 per person, allowing coverage for internet bills, and allowing individuals to receive multiple awards without the ordinary three year waiting period.

We know that many folks are grappling with increased financial need right now. **If you think you could benefit from a Caleb Chase award, contact Julie Witas (508-430-7550, ext. 14 or [jwitas@town.harwich.ma.us](mailto:jwitas@town.harwich.ma.us)) to learn more about the requirements and application process.** We are also here to help connect you to other local resources, now and always!

## FUEL ASSISTANCE APPLICATIONS

Our region's Fuel Assistance Program is administered by the South Shore Community Action Council. The program runs November 1st-April 30. Help with Fuel Assistance applications is available for Harwich seniors, by appointment with Julie Witas. **We will begin scheduling appointments for Fuel Assistance applications on Monday, Sept 28 for dates in October.** Start gathering the documentation required for your application, then call us to schedule! Your application must include:

- Proof of income: e.g., Social Security Award letter; statements for pensions or retirement funds; tax returns
- Proof of residence: eg., Mortgage, Homeowners Insurance, Real Estate Tax or lease
- Complete Electric Bill
- Heating Bill
- Photo ID
- Social Security Cards and Birth Dates for all in household

**To schedule an October appointment for Fuel Assistance, call 508-430-7550 after September 28!**

## HERE'S TO YOUR HEALTH

**Susan Jusell, Town Nurse**



Many of you welcome the month of September and the Fall season ahead. I think it's the most enjoyable time to live on this beautiful peninsula. We still have long beach days, less humidity, less traffic congestion and all the favorite places you like to support are still open! The sunsets are vibrant in the fall, grab a picnic dinner, invite your friends and head to a Bayside Beach for a free social distancing event for all. Corporation beach in Dennis has a viewing point from the car along with a paved walkway to the top of the beach. This large grass covered area is perfect to set up your lawn chairs with a full view from East to West, you early birds might enjoy sunrise visit instead!

I know it's tiring, but please try to stay vigilant with your standard pandemic precautions by wearing a mask, maintaining 6 feet of distance, washing your hands frequently.

It's best to have two masks when you're out to ensure it stays clean and dry at all times. We have washable cloth masks at the COA, so please give us a call if you need one (508-430-7550).

It's not too soon to get your flu shot. People often ask what vaccine is right for them. Your doctor or pharmacist will direct you on the best option, however, it's still helpful to understand the basics.

The high-dose flu vaccine is available for people 65 years and older. This "trivalent" protects you from three types of virus with more *antigen* (the part that builds protection) in the serum. The higher dose of antigen is likely to give seniors a better immune response to combat the flu viruses. There is also the "Quadrivalent" that helps protect you from four strains of the flu virus.

Just a reminder, there is no live virus in a flu shot—it cannot cause the flu and is intended to initiate an immune response. By receiving the flu shot you are statistically reducing the likelihood of illness or hospitalization due to the flu viruses. Some doctors offices and all the pharmacies are offering the flu vaccine; most at no cost to you with your insurance card.

The CDC also recommends that healthy older adults should receive the shingles (Shingrix) or Pneumonia vaccine (Pneumovax 23). Please bring this question up with your primary care provider at your next visit if you have not yet discussed it.

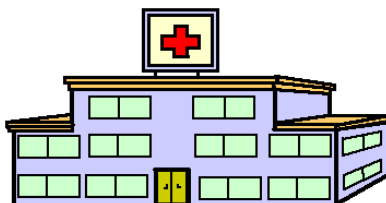
It's important to maintain routine scheduled appointments with your primary care provider and find out if you can schedule a flu shot with them. A teleconference or video call with your PCP is a vital role in advocating for your wellness. They will ask you questions you're not thinking about, keep refills current on all of your prescriptions and allow your PCP to order skilled nursing care at home if needed for any unseen reason.

If your doctor's office isn't offering the flu shot this year, then next you can try your local pharmacy. Another option is to contact the Barnstable County Public Health office—call 508-375-6617 or visit their website at [barnstablecountyhealth.org](http://barnstablecountyhealth.org). They provide the flu vaccine and a variety of other vaccinations, along with other helpful health related information.

