

# Town of Harwich COUNCIL ON AGING NEWS

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

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



March/April 2021

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

## AARP TAX AIDE PROGRAM

The Harwich COA is once again partnering with AARP Tax Aide volunteers to provide assistance with preparing your federal and state tax returns. The process will look quite a bit different this year, but the quality and value of the service remains unchanged.

To ensure the wellbeing of staff, volunteers, and participants, we've modified the process and implemented heightened safety protocols.

- All appointments will take place at the Harwich Community Center (100 Oak Street, Harwich, MA 02645).
- Harwich residents should call the Harwich COA at 508-430-7550 to schedule their appointments (appointments are required).
- Appointments for Harwich residents will take place on Wednesdays from March 3 through April 7. There will be 18 available appointments each Wednesday.
- After you schedule your appointment, you'll need to pick up your packet of AARP tax forms. We will schedule a pick up time at the COA or we can mail them to you at home.
- You must complete all forms **before** your appointment. An AARP Tax volunteer will contact you by phone before your appointment to discuss the forms and process.
- Your appointment is for exchanging documents only. You must bring your completed forms to this appointment. If your forms are not completed, the tax counselor will not be able to process your return and we will not be able to reschedule you.
- Appointments will be 10 minutes long and will take place outside under the covered COA-side walkway at a designated 6-foot table with plexiglass tabletop divider.
- You must wear a mask properly covering your nose and mouth at all times during the appointment - no exceptions.
- All materials including table, chairs, divider, and pens will be sanitized by the onsite volunteer between each appointment.
- Once you drop off your materials with the onsite tax volunteer, they will be assigned to a preparer working remotely. Once the preparer completes the return, they will be assigned to another volunteer for review. Once complete, the documents will be returned to you at a second appointment, typically one week after your drop off appointment.
- Both appointments—for the document drop off and the document return—will be scheduled at the same time.
- COA staff will call the day before each appointment to confirm details and ask you a series of health screening questions.

We appreciate your compliance and flexibility with these new protocols. All of us at the COA – as well as the dedicated Tax Aide volunteers – recognize how important this service is to our community and are committed to offering it safely!

## DIRECTOR'S DIALOGUE

Hello! Spring is right around the corner, days are getting longer, COVID case counts are dropping, and the vaccine rollout process is underway. In so many ways, things are looking up!



Still, we know many in our community are feeling frustrated, overwhelmed, and anxious. Vaccines are available and older adults are eligible now (75+) or soon (65+ or 2+ comorbidities), but appointments are difficult or impossible to come by. The registration process relies heavily on technology and there's a severe lack of vaccine supply in our area. We're just about a year into this pandemic and its attendant disruption, fear, and loss in our lives, and all of us are ready to get back to normal – or as close to normal as possible.

While the vaccine rollout has been slow and often inaccessible, many stakeholders at the local, county, and state levels are working diligently to improve the process. We look forward to seeing these positive changes in the days and weeks ahead. Read more on the next page for vaccine information and resources!

At the COA, we're happy to announce that limited 1:1 onsite services are resuming following the 6 week hiatus after the December holidays. We're also welcoming a new podiatry provider (pg. 4), coordinating a modified tax assistance service (left column), and offering 19 remote programs covering a wide range of topics through our regional COAST collaborative (pgs. 7-9)! Our core lunch, transportation, grocery/pharmacy, and outreach services continue in full force. Get in touch with us any time to check in or for more information!

Sincerely,  
Emily Mitchell

## ***INSIDE!***

COVID-19 Vaccine Updates .....	p. 2
Current COA Programs & Services .....	pp. 3-4
Lunch & Program Details.....	p. 5
Transportation .....	p. 6
Councils on Aging Serving Together (COAST) .....	pp. 7-9
Outreach News.....	p. 10
Health News .....	p. 11
Volunteer News.....	p. 12
Caregiver & Community Resources .....	p. 13
Friends' News.....	p. 14
Recipes .....	p. 15

# COVID-19 VACCINE UPDATES

## COVID-19 Vaccine Rollout

There's no two ways about it—the last few weeks have been overwhelming and frustrating for a lot of folks in our community. On February 1st, the state of Massachusetts officially moved into Phase 2, Stage 1 of the vaccine rollout schedule. Though many of you are now eligible, we know the vaccine has remained inaccessible—both due to a shortage of available appointments in our area and because so many vaccine sites rely exclusively on an online registration platform. Continue reading for updates on local, regional, and state resources, as well as anticipated changes and improvements as the rollout process progresses.

### Timing

As I write this update, we are in the second week of February. We are about 10 days into Phase 2, Stage 1 where all residents age 75+ are eligible to receive the vaccine. We do not know when the state will transition to Phase 2, Stage 2. When we do transition, all residents age 65+ or with two or more COVID comorbidities will be eligible for the vaccine.

Right now, only the Moderna and Pfizer vaccines have received FDA approval. Johnson and Johnson has submitted a third vaccine—which only requires one dose—to the FDA seeking emergency authorization.

The state is currently prioritizing mass sites to receive the largest volume of doses. The closest mass site to us is located at Gillette Stadium. They are receiving tens of thousands of doses each week. More locally, the state is allocating approximately 1,000 doses per week to Barnstable County. Those are then distributed to pop up regional clinics or individual towns. There are no standing regional or local clinics at this time.

### How to Make an Appointment

You can register for a vaccine at a variety of different site types. First, there are the mass sites—these are high volume, standing sites, with many appointments available every day. Second, there are general sites at pharmacies and grocery stores. Third, there are local and regional sites organized at the county or town level—these often have residency restrictions. Finally, there are sites at various healthcare locations.

