

Town of Harwich COUNCIL ON AGING NEWS

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

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



July/August 2021

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

COA REOPENING UPDATES

We are thrilled to be opening on a larger scale and cannot wait to see YOU!

Beginning this summer, we are resuming a wider array of onsite programs. In these pages, you'll see the details for new (or returning) recurring programs, as well as an assortment of one time special events.

To give you a sense of our plans, we are scaling up our onsite programs slowly. We're starting with small group, low risk activities. You'll notice that most programs require preregistration and have capacity restrictions in place.

Our measured approach is an attempt to ensure the safety of group leaders, program participants, volunteers, and staff. It is also a reflection of our commitment to slowly scaling back the community-based services we implemented at the start of COVID in a way that is least disruptive to the folks currently relying on them.

Come the Fall, we hope to resume more programs—things like larger activities, higher intensity fitness programs, and congregate onsite meals.

As we've begun reaching out to group leaders and class instructors, we've found that some folks aren't interested in returning. Many have retired, some have moved away, and others would like to wait a bit more time before coming back onsite. If you or anyone you know might be interested in leading a group or class—one time or ongoing—please reach out to us for follow up. As a note, if you are a group leader or class instructor for one of the programs we're targeting for a Fall start, you should expect to hear from us in the next couple of weeks to check in!

Masks—in an abundance of caution, we are **recommending** continued mask use for **all** COA programs. Masks will be **required** for certain programs and services, specifically transportation and onsite programs that are considered healthcare-related, consistent with state guidelines.

Just as the COA is scaling up programming, so are other town departments and community organizations! Check inside for updates on Community Center, Cultural Center, Library, Seaside Marketplace, Recreation, and community events!

We appreciate your patience, enthusiasm, and feedback as we work our way back up to full scale! See you soon!

DIRECTOR'S DIALOGUE

Hello and Happy Summer!

I hope you are enjoying this time of increasing normalcy! Perhaps you're reconnecting with friends or family, going out to eat, enjoying a day at the beach, or even just going about your day to day life with less fear and anxiety.

As things get back to normal and we begin our return to pre-pandemic operations, I wanted to take a moment to recognize the tremendous efforts of our COA staff and volunteers. While it feels like a distant memory, it was just 16 months ago that we overhauled our operations within about 24 hours. We transitioned from an entirely onsite model to a fully community-based model. We found ways to get meals, groceries, and medications to people at home, offered masks and toilet paper when shelves were bare, and connected people to COA and community services by phone and email. Under heightened precautions, we brought back 1:1 services with staff and professionals as quickly as possible. We put together at home gardening, activity, and fitness equipment kits and partnered regionally with other COAs to provide a wide array of remote programs.

Beginning in January, the COA, in partnership with other departments and community organizations, took on a significant role in assisting older adults in the vaccine registration process. We put together written, online, and televised registration trainings, gave weekly robocall updates, fielded hundreds of phone calls and emails, helped over 300 residents directly in securing local appointments when they became available, and assisted approximately 60 homebound residents in receiving the vaccine at home.

I'm incredibly thankful to work alongside this team of dedicated and passionate people. And all of us are thankful to work with and for you! I look forward to seeing you in the building and around town soon!

Emily Mitchell



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WELCOME BACK—Special Programs

INTRODUCTION TO SAILING

Sponsored by Pleasant Bay Community Boating

Thursday, July 15th, 1:00 PM to 3:30 PM (arrive at PBCB no later than 12:45 PM)

Pleasant Bay Community Boating has once again extended a generous invitation to introduce sailing to Harwich seniors!



A group of 12 residents will have the opportunity to spend an afternoon out on Pleasant Bay with PBCB instructors. If you've never had an opportunity to explore the waters of Cape Cod by boat, we hope you will consider this experience right in our hometown with local instructors!

Due to boat accessibility, all participants must be fully ambulatory. All participants will also be required to sign a liability waiver. PBCB also requests that you bring your own life jacket (though they have some available if you do not have one).

Space is limited, so we are restricting this program to Harwich residents only. **An RSVP is required for this event—call the COA at 508-430-7550 to reserve your space. Registration will open on July 5th and will be filled on a first come, first served basis.** If you've participated in this program through the COA in the past, we'd ask that you leave space available for new participants.

This event is **FREE**—PBCB generously covers the cost of this program for our COA participants.