**SAVE the DATE!** Barnstable County Public Health Nurses Division is offering a **Drive-Thru Flu Clinic on September 26th from 8 AM—Noon**. No appointment is necessary. This is a service provided by Barnstable County for all residents on Cape Cod.

Last, it's important to remember to recharge your spirit by reaching out to friends and family. Keep yourself hydrated, maintain a balanced diet, and get a restful night's sleep on a routine basis. This helps to build a healthy immune system.

I will begin scheduled appointments at the Council on Aging on Wednesday mornings starting in September. Please call the COA to make an appointment as we need to space visits apart and cannot accept walk-ins at this time. As always, I welcome you to call me to just check in or reach out with any challenges you may have and we'll work together at resolving your concerns. You can schedule appointments or request a call from me by calling the COA front desk at 508-430-7550.



**DO YOU NEED AN EXTRA MASK?**  
Call us today!  
508-430-7550



## DEATH CAFÉ - VIA ZOOM

WEDNESDAY SEPTEMBER 23<sup>rd</sup> 1:00 – 2:30

Facilitated by Broad Reach Hospice Staff:  
Carla Torres, Administrator & Peggy Wilbur, Social Worker/Bereavement Counselor


Let's Talk about Death.

Ben Franklin listed death as one of the two certainties in life, yet we often live our lives avoiding thinking about death and dying. Surprisingly, people from cultures like Bhutan, where folks contemplate their mortality on a daily basis are found to be happier, perhaps because remembering life is finite may help them keep priorities straight and focus on what matters. It is certain that people who are open to considering their death have a tool in place to make their own end of life more meaningful and enjoy a more rewarding closure.

Please join Carla and Peggy on Zoom in an informal discussion of end of life, your wishes, hopes and concerns. We will take time to consider different aspects of death and dying, processing our own choices and in turn, enriching the meaning of our (finite) lives. We wish we could provide you with refreshments like a true Café, but given the virtual format that will be up to you.

Program is FREE, reservations are required. Call 508-430-7550 or email [peggywilbur@broadreachhealth.org](mailto:peggywilbur@broadreachhealth.org)

About Death Café: Having worked in hospice for years, we see that denial and fear of death continue to be major issues. So many people and their families miss out on the chance to have important last conversations and opportunities for closure because death is such a taboo subject in our culture. It is our hope that providing Death Cafes to the community will help people be able to face their death more honestly and openly, paving the way for a richer experience.



**Drive Thru**

WHEN: September 26 | 8:00 AM - 12:00 PM  
WHERE: Barnstable County Complex in Barnstable Village

**No appointment needed.**

- Offering Quadrivalent influenza vaccine (designed to protect against four different influenza viruses; two influenza A viruses and two influenza B viruses)
- Immunizing ages 6 months +
- High dose flu vaccine available for ages 65 +
- State vaccine available for the uninsured.
- Kindly leave pets at home.

**Save the Date!**

## Prevent the Flu!

**Community Flu Shot Clinic**



NOTE: This flu clinic is provided to residents of all towns in Barnstable County by the Barnstable County Public Health Nurses Division of the Barnstable County Department of Health and Environment.

## CAREGIVER RESOURCES



### DPH NURSING HOME HOTLINE

Massachusetts Dept. of Public Health has started a newly dedicated hotline to assist families with questions and concerns about their loved ones' care at nursing home and assisted living facilities during the COVID-19 pandemic. They will also answer questions about the facility's COVID-19 testing status. The hotline is staffed by live personnel, seven days a week from 9 a.m. to 5 p.m. Call 617-660-5399.

### ALZHEIMER'S FAMILY SUPPORT CENTER OF CAPE COD

The AFSC's clinical staff is offering telephone consultations from their home offices to anyone who needs them. Online support and conversation groups are also available via Zoom. For more info or if you'd like to join, call the 508-896-5170 (or email [info@capecodalz.org](mailto:info@capecodalz.org)).

### CAPE ORGANIZATION FOR THE RIGHTS OF THE DISABLED

Did you know that Options Counseling is available through CORD? Steve Spillane, PhD will answer your calls about services that may assist you in staying in the community rather than going into a nursing home. Please call CORD at 508-775-8300 x20 and leave a message for Steve or email him at [steve@cilcapecod.org](mailto:steve@cilcapecod.org).