The primary method for registering for your appointment is online using the [www.mass.gov/covid-19-vaccine](https://www.mass.gov/covid-19-vaccine) website. This website will show you all the vaccine sites in Massachusetts. You can search by zip code or look at a map of the whole state. You can see site type, appointment availability, as well as site-specific restrictions and protocols. When you find a site with appointments available, you'll click on it, enter your personal information, and confirm your appointment. You'll receive confirmation of your appointment by email.

More recently, the state has expanded their 2-1-1 line to offer phone based registration assistance. Please note, the person helping you by phone is looking at the same pool of available appointments that are posted on the website; there are not separate appointments reserved for people who call by phone.

## Council on Aging Assistance

Here at the COA, we're able to help in a number of ways. Our staff and volunteers are well-versed in the vaccine process. We can give you information about local vaccine sites and the registration process. We've created a dedicated list in our My Senior Center software system to send robocalls out any time we learn new updates or about a new local site—anyone may opt in to be on this list. We have also created a step-by-step guide to the online registration process. This is posted to our website and we're happy to share it directly via email or to send you a hard copy. We've also recorded a live walk through of the registration process so you can see firsthand how to get from the mass.gov homepage all the way through to your appointment confirmation (this video is also on the town website).

In the coming weeks—hopefully before this newsletter reaches your mailbox—we will have implemented our own phone based registration assistance service. We are finalizing the logistics and scheduling, but intend to provide a more local and accessible resource for you as you navigate appointment registration within Harwich and Barnstable County.

## Barnstable County Resources

Barnstable County has a dedicated COVID-19 hotline. Call 774-330-3001 for information. The County also has an email alert system to notify you about new regional vaccine sites. To sign up, go to [www.barnstablecountyhealth.org](https://www.barnstablecountyhealth.org) and select "Click Here for Developing News and Updates".

### Transportation

CCRTA is offering free transportation for folks age 75+ to vaccine appointments within Barnstable County. Schedule your ride by calling the Dial-a-Ride phone number—800-352-7155.

### Second Doses

The Moderna and Pfizer vaccines are highly effective—both are approximately 95% effective at preventing infection and 100% effective at preventing severe illness and death. They reach this efficacy level a few weeks after the second dose. It is critically important that you get both doses and that you schedule your appointments within the appropriate time frames (Pfizer—21 days between doses, Moderna—28 days between doses). **To reap the full benefit of the vaccine, plan to schedule both doses at the same vaccine site, make sure both doses are the same brand, and adhere strictly to the appropriate scheduling timeframe.**

### A Note About Scams

Be wary of vaccine-related scams. The COVID-19 vaccine is free for everyone, including people without insurance and people who are undocumented. You will never be asked for a credit card or bank account details when registering for an appointment. You also cannot pay to receive a vaccine sooner than you would otherwise be eligible. If you believe someone is trying to scam you, call your local police department or report it to the Senior Medicare Patrol Program Report-A-Scam line at 978-946-1243.

# CURRENT PROGRAMS & SERVICES

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

## LUNCH DISTRIBUTION

**Monday—Friday NO COST**

We are offering a daily lunch distribution to support seniors who are self-isolating at home. See page 5 for details!



## PHARMACY ASSISTANCE

**Monday—Friday NO COST**

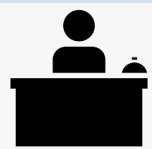
COA staff or volunteer will pick up your prescription medication and bring it to your home if the following conditions are met: (1) Rx is filled at CVS, Shaws, or Stop & Shop in Harwich, and (2) No copay is due (we cannot pay for medication on your behalf, even if you are willing to reimburse). To make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



**\*Shaws and Stop & Shop now offer flexible payment options. Call Julie to discuss!**

### 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.
- ◆ 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**.



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.**

## ...& MORE

### WELLNESS & BLOOD PRESSURE CLINIC

Town Nurse Susan Jusell, RN NO COST

Thursdays 9:30am—12:00pm, *by appointment*

Meet with the nurse to have your blood pressure taken, ask health related questions, or discuss your health needs. Visits occur in the COA's "Glass Room". All visitors to the Council on Aging must 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 March 24 & April 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 Raymond Yox NO COST

Monday March 1

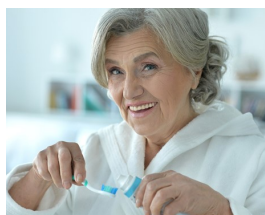
Schedule a free half-hour consultation with Raymond Yox, Managing Attorney for South Coastal Counties Legal Services. Raymond's appointments will be fully remote. You will schedule your appointment with the COA, and then at your appointment time, Raymond will call for a telephone consultation. Call the COA at 508-430-7550.

### MOBILE DENTAL CLINIC

Fridays March 26 & April 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)



### FOOTCARE CLINIC

With Autumn Knight— March 3 & 17, April 7 & 14

With Dr. Cecilia Moore—March 9, April 13

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. March will mark Dr. Moore's first time providing podiatry services at the Harwich COA—please give her a warm welcome when you meet her!



### 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 1-3 pm.

**Please only donate or return equipment that is clean and in good condition. Further, we cannot accept equipment that requires power or non-durable medical supplies (bandages, medications, ointments, opened packages of briefs, etc.)** 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. SSA is offering their full range of services by phone. To speak to the SSA, call 866-467-0440. You can also access helpful information from their website: [ssa.gov](https://ssa.gov).



# 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 & Th, Hot meals on Tu, 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 70 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.