## UMASS BOSTON RESEARCH STUDY

### Aging Together: Senior Children and Their Parents

*Funded by the National Institute on Aging*

UMass Boston is recruiting participants for a research study. If you are over 65 and have a parent with dementia, please consider participating!

Who: Seniors (65+) w/ a parent (90+) living with dementia

What: Remote interview with you (via phone or video call)

Why: You are part of a growing group, but we don't know much about you! This study will help us better understand how parents and children age together, and how dementia may affect parent-child relationships.

Call 617-901-1082 or Email [agingtogether@umb.edu](mailto:agingtogether@umb.edu)

## SOCIAL CALLS

### Academic Public Health Volunteer Corps Partnership

The Harwich COA is continuing to partner with the Academic Public Health Volunteer Corps (APHVC). We are expanding this partnership beyond wellness calls to now include social calls! You can now opt in for one or both of these call options. Wellness calls will continue to focus on how you're doing in response to the COVID-19 crisis and its impact on all facets of life. Wellness calls can help us learn more about any unmet needs and to help connect you to local resources. The wellness calls are helpful even if your needs are fully met, as overall responses help give us a better sense of where our community is as a whole and helps us to better prioritize and communicate services.

We are excited to introduce the new social call component to this partnership. As we approach the 6 month mark of the direct and pervasive impact of COVID on our daily lives, more of us than ever are feeling isolated and separated from our usual support systems. We aren't able to attend our usual activities or gather at our favorite places. The social call program provides a new opportunity to develop connections and build relationships safely. You can sign up for a one time call or for recurring calls, whatever suits your preferences and availability.

All of the APHVC volunteers are Masters and Doctoral students in public health who have received specialized training and been vetted by the MA Department of Public Health. They are eager to talk with you!

If you'd like to sign up for the program or would like additional information, please call the COA at 508-430-7550.

## HEARING SERVICES

HearingLife has modified their policies to safely respond to patients' needs during the pandemic. They are still able to assist with hearing aid batteries, wax guards, and other hearing aid repairs and services.

Services are now offered contact free – you simply place your hearing device in a box labeled with your name and a HearingLife staff member will pick them up from your home (or you can send the box to HearingLife by mail). If you would like to take advantage of any of their services, you can call them Monday through Friday, 8 AM to 4 PM, at 508-255-1285.

## S.H.I.N.E. PROGRAM

The SHINE (Serving Health Insurance Needs of Everyone) program provides FREE unbiased health insurance information, counseling, and assistance to Massachusetts residents with Medicare.

In the coming weeks, we hope to transition back to scheduling your SHINE appointments through the COA with our Harwich volunteers! All appointments will continue to be by phone only, but you'll be able to schedule with us and you'll hear a familiar voice on the line when it's time for your call. We'll have more details on appointment times and protocols in the days to come – call us at 508-430-7550 to learn more.

We are also quickly approaching the Medicare Open Enrollment period. Open Enrollment runs from October 15, 2020 through December 7, 2020 and is the window of time when you can change your Medicare coverage for 2021. SHINE plans to have expanded Open Enrollment appointments both with volunteers working with us at the COA and through the regional office to accommodate service demand during this period. All Open Enrollment appointments will be by phone.

The SHINE office is also working on virtual presentations to share updates on changes for Medicare in 2021. Stay tuned for more information on how to access these presentations in the next newsletter!

In the mean time, start educating yourself about your options! See the next page for details on Medicare coverage. Then visit the Massachusetts SHINE website to learn more. You can watch educational videos and find countless resources to help you tackle Open Enrollment:

<https://shinema.org/>

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## RMV Update—Senior Driver's License Renewals

Massachusetts law requires drivers age 75+ to renew their license in person. The Registry of Motor Vehicles (RMV) is designating Wednesdays in September to serve older adult customers at five locations, including South Yarmouth. This service is specifically for drivers age 75+ whose license expires in September 2020 and is meant to provide a safer space for customers to visit.

**Reservations are required.** Schedule an appointment by:

- Visiting Mass.Gov/RMV, select "Make/Cancel a Reservation Transaction", then "Seniors License Renewal", or
- Call the RMV at 857-368-8005

## MEDICARE BASICS

### MEDICARE A & B: COST

**Part A** - Premium free if you worked 10 years or 40 quarters under Social Security.

**Part B** - **\$144.60**/Month (Individuals/couples with income higher than \$87,000/\$174,000 will pay an increased Part B premium in accordance with their income).

### MEDICARE A & B: COVERAGE

**Part A** – Full hospital coverage after a deductible of **\$1,408**

**Part B** – 80% coverage for doctors/medical – beneficiary pays 20% + **\$198.00** annual deductible

#### **Traditional/Original Medicare (Parts A and B only):**

The Medicare Program does not provide comprehensive coverage. The major gaps in coverage include the Part A hospital deductible of **\$1,408.00**, the Part B annual deductible of **\$198** and the Part B **20% co-insurance** for doctors/medical services, no coverage for foreign travel and no coverage for prescription drugs. (Medicare offers prescription coverage under **Medicare Part D**.) Beneficiaries who choose traditional Medicare may also purchase a Medicare Supplement plan to augment their Medicare coverage.

*You can extend Medicare A and B coverage in one of two ways:*

#### **OPTION 1**

Medicare Supplement insurance is also called **Medigap** insurance because it fills the gaps in Medicare coverage. In Massachusetts there are seven insurance providers selling Supplement/Medigap Insurance plans. Each offers the same 2 standardized products: **Supplement Core and Supplement 1**. Medical providers that accept Medicare will also accept a supplement plan.

**Supplement Core** is the lower cost product – It does not cover the \$1,408.00 hospital deductible, the \$198.00 Part B deductible and the \$176.00 Co-Pay for SNF after 20 days. It does, however, cover the 20% co-insurance for doctors/medical services.

**Supplement 1A** is more comprehensive and covers all the gaps except the Part B annual deductible of \$198.00

**Supplement 1** is more comprehensive and covers all the gaps including the hospital deductible, the Part B deductible, SNF Co-Pay and foreign travel. There are no out-of-pocket expenses for medical services provided when enrolled in Supplement 1.

#### **If you choose traditional Medicare with a supplement:**

**Pro:** You have freedom of choice – can go to any doctor without a referral, any hospital and no office co-pays.

**Con:** If Medicare Part A and/or B doesn't cover the service, the Medicare Supplement plan will not cover the service. For instance, Medicare does not cover some routine care such as dental or vision care. Therefore, the Medigap plan will not cover dental or vision care. For drug coverage you need a separate drug plan.

## MEDICARE BASICS, CONTINUED

### **OPTION 2**

#### **Medicare Advantage Plan aka Medicare Part C**

Medicare Advantage Plans contract with the Center for Medicare and Medicaid Services (CMS), the federal agency that administers Medicare. The Advantage plans under contract agree to provide enrollees with all the benefits to which they are entitled under Medicare. The plan providers administer and become your primary coverage. Plans can offer extra benefits such as limited vision, hearing, and dental services. Medicare Advantage plans also provide comprehensive drug coverage within their plan.

**(Note: Members still must pay Part B premium)**

#### **Medicare HMO (Health Maintenance Organization) Plans:**

The premiums for an HMO with or without the Part D prescription coverage vary depending on county and coverage options.

**Pro:** HMOs encourage preventive care such as an annual physical (annual physicals are not normally covered under Medicare except for the “Welcome to Medicare” physical).

**Con:** You must stay within a provider network. If you go out of network, the HMO will not pay and Medicare will not pay. (Emergency/urgent care will be covered)

#### **Medicare PPO (Preferred Provider Organization) Plans:**

The premium for a PPO with or without the Part D prescription add-on vary depending on county and coverage options.

**Pro:** PPOs encourage preventive care such as an annual physical. They allow members to receive health care from in-network and out-of-network providers.