## UPDATES

**Lunch Policy Reminder:** Board of Health regulations prevent us from leaving a meal if you are not home. You must notify us, preferably at least 24 hours in advance, if you will not be home at the time of delivery. Our goal is not to waste food and to respect the time of our chef and drivers. Further, if you are scheduled to receive a meal but do not answer the door, the driver's phone call, or the follow up call from our office, it is COA protocol to ask the police to do a wellness check. This is an invaluable service and safety precaution our police offer in support of our community. We don't want to abuse their time by asking for this service unnecessarily.

**Therefore, if you are not home to receive your lunch, you will receive two warnings. The third time you are not home at the time of delivery, we will have to suspend you from this service. *Please note, we understand that emergencies happen! If you are not home due to emergency, that will not be counted against your lunch eligibility.***

**Holiday note**—we are not able to provide lunches when the building is closed. Therefore, there will be no lunch distribution on Patriots Day (Monday, April 19th)

Don't forget! Elder Services of Cape Cod & The Islands offers a Meals on Wheels program. See pg. 13 for details.

### COA BOARD OF DIRECTORS

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

At this time, all meetings are held by remote participation only using GoToMeeting. Meeting credentials/call in information will be included on the publicly posted meeting agenda. If you would like to attend any of these meetings 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.

Next meetings:

**Wednesday, March 3, 2021, 10 AM**  
**Wednesday, April 7, 2021, 10 AM**

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

# 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.
- ♦ **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

Mondays	Market Basket and Hyannis shopping
Tuesdays	AM—Local shopping PM—Family Pantry deliveries
Wednesdays	AM—Local shopping PM—Local shopping
Thursdays	AM—Local shopping PM—Local shopping
Fridays:	AM—Local shopping PM—Local shopping

*\*Local shopping = Shaw's or Stop & Shop. Call the COA for the current schedule. Stops at CVS, the Post Office, and local banks allowed, only until the Friends' bus resumes service. We continue to transport people to onsite COA programs, Brooks Free Library, and Town Hall.*

### Monday Trip Schedule

Hyannis shopping: Mar 1, Mar 15, Mar 29, Apr 12, Apr 26  
Market Basket: Mar 8, Mar 22, Apr 5, Apr 19

## 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 for routine dental visits.

## 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.**

# Councils on Aging Serving Together

## COASTAL CONNECTIONS

Cape COAST (Councils On Aging Serving Together) has been collaborating to strengthen our partnerships and leverage our collective resources to offer older adults on Cape Cod enhanced options for virtual programming. Join us as we connect visually through Zoom, widen our circles and take advantage of greater opportunities for engagement, enrichment, and education. Below is a list of virtual programs open to you in March and April 2021! Each event is hosted by a particular Cape COA and is open to residents of all Cape towns—including Harwich! The sponsoring COA and registration information is included with each event description. **Registration for these programs will begin immediately!**

### "SONGBIRDS OF THE NORTHEAST" WITH JOHN ROOT

**Wednesday March 3, 2021, at 1pm (via Zoom)**



This is an hour long presentation that includes recordings and images of our region's songbirds. Supported by a MA Cultural Council grant. **To register call the Bourne COA at 508-759-0600 ext. 5300.**



### "BUILDING OUR CONNECTIONS WITH PLANTS" Monday, March 15, 2021, at 1pm (via Zoom)

This class is designed to celebrate and support many ways we can learn and grow from connecting with plants. For anyone who's noticed they live among plants, for novice or seasoned gardeners, or even armchair naturalists, this class offers ideas to think about how you pay attention to plants and why it might matter to you! We will discuss seeds, flowers, trees, shrubs growing outside your door, both native and non-native. In these isolating and challenging times, creativity and curiosity is a pre-requisite to a more peaceful existence. Join in the discussion and share your plant stories. Herbalist and Mental Health Counselor, Alyssa Doolittle, MS, shares some of her thoughts and ideas in hopes to spark your curiosity and creativity towards building or deepening your own connection with plants. Alyssa is an avid plant lover and has spent countless hours collecting data in forests of the Pacific Northwest, farming in Vermont, wild-crafting, making medicine, and enjoying time with plants. **To register call the Truro COA at 508-487-2462 or email [cmicks@truro-ma.gov](mailto:cmicks@truro-ma.gov)**

### "BURIALS AT SEA"

**Wednesday, March 3, 2021, at 6:30pm (via Zoom)**

Thinking of burial at sea? This may be a more viable option than you think! Join Capt. Brad White and Funeral Director, sea burial certified Christopher P. Goulet, Sr. for this highly informative presentation. Time will be available at the end for questions for questions. **To register, call Susan at the Barnstable COA at 508-862-4761 or email: [susan.griffin@town.barnstable.ma.us](mailto:susan.griffin@town.barnstable.ma.us)**

### "COOKING WITH ALLY"

**Tuesday, March 9, 2021 at 11am (via Zoom)**

Learn how to make easy crock pot Turkey Chili. Ingredients include 1-2 lbs of ground turkey, garlic (chopped) or garlic powder, olive oil, red and green pepper (chopped), 1 zucchini (optional), 1 onion (chopped), 2 cups of chicken broth, 1 can of beans, rinsed well. You can use kidney, white, or garbanzo beans. 1 can of stewed tomatoes or can of tomato paste, and 1 bag of frozen corn or canned. I like to add half a cup of quinoa for its fiber and many health benefits. **To register call the Dennis Senior Center at 508-385-5067.**



### "VOYAGE OF THE PILGRIMS" WITH RICHARD NICHOLS Tuesday, March 16, 2021, at 10am (via Zoom)

Join us for an engaging discussion on the Pilgrims Journey to America. **To register call the Bourne COA at 508-759-0600 ext. 5300.**

### "CELEBRATE ST. PATRICK'S DAY"

**Wednesday, March 17, 2021 at 1pm (via Zoom)**



Dave Hickey and Sean Brennan will be singing all your favorite Irish songs to celebrate St Patrick's Day in style. Join in the fun to hear Dublin Balladeer Dave Hickey and his Irish American partner Sean as they belt out the Irish hits from the Wild Rover to Finnegan's Wake for a Happy St Patrick's Day! This program is sponsored by Friends of Yarmouth Council on Aging. **To register call the Yarmouth Senior Center at 508-394-7606 x 1333.**

If you are interested in participating in any of these COAST remote programs, you must call the sponsoring COA directly to sign up. Registration is required for all programs. Contact information is included in the descriptions.