**Con:** Out-of-network care may result in higher out of pocket costs for the member.

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### **A Note about COVID-19 Contact Tracing**

If you've been in close contact with someone who tested positive for COVID-19, you may be contacted by a contact tracer in an effort to slow the spread of the disease. Here's what you need to know if you get the call:

- A contact tracer may call to let you know you may have been exposed to someone with COVID-19. All information you share with a contact tracer is **confidential**
- You may be asked to self-quarantine for 14 days
- You may be asked to monitor your health and watch for symptoms of COVID-19.
- **Be aware of scammers pretending to be COVID-19 contact tracers.** Legitimate tracers will never ask for your Medicare Number or financial information. If someone calls and asks for personal information like your Medicare Number, hang up and report it to 1-800-MEDICARE.

# COMMUNITY RESOURCES

## SUPPORT & CONNECTION

The COA often gets calls from folks who live off-Cape asking us to make regular calls to check in on their elderly family member, or perhaps to connect them with someone who can visit on a weekly basis.

In the midst of this pandemic, we receive more of these requests than ever, so we want to highlight a local program that meets this important need:

### The Samaritans on Cape Cod and the Islands: Senior Outreach Program



Senior Outreach is a referral program where outgoing calls are made to isolated or at-risk older adults. **Participants are matched with a Samaritan-trained volunteer who calls the senior once or twice each week.** Conversations are confidential, and provide a safe place for older adults to talk about whatever is troubling them most without fear of judgment or repercussion.

It's not always easy to tell someone when you're experiencing difficulties in life. Perhaps this is even more so for the seniors in our community – a proud, independent generation who are accustomed to making do on their own. The Samaritans know that sometimes all we need is a little extra support, and the Senior Outreach Program provides that support safely and with dignity.

Most participants join the program because they were referred by someone, but seniors who would like to participate are always welcome to join.

If you have been impacted by health problems, retirement, the loss of loved ones, depression, or are struggling with the isolation caused by this pandemic, volunteers are there to listen with compassion and empathy. Or if you know of a senior who might be isolated, lonely, or simply in need of a caring voice, please contact their office to find out more about how we can match that senior with a volunteer.

**The Senior Outreach Program is free and available to any individual age 55 years or older.**

**Call 508-548-7999**

## NUTRITIONAL SUPPORT PROGRAMS

These programs are ongoing. All deliveries are now contact-free.



### 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 income and/or are on MassHealth, SNAP, or Fuel Assistance you will qualify. For more information, call 508-430-7550.

### 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 the COA at 508-430-7550.

## HOUSING ASSISTANCE

Older adults are among the largest and fastest growing groups facing housing insecurity. If you are looking for affordable housing on Cape Cod, we recommend talking to an agency that specializes in this kind of assistance.

**The Homeless Prevention Council** can help with housing applications, applying for food stamps, fuel assistance, and more. Reach Case Manager Ella Hunt: 774-801-9479 or [Ella@HPCapeCod.org](mailto:Ella@HPCapeCod.org).

## LEGAL RESOURCES

The Massachusetts Bar Association has published the 2020 edition of their Elder Law Education Guide. This guide is available from their website for free at [www.massbar.org/elderlaw](http://www.massbar.org/elderlaw) (edition includes COVID-19 specific information)

The Massachusetts Bar Association also offers:

Dial a Lawyer – get **free** legal advice by phone. Call 617-338-0610 on the first Wednesday of every month from 5:30-7:30 PM.

Lawyer Referral Service – Monday-Friday, 10 AM – 3 PM by phone at 617-654-0400; or visit [www.masslawhelp.com](http://www.masslawhelp.com)

# VOLUNTEER NEWS



## VOLUNTEER SPOTLIGHT



### CAROL RACKLEY



Grocery Distribution for Pine Oaks Residents, July 2020



Carol Rackley has been busy at the COA this summer!

Carol started volunteering for the COA last winter, helping with our Senior Dining Program's lunch service. When her schedule opened up again in July, she offered her assistance in the office, and we happily put her to work on some of our special projects! Carol single-handedly packed around 100 bags of groceries, which we then distributed to residents of Pine Oaks Village (the food was generously donated by the Family Pantry). She also put together approximately 100 Activity Kits, which we are distributing to seniors in Harwich who are looking for more ways to pass the time at home during these strange times (see page 3—we have approximately 200 to distribute; call today to reserve one!). These are just two of the many ways she has helped the COA this summer. Help us say a big thank you to Carol for all of her hard work that made these and other projects possible!!



Activity Kits, Ready to go! (August 2020)

## CURRENT VOLUNTEER NEEDS

### Julie Witas



#### Reception & Office Volunteers

We are currently recruiting for additional reception and office volunteers. We are looking for friendly, helpful people to greet walk-ins, answer phones, and provide general office support. When the COA re-opens, we would like to have 2 volunteers at a time in the office for at least a few months (we've been very busy!).

You would be a good fit for this role if...

- ◆ You enjoy helping people and meeting new people
- ◆ You have basic office skills (e.g., phones, filing)
- ◆ You can commit to at least 4 hours per week

The COA lobby has been modified to maximize social distancing and protect your health. For example, the Town has installed plexiglass shields in front of each desk and masks will be required for entry into the COA. Nonetheless, this is a public-facing role—we do not recommend this position if you are immunocompromised or otherwise at very high risk (or caring for someone who is at-risk).

If you are interested in only answering phones in the office (no in-person interactions), this also might be possible. Call Julie at 508-430-7550 to discuss your interests and needs.



#### Lunch Delivery Drivers

We always need help with lunch deliveries! We use 3-4 volunteers every day, Monday-Friday. Each shift takes about 60-90 minutes; most volunteers work one or two shifts per week. Drivers pick up the lunches and their assigned route from the COA around 10:45/11:00 am, deliver meals, then return the coolers to the COA. Call Julie if you are interested in delivering lunches to your neighbors!

We also occasionally call on our lunch drivers to pick up and deliver groceries from the Family Pantry.

#### Technology Support

Do you have good computer skills? Please share them with us! Technology has never been more important to helping us stay connected. We are looking for volunteers to help seniors learn how to use programs such as Zoom or answer their questions about email and common social media apps.

# FRIENDS' NEWS



## Friends of The Harwich Council on Aging

100 Oak Street, Harwich MA 02645  
508-432-5050  
FriendsofHarwichCOA@gmail.com

### A message from Jack Brown, Friends' President

Friends, Donors and Members,

Both the Board and I hope this finds you well as we move into our sixth month impacted by the Covid-19 virus. The Board has continued working "socially distanced" and, finally, in person for our August meeting.

We have an on-going 2020 mail appeal to **raise funds** to support Harwich Seniors in 5 distinct areas: Nutrition, Socialization, Transportation, Durable Medical Equipment and Emergency Assistance. **Look for a letter in the mail or use the form below to donate.**

We take seriously COA's well-vetted requests for help. Recent funding has included a gently used lift chair for a Senior in hospice. And, too, **we thank our donors** for their generosity - it is what makes possible Friends support for Harwich Seniors.

Although Friends had to curtail its four monthly excursions to museums, concerts, and other events, volunteer **Drivers Gail Hancock and Debbie Harry along with aide, Maura Jordan**, continue to gather information for future trips. They remain ever optimistic. Also, we look forward to resuming the weekly minibus service to grocery stores, post office, drug store and banks under **Joan McCarty's** coordination with **Patrick Affourtit** at the wheel and spouse, **Paula**, as his aide. The Board and our riders so appreciate these wonderful volunteers. And, our volunteers very much like giving back to the Senior community!

**Future:** For the minibus to get on the road again, the Board will look to science-based guidance from Meggan Eldredge, Harwich Health Department Director, and Governor Baker. And, too, we will notify you via email when we're ready to travel again. Send us your email to the address listed above.

**US Census:** Please be sure you are counted. Barnstable County has the lowest response rate of all Massachusetts counties thus far. **Year-round Seniors in Harwich are close to 54% or 6,008 of the population.**

Make your voice heard by completing the 2020 US Census. Funding for healthcare, housing assistance, senior community service employment, highways, families in need, and emergency food assistance is allocating based on the census.

**Call 844-330-2020 or TDD 844-467-2020 between 7 am and 2pm.**

**I close on a note of sadness:** Our stalwart driver for many years, **Terry Cronin**, passed away this spring. He was well-liked by his passengers, provided great input to the specs for Friends bus, and had a sense of humor which delighted all. He is deeply missed by all of us and by his long-time aide, **Bob Carney**.