Join me in thanking our Cape-wide COA partners in organizing these events and making them so widely available!

# COAST PROGRAMS Cont.

## **"COGNITIVE HEALTH"**

**Monday, March 22, 2021, at 11am (via Zoom)**

Dr. Molly Perdue, Co-founder and Executive Director of Alzheimer's Family Support Center of Cape Cod, will discuss the impact of loneliness and isolation on cognitive health, especially during the pandemic. This conversation is open to all and will be particularly important for people living with Alzheimer's Disease or dementia and their caregivers. **To register call the Provincetown Senior Center at 508-487-7080.**

## **"BIRDS, BEES, BUTTERFLIES & POLLINATORS"**

**Tuesday, March 23, 2021, at 1pm (via Zoom)**

**Presented by Fran Raleigh**

Fran Raleigh will explain why we should care about these creatures that share our ecosystem, what threats they face, and how we can support them in our own yards and neighborhoods with beautiful plants. Fran grew up watching birds and bugs in her backyard. She majored in Biology at Marietta College in Ohio, then earned her Ph.D. in Plant Science (Ecology) from the State University of New York College of Environmental Sciences and Forestry in Syracuse. After teaching ecology and other college biology courses for more than 30 years, she retired in 2018 and moved to Cape Cod. A member of the Master Gardener class of 2019, she is eager to share her knowledge and enthusiasm for nature and gardening. Her primary focus in gardening is to celebrate native plants and create habitat. **To register call the Orleans Senior Center at 508-255-6333.**



## **"MARITIME GHOSTS AND SEAFARING SPIRITS"**

**Wednesday, March 24, 2021 at 1pm (via Zoom)**

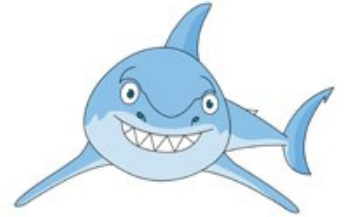
Some of the most dramatic legends and ghosts come from New England's seafaring history and maritime past. This presentation takes guests on a voyage all along the scenic New England Coast, from points in Rhode Island to the beaches of Cape Cod and north to the rockbound landscape of New Hampshire and Maine. Tales of incredible shipwrecks and pirates from Colonial days are also included, as well as dramatic accounts of haunted lighthouse, fierce storms, lonely ghost ships and mysterious forgotten islands are told on this virtual tour. Set sail with this presentation for a ghostly adventure! Presented by Roxie Zwicker and New England Curiosities. **To register call the Sandwich COA at 508-888-4737.**



## **"AWARENESS INSPIRES CONSERVATION"**

**Wednesday, March 24, 2021, 2pm (via Zoom)**

Join Kristen Kibblehouse to learn about the work of the Atlantic White Shark Conservancy. She'll talk about the public perception of sharks, the role sharks play in our marine ecosystem, and the ongoing research and conservation efforts taking place right here on Cape Cod. The



program wraps up with a discussion on how the presence of white sharks close to the shore has specifically affected the Cape community. There will also be time for Q&A! **To register call the Harwich COA at 508-430-7550.**

## **"LEARN THE SIGNS AND SYMPTOMS OF SEPSIS"**

**Tuesday, March 30, 2021, at 10am (via Zoom)**

This information session is presented by Gerry Bedard from the Sepsis Awareness Alliance. Gerry lost his wife to Sepsis several years ago. Gerry has dedicated his time to educating folks on this subject. Sepsis is the body's overwhelming response to infection, which can lead to tissue damage, organ failure, amputation, and death. Sepsis is a medical emergency that requires urgent attention and rapid treatment for survival. **To register call the Dennis Senior Center at 508-385-5067.**

## **"BASICS OF ESTATE PLANNING" WITH ATTORNEY MICHAEL L. LAVENDER**

**Tuesday, March 30, 2021, 10am (via Zoom)**

This presentation covers the basics of estate planning; powers of attorney, healthcare proxy, wills and trusts, probate of estates, estate taxation, asset protection, and nursing home concerns. Conversation will include what the Covid-19 crisis has taught us about timely estate planning. **To register call the Yarmouth Senior Center at 508-394-7606 x 1333.**

## **"HOW TO HELP YOUR LOVED ONE IN THE HOSPITAL"**

**Monday, April 12, 2021, at 10am (via Zoom)**

When a family member is in the hospital, it's overwhelming but you can make a big difference. Beth Suereth, Certified Caregiving Consultant and Founder and CEO of Caregiving Pathways will share what to expect during a family member's hospital stay. Get practical tips and tricks for managing the hospital experience, and hear the care-giving story of a Certified Care-Giving Consultant. You'll learn how to: keep track of all the details, prevent common hospital mistakes, and plan for care at home after the hospital stay. **To register call the Brewster Senior Center at 508-896-2737.**



# COAST PROGRAMS Cont.

## "SOUND DUNES SWING COMBO"

**Tuesday, April 13, 2021, at 1pm (via Zoom)**

Join us for a mix of sing, Dixieland, Country, Latin, Jazz, and Rock n Roll music for your listening, singing and dancing pleasure. Brought to you in the comfort of your home (where no one can hear you sing or watch you dance!). **To register call the Yarmouth Senior Center at (508)394-7606 x 1333.**



## "EARTH RHYTHMS: SONGS FOR THE ENVIRONMENT" WITH ROGER TINCKNELL

**Tuesday, April 13, 2021, at 1:30pm (via Zoom)**

From rain forests to recycling, conservation to compost, Earth Rhythms travels from our backyard to around the world celebrating and teaching environmental awareness and responsibility. Captivating songs, stories, legends and facts are accompanied by the Native American rainstick, Incan Charango and flute, Russian balalaika, African Achika drum, as well as guitar, mandolin, banjo and harmonica. Older adults, school-aged children and everyone in between are welcome! **To register call the Chatham Senior Center at 508-945-5190.**

## "CREATIVE JOURNALING CLASS"

**WITH ALEXANDRIA TYBER**

**Tuesday, April 20, 2021, at 1pm (via Zoom)**

Creative Journaling is a wonderful way for you to express your thoughts, wish lists, gratitude and all of your creative ideas using words, pictures or simple sketches can help to clarify your feelings and ideas. Expressing the things you truly desire, as well as, what you appreciate really gets the positive energy flowing and can help shift your vibe from dark to light. We begin this class with a simple guided mindful meditation technique to help us relax, focus and feel centered. Then we CREATE! Using paint, collage, markers and other materials you'll express yourself on the front & back covers of these hard covered journals creating a work of art that's "YOU!" Supplies you will need: hardcover journal. You can purchase or use supplies lying around your house such as: pens, pencils and colored markers, all-purpose glue, scissors, old magazines/cards/wrapping paper/napkins/tissue paper or fabric to cut up for collage, watercolor paint and a brush or can paints, glitter, stickers, stamps and ribbon.

**To register call the Yarmouth Senior Center at 508-394-7606 x 1333.**



## "GET YOUR GARDEN READY"

**Friday, April 16, 2021, at 1pm (via Zoom)**

Presented by Donelle Denery, Barnstable Master Gardener, this program will focus on the proper steps to get your garden ready in anticipation of your planting season. Flower, vegetable and container garden preparation will be discussed. Properly preparing your garden in early spring sets you up for a successful growing season! **To register call the Orleans Senior Center at 508-255-6333.**



## "A BIOGRAPHY OF THE CONSTITUTION"

**Wednesday, April 21, 2021, 10:30 AM (via Zoom)**

Join Jane Scarborough for a survey of the United States Constitution. Jane will cover the history and meaning of our nation's founding document, beginning with the intentions of the Framers, exploring its development over the following 230+ years, and culminating in a discussion of the current Roberts' Court. Amidst our current state of political turbulence, there is no more important time to examine this defining document and its articulation of the values and principles we hold in common. Jane holds a B.A. in American History from Rice University, an M.A. in American Studies from Purdue University, a Ph.D. in American Constitutional History from Rice, and a J.D. from Northeastern University School of Law. She has served in a myriad of private sector and academic positions, including as a full-time professor of Constitutional Law at Northeastern University School of Law. **To register call the Harwich COA at 508-430-7550.**



## "AMAZING ANIMAL AMBASSADORS"

**Thursday, April 22, 2021 at 9am (via Zoom)**

We'd like to introduce you to Bethany Boucher owner of Amazing Animal Ambassadors. Bethany has a background in Captive Wildlife Care and Education, teaching with animals for over 15-years since beginning her business on Cape Cod in 2013. You will meet and learn educational details about some of her most popular animals including: Milo, the Fennec Fox; Buttercup the Skunk; Cali the Cockatoo; Jasper the Red Tailed Hawk; Shelly the Sulcata Tortoise, and more. Enjoyment for the entire family! This program is sponsored by Friends of Yarmouth Council on Aging. **Please call the Yarmouth Senior Center to Register at 508-394-7606 x 1333.**

# OUTREACH NEWS

## NOTES FROM THE OUTREACH OFFICE

**Julie Witas, MSW, MPH**  
**Social Services Coordinator**

### Looking for new ways to pass the time?

The COVID vaccine is now on its way to people, but as we have all learned recently, we still have to be patient—it's going to take some time for the vaccine to reach enough people for the US to achieve "herd immunity" and for life to return to normal. As we've now been living in pandemic-mode for a full year—staying indoors, missing milestone celebrations and holidays with our friends and families—it's understandably hard to wait.

Since many of us will not be protected by the vaccine for several more weeks (or even months, in many cases), we still need to look for safe ways to pass the time. At the very least, Spring is around the corner, and outdoor activities will be more accessible once again. As the weather improves, consider adding a daily walk to your routine.

Walking has incredible benefits. Research has consistently shown that inactivity is associated with worse health outcomes. Doing just 20 minutes of brisk walking every day can reduce the risk of early death by as much as 30% (the benefit is greatest for those who are overweight).<sup>1</sup> Other benefits include improving circulation, easing joint pain, burning calories, and boosting immune function. Walking has even been shown to improve your mood and help you sleep better!<sup>2</sup> These effects are enhanced if you walk outside—the physical activity itself has benefits, and so does spending time outdoors.

Here are some tips to get you started and improve your experience, so that you can make walking a regular part of your day.

**Be safe:** Walking is generally a safe activity, but if you have been sedentary for a long time, talk to your doctor first. Remember that brisk is a relative term—you should be able to carry on a conversation, not feel breathless. Always include a warm up and cool down, and try a little gentle stretching at the end. Wear appropriate footwear, dress in layers to stay comfortable, apply sunscreen, and don't forget to hydrate.