**Stay healthy and safe,**

### Friends Board:

**Jack E. Brown, President, JoAnne Brown, Secretary, Christina Joyce, Treasurer/Membership, Susan Lellis, Director, Richard Waystack, Director**

### GIFT DEDICATIONS JANUARY THRU JULY

*In Memory Of*  
**Sherill Duggan**  
Dennis F. Duggan

**Dick and Eleanor Jordan**  
Harrold and Jill Gabriel

**Robert Marshall**  
Gail Marshall

**Iris McKenney**  
Andrea Aldrovandi

**Nancy Thode**  
Sue Lellis  
Patricia M. Gilligan

**Nonie and Carolyn**  
Leonora E. Arneson

*In Honor of*  
**Mary Henderson**  
Jim McGonigle

### FY 20 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

Please make checks payable to: Friends of the Harwich COA  
Mail to: FHCOA, 11 Wheaton Way, Harwich Port, MA 02646

## Slab Tomato Tart with Burrata

Active: 40 min. / Total time: 3 hours (including chilling time)

To make ahead: Refrigerate dough (step 1) for up to 2 days.

- 1 ½ cups all-purpose flour, plus more for rolling
- ¾ cup cornmeal
- ½ teaspoon salt, plus a pinch (divided)
- 12 tablespoons (1 ½ sticks) cold butter, cut into chunks
- 4-5 tablespoons ice water
- ¼ cup extra-virgin olive oil
- 2 tablespoons chopped fresh herbs, such as basil and/or dill
- 1 clove garlic, crushed
- 3 large heirloom tomatoes, thinly sliced
- 8 ounces burrata, torn or sliced

1. Mix flour, cornmeal and ½ teaspoon salt in a large bowl or food processor. Cut in butter (using a pastry blender, two knives, or by pulsing in the food processor) until the butter forms pebble size pieces with the flour. Add water, 1 tablespoon at a time, until the dough is evenly moist (but not wet) and is just starting to clump together. Be careful not to overmix. Pat the dough into a 5x7 inch rectangle and wrap in plastic. Refrigerate for at least 1 hour and up to 2 days.
2. Preheat oven to 400° F. Let the dough stand at room temperature for about 15 minutes before rolling.
3. Roll the dough on a lightly floured surface into a 12x17-inch rectangle. Check for sticking frequently and dust with more flour if necessary. Transfer the dough to an ungreased 10x15-inch jelly roll pan and press into the bottom and up the sides. Prick with a fork several times; line with parchment paper and cover with pie weights (or dry beans).
4. Bake the crust for 15 minutes. Remove the paper and weights and continue to bake until the crust is lightly browned, 8 to 12 minutes more.
5. Combine oil, herbs, garlic, and the remaining pinch of salt in a small bowl. Brush the mixture over the crust. Arrange tomato slices on top and scatter with torn burrata and more herbs. Garnish with flake salt, if desired.



## Watermelon with Mint-Lime Gremolata

This flavor-boosting combo of mint and lime livens up juicy watermelon. Put out a platter at your next cookout and watch it disappear in an instant!

Active: 10 min. / Total time: 10 min.

- 2 Limes
- ¼ cup chopped fresh mint
- 1 tablespoon brown sugar
- ¼ teaspoon kosher/coarse grain salt
- 3 pounds whole watermelon

Zest and then juice both limes. Place the zest, chopped mint, brown sugar, and salt on a cutting board and chop together until it forms a paste.

Cut watermelon into wedges. Arrange on a platter and spoon the mint mixture over the top. Garnish with more mint and serve with lime wedges, if desired.



**Recipes selected with love by  
our talented Town Chef,  
Linda St. Pierre!  
Let us know if you try one!**



HARWICH COUNCIL ON AGING  
100 Oak Street  
Harwich, MA 02645



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.town.harwich.ma.us](http://www.town.harwich.ma.us)  
click on "Departments" then "Council on Aging"*

## Staff Contacts

Director:.....Emily Mitchell  
Town Nurse: ..... Susan Jusell  
Social Services Coord:..... Julie Witas  
Program Specialist: ..... Vacant  
Executive Asst:.....Marie Carlson  
Chef:..... Linda St Pierre  
Van Drivers: Gerry Golia, Kathy Skipper, John Chatham

## COA BOARD:

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

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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.*