**Track your progress:** Keeping a record of how long and far you walk is a great strategy to keep you motivated. In your log or journal, write down your goal for the week, either by time, distance, or steps if you have a pedometer. Start with attainable goals—even if it's just to the next corner, or once around the block. Meeting them will give you a real sense of achievement and inspire you to set more. Jot down each day's walk details right after you get back home, and also add a sentence about how you feel, physically and/or mentally. Over time, you can look for patterns of what works best for you. Keep your journal in a prominent place where you will see it every day.

**Make it a habit:** Schedule your walk—set aside a specific time for it, just like you would an appointment. If you find yourself not feeling up for it one day, try to do just 5 minutes or down the block, in order to keep your routine going. You might find that after 5 minutes you want to keep going after all! If not, that's ok—just try again tomorrow.



**Aim for variety:** Walking is more pleasurable when you vary your route and keep your mind engaged. Try to include as many settings as possible—residential neighborhoods; tracks (such as at the Community Center or high school); and scenic areas (around a pond or along one of the many beautiful walking trails around us). When you do repeat a route, make it interesting—go at different times of day, count the squirrels, identify plants, pay attention to the progress of buds on the trees, and find other ways to be mindful of the sights and sounds around you.

**Find a buddy:** Maintaining connections with other people is crucial to our emotional and cognitive health. After a year of self-isolation, you may feel ready to prioritize your relationships again. Socializing outdoors is much safer than doing so indoors, so this is the perfect activity if you prefer to talk with your friends in person (versus by phone or email). Of course, you should both wear masks and try to keep a little space between you! Having a partner is also the best way to stay committed to a new walking program. Not only does it make the walk more enjoyable, it keeps you accountable. Can't find anyone to join you? Get in touch with me, and I'll do my best to facilitate connections between people who are looking for walking partners.

1. Ekelund et al. *American Journal of Clinical Nutrition*; 14 Jan 2015.

2. US Dept of HHS. *Physical Activity Guidelines for Americans, 2nd edition*; 2018.

### What about a workout for your mind?

If you're looking for something new to do indoors, I recently found a few great resources that I'm excited to share. These phone-based communities offer a variety of opportunities for social engagement, lifelong learning, peer interaction, and support groups for older adults who wish to get engaged from the comfort of their own home. Go to the websites listed below to browse the course catalogs & schedules and learn how to register. If you need help or want suggestions, just get in touch with me, and I'll help you out!

**Covia Well-Connected:** Well Connected is a community made up of participants, staff, facilitators, presenters, and other volunteers who care about each other and who value being connected. All groups are accessible by phone from wherever you are at no cost to you. (877) 797-7299

<https://covia.org/services/well-connected/>

**DOROT:** DOROT's University Without Walls program offers hundreds of teleconference programs, appealing to a wide range of interests—all over the telephone. Class size is limited to encourage discussion. (877) 819-9147

<https://www.dorotusa.org/connect-home-phone-university-without-walls>

**Mather Lifeways, Telephone Topics:** With Telephone Topics, you simply call a toll-free number or join via Zoom to access a wide range of interesting discussions and programs. (888) 600-2560

<https://www.mather.com/neighborhood-programs/telephone-topics>

**Contact Julie at 508-430-7550 ext 12**  
**or [jwitas@town.harwich.ma.us](mailto:jwitas@town.harwich.ma.us)**

## HERE'S TO YOUR HEALTH

**Susan Jusell, Town Nurse**

**FACT: There are brighter & better days ahead!**



On March 31 the sun won't set until 7:06  
On April 30th it will be a half hour later at 7:39  
We have a vaccine and we are working our way out of this pandemic.

Both the medical and science communities around the world are making strides for better antiviral treatments and improved medical management for COVID-positive patients. As all of you know, there are two vaccines being given in our community now, Moderna and Pfizer, and there is a third one showing great promise. The Johnson and Johnson vaccine requires only one shot instead of two and has a current reported global efficacy rate of 57%, and up to 72% in preventing moderate to severe disease. They filed for emergency approval on February 4<sup>th</sup>, potentially allowing us to vaccinate the community much more quickly if approved. This is just one example that there's a promise of management over this pandemic coming our way.

We are being told to wear two face masks. Have you wondered why?

The second mask can help create a more snug fit around your face, allowing less air exchange from the sides of your mask. Multiple layers of fabric will improve the filtration effectiveness of your mask. When looking for a quality mask, try to find one with three layers of cotton, a bar across the bridge of your nose, adjustable or well fitted elastic behind your ears, and broad coverage across your cheeks.

The vaccine rollout has started off slowly and this has caused great upset and some feelings of hopelessness for many people wanting and waiting to be vaccinated. It might be frustrating waiting for your COVID vaccine while seeing others practice a more "normal" lifestyle before you do. Please remind yourself in those moments that the vaccine can't return us to our pre-pandemic lifestyle right away. We'll see improvements, but we'll still need to keep our masks on for some time to come.

There are some techniques from [verywellmind.com](http://verywellmind.com) that might help you if you're feeling this way. Hopeless feelings fuel hopeless thoughts. A negative cycle can make it hard to

see that there may be more hope than you imagine. When feeling hopeless, you're more likely to think about the reasons why nothing will ever get better. They suggest taking a few minutes and argue the opposite. What might you gain if you become more hopeful? Sometimes you have to change your behavior first and the feelings might follow. There's so much we can't control, so if you're powerless over the problem, you could try to change the way you process and feel about the problem.

It's a good time to reach out to someone trustworthy if you're struggling to identify some possible solutions to your grief, anxiety, or hopelessness. If you're able to, check out [verywellmind.com](http://verywellmind.com) for more on these actions to help or contact NAMI, Cape Cod (phone: 508-778-4277, email: [info@namicapecod.org](mailto:info@namicapecod.org)). Give us a call at the COA and let us know if you would like to talk on the phone with a friendly volunteer - it could be a nice distraction by getting to know someone new!

Once you are able to get the vaccine, the CDC reports that you may experience side effects. These are a normal sign that your body is building immunity and they should go away in a few days. Common side effects would be pain and swelling at the injection site, as well as fever, chills, tiredness, or a headache, and they may occur after your first or second shot.

It may be helpful to apply a clean, cool wet washcloth over the injection site and to practice range of motion activity in that arm. Drink plenty of fluids and try to get a good night's rest just before and after your vaccine. If your side effects get worse or become worrisome after 24 hours, then reach out to your primary care provider for direction.

With any vaccine, there's a potential for severe allergic reactions. That could be immediate or even delayed. Therefore, you'll be asked to stay at the vaccine clinic site for 15- 30 minutes after receiving your shot to monitor for side effects and ensure management in case of an allergic reaction. Call 911 if you experience hives, swelling, wheezing, or shortness of breath after you've left the clinic.

I am hosting wellness clinics on Thursdays by appointment only, to ensure proper disinfection between clients. Please call me to schedule an appointment or just to check in @ 508-430-7505.

Stay well and please maintain your COVID precautions!

# VOLUNTEER NEWS



## VOLUNTEER SPOTLIGHT



**This month we're giving a special shout-out to two new teams of volunteers!**

In the past month, we have added two entire *teams* of volunteers, each taking on a brand new project at the COA. Say hello (and thanks) if you talk to them!

We decided to reinvigorate our Friendly Visitor program by retooling it into a pandemic-safe phone-call based program. Our new Friendly Callers will reach out to isolated seniors for lengthy chats each week.

This past week, I sent a message to all of our lunch drivers to ask if any of the more computer-savvy among them might be willing to help register seniors for their COVID vaccination. Within 48 hours, I had scheduled almost 20 hours/week of additional volunteer time in our office (and this on top of their lunch shifts!). We hope to begin offering vaccine registration help Monday through Friday 9am-11am before the end of February (and hope to expand to offer a few afternoon times each week). We are so grateful for their support!

### Friendly Callers:

Carole N  
Liz D  
Mary Ann R  
Ellen M  
Joan R  
Pamela C  
Susan S  
Miriam R

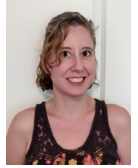
### Vaccine Helpline:

John B  
Jane F  
John H  
Lee P  
Claire W  
Kate H  
Bob H  
Terri A



## CURRENT VOLUNTEER NEEDS

### Julie Witas



The Harwich Council on Aging is always seeking new volunteers. If you're looking for a way to safely connect with others while we get through these last months of self-isolation, consider joining our team! Email [jwitas@town.harwich.ma.us](mailto:jwitas@town.harwich.ma.us) or call our office at 508-430-7550.

**Lunch Drivers (1.5-3 hours/week, short or long term):** We are always looking for additional volunteers to help with our contact-less lunch deliveries. A great way to meet your neighbors (from a distance)!

**Friendly Caller (Remote Friendly Visitor) (1-4 hours/week, at least 4 month commitment):** Make regular social phone calls to seniors who live alone and are especially isolated. You would contact the same 1 to 4 people on a regular basis in order to build a relationship (aiming for about an hour of contact per person each week). We can provide support and suggestions for getting the conversation started. This can be done from your home or from our office. Once a month, we will have a team meeting via Zoom for all volunteers to share feedback and ideas.

### SHINE Counselor (4-8 hours/week, long-term commitment)

Our COA no longer has a dedicated SHINE counselor. Trainings for new SHINE volunteers are currently on hold due to COVID-19, but we are recruiting now because this role is difficult to fill.

SHINE is one of the only resources that provide free, objective, accurate information to Medicare beneficiaries. If you choose to join, we are sure that you will find SHINE a rewarding, as well as challenging, volunteer experience.

### SHINE Volunteer Functions:

- Provide information, counseling and assistance in person or on the phone
- Assist Medicare beneficiaries by completing complex state and federal forms
- Distribute educational and promotional materials in your community
- Educate the community about the program

### The Path of being a SHINE Counselor:

To volunteer, the interested person must participate in an 8-10 hour full-day training. During this training you learn the essentials of Medicare, MassHealth and other state and federal programs. In order to become a state-certified SHINE counselor you must successfully complete training and pass a state certification test composed of 100 questions. You are then mentored by an experienced counselor so you are fully trained before public counseling on Medicare benefits. Note that all counselors must be able to use email and have basic comfortability with using computers.

If you would like more information about becoming a SHINE volunteer, you can contact our COA at 508-430-7550 or SHINE at 800-243-4636, option 3.



# CAREGIVER & COMMUNITY RESOURCES

## SUPPORT & CONNECTION

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

**Free and available to anyone age 55+  
Call 508-548-7999**

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.

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.

## 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](mailto:jwitas@town.harwich.ma.us)) to learn more about the application process.**

## FUEL ASSISTANCE APPLICATIONS

Our region's Fuel Assistance Program is administered by the South Shore Community Action Council (SSCAC). The program runs November 1st-April 30.

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

Call the COA at 508-430-7550 for up to date application information.

## 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.

### SHINE (Serving the Health Insurance Needs of Everyone)

Do you have questions about Medicare Advantage Plans and the additional benefits advertised as part of these plans on television? Are you both Medicare and MassHealth eligible and interested in learning more about Senior Care Options plans available to you in Barnstable County? SHINE can help you navigate your options and questions regarding these plans. They will help you act as a knowledgeable consumer when it comes to your health plan choices.

**Call the Barnstable County Regional SHINE Office at  
508-375-6762 for more information.**

### Alzheimer's Family Support Center

The Alzheimer's Family Support Center currently offers 47 FREE virtual support groups for caregivers, as well as for people experiencing memory loss. Please call 508-896-5170 for more information and to register for the group that best meets your needs and schedule. AFSC also provides step-by-step phone support on how to access these groups using Zoom!

# 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

Dear Friends, Donors, and Members,

March is here and it is time for all to celebrate St. Patrick's Day. **Slainte!** Or our wish to you in English – **Health!** And, hasn't health been the topic of our conversations and of the media for an entire year now? Friends' board hopes those of you eligible have received Covid-19 vaccination.

It's a busy season for the town of Harwich in preparation for Town Meeting and the Local Election. Here are what we hope are helpful dates to mark on your calendar:

- April 13 – last day to register to be eligible to vote at Town Meeting and in the Local Election
- April 16 – Warrant Available
- May 3\* – Annual Town Meeting
- May 18 – Local Election

\* Tentative—date and location may be revised depending on pandemic conditions

Generous donors made it possible for Friends to purchase \$3,000 in grocery gift cards last month for the Harwich COA to distribute as needed. The Board has been meeting monthly via Zoom (thanks to our clever Secretary, JoAnne Brown) and is working with Emily Mitchell, COA Director, on what are unanticipated projects arising from COVID-19. More will follow in the next issue of the newsletter.

### Two Requests for the reader:

- Please renew your membership or join Friends for the first time. The form below can be used for both membership and/or donations.
- Please send Friends your email address at [FriendsofHarwichCOA@gmail.com](mailto:FriendsofHarwichCOA@gmail.com). We promise not to drown you with emails but to send only info of interest.

Best Regards,

**Friends Board: Jack E. Brown, President; Christina Joyce, Treasurer; JoAnne Brown, Secretary; Susan Lellis, Director, and Richard Waystack, Director.**

### GIFT DEDICATIONS DECMEBER THROUGH FEBRUARY

#### *In Loving Memory Of*

**Connie Porciello Young**

Anonymous

#### *In Honor Of*

**Joyce Doherty, COA Volunteer**

Ann C. Hayes

**Our Dedicated Town Employees**

Inez Giles & Seth Hudak

#### *In Thanks For*

**COA Delivered Senior Lunches**

Virginia Drury

### FY 21 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: \$ \_\_\_\_\_

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

Town/Zip \_\_\_\_\_ Phone \_\_\_\_\_

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

ANNUAL: \$5.00\_\_\_\_\_ LIFE : \$40.00\_\_\_\_\_

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

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

## Chicken Francaise

Active: 15 min. / Total time: 35 min.

3/4 cup flour, plus 2 tablespoons for sauce  
 1/2 teaspoon salt  
 1/4 teaspoon black pepper, plus more for garnish  
 2 eggs  
 1 lb chicken breast cutlets (or boneless, skinless chicken breasts, quartered and pounded to 1/2 inch thickness)  
 1/2 cup vegetable oil  
 1/3 cup butter  
 1 cup sliced mushrooms  
 2 teaspoons fresh thyme leaves  
 1.5 cups low sodium chicken broth  
 1/4 cup lemon juice  
 1 lemon, thinly sliced  
 1/4 cup chopped fresh parsley

1. Stir together 3/4 cup flour, the salt, 1/4 teaspoon pepper in a shallow dish. Lightly beat eggs in another shallow dish. Dip chicken in flour mixture to coat, shaking off excess. Dip in beaten eggs to coat, then dip again in flour mixture.

2. Heat oil in a large skillet over medium heat. Working in batches, cook chicken about 2.5 minutes per side, until golden brown and an instant read thermometer inserted into centers registers 165°F. Transfer to a paper towel-lined plate.

3. Drain oil and carefully wipe skillet using paper towels. Melt butter with mushrooms over medium heat. Add thyme and remaining 2 tablespoons flour; cook, stirring, 2 minutes. Add broth, lemon juice, and lemon slices; cook, stirring, until thickened and bubbly, 2 to 3 minutes. Return chicken to skillet and heat through. Sprinkle with additional pepper and parsley.



## Kielbasa and Cabbage

Active: 10 min. / Total time: 30 min.

6 slices bacon  
 1 cup chopped onion  
 1/4 cup water  
 1 tablespoon sugar  
 1 tablespoon caraway seeds  
 2 teaspoons minced garlic  
 1/4 teaspoon crushed red pepper  
 1/4 teaspoon seasoning salt  
 1 to 1.5 lb cabbage, cored and cut into 6 wedges  
 1 (14 oz) package Polish kielbasa, cut into 1/2 inch slices



1. Cook bacon in a very large skillet over medium heat, turning once, until crisp. Transfer to paper towels, reserving drippings in skillet. Crumble when cool.

2. Stir onion, water, sugar, caraway seeds, garlic, crushed red pepper, and seasoning salt into drippings in skillet. Add cabbage; cook, covered, stirring occasionally, over medium heat 10 minutes.

3. Arrange kielbasa over cabbage in skillet; continue cooking, covered, until cabbage is tender and sausage is heated through, about 10 minutes. Sprinkle with crumbled bacon.

**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

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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.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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*The printing of this newsletter was made possible  
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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.*