Transportation: We will offer transportation to and from this program on the Cranberry Coach van. Because of van capacity restrictions, we may need to take multiple trips, so please factor that into your afternoon planning. Individuals may also drive themselves or carpool—onsite parking is available.

Masks—PBCB requests that any individual who is not fully vaccinated against COVID-19 wear a mask during this program.

MEDICARE FRAUD WORKSHOP

Thursday, July 15th, 10 AM

Join us for this **free** workshop where a representative from the Medicare Senior Patrol Program will provide tools and information to help protect ourselves and our loved ones from Medicare fraud and deceptive marketing tactics.

RSVP required—call the COA at 508-430-7550 to register.

THERAPY DOG PROGRAM

Monday, August 9th, 10 AM or Friday, August 27th, 1 PM

Meet Linda and her chocolate lab Dany, a registered therapy dog team. Learn about and experience the benefits of therapy dogs. Linda will also discuss her experiences of becoming certified and conducting visits with Dany over the past several years.

Linda will be offering two sessions of this program.

RSVP required—each session will be capped at 10 and filled on a first come, first served basis. Call the COA at 508-430-7550 to sign up!



CAPTION CALL INFORMATION SESSION

Monday, August 23rd, 10—12 AM

Drop by to learn about CaptionCall. CaptionCall is part of a federally funded program designed to help qualified individuals with hearing loss use the phone with confidence by transcribing what the incoming caller is saying. As social isolation keeps people apart, telephone captioning services can help people stay connected. Through this program, the captioning service, phone or mobile app, delivery, and customer support are all provided free of charge.

This is a drop by event—you may come by at any point during the scheduled program timeframe. Registration is not required, though we'll only be able to let 12 people into the room at any given time. You'll be asked to sign in for purposes of contact tracing.

For more information, call the COA at 508-430-7550!



WELCOME BACK—Recurring Programs

BALANCE BOOSTERS

Maintain balance and flexibility with 30 minutes of stretching while safely seated in a chair using your own body and simple implements which are supplied. Taught by Town Nurse Susan Jusell.



Sue will be running two separate 4-week sessions beginning the first week in August.

Session 1: Tuesday mornings, 10:30-11 AM, beginning 8/3

Session 2: Thursday afternoons, 1-1:30 PM, beginning 8/5

Each class will be capped at 12 participants. Participants will be assigned a dedicated supply of equipment to use for the duration of the session to protect from any cross-contamination.

Registration is required and will open on Monday, July 19th. You may only register for one of the sessions. We will fill classes on a first come, first served basis. If you do not secure a spot in one of these sessions, you'll be given priority to register for the next set of sessions.

Call the COA at 508-430-7550 for more information or to sign up!

MEN'S BOOK CLUB

The Men's Book Club is back!

Friday, July 9th, 10 AM

Friday, August 13th, 10 AM



At the time of writing in mid-June, the July and August books have not yet been selected. Call the COA for updates—508-430-7550. As always, copies of all selections will be available at Brooks Free Library—just ask at the desk!

Meeting attendance will be capped at 12. New members are always welcome!

MAH JONGG

Tuesdays, 9:30 AM—12 PM

Beginning July 6th

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



NEW: SUPPORT GROUP FOR WOMEN WHO LIVE ALONE

Meeting twice per month on Wednesdays, 1-2 PM

July 28th, August 11th, August 25th

Support groups are offered as a space where individuals can come together to share their experiences and lives in a way that helps you feel less alone. Support groups help us see that there are others who may be dealing with similar situations and who in turn can help us get better. This group is offered for women who live alone and have limited family support in the area.

The group will be capped at 12 and led by COA Social Services Coordinator Julie Witas. Julie may expand to a second group in the future if there is high demand.

Registration required—call the COA at 508-430-7550 or email Julie at jwitas@town.harwich.ma.us

BIG SCREEN MOVIE DAY

"Nomadland" (Rated R)

Friday, July 16th, 1 PM

Follow Fern, a woman who loses everything during the Great Recession, as she packs her life into a van and explores an unconventional life in the American West. A story of hope and resilience.



"Dream Horse" (Rated PG)

Friday, August 20th, 1 PM



Inspired by the true story of Dream Alliance, a race horse bred by small town bartender Jan Vokes. Jan convinces her neighbors to chip in to help raise and train Dream—their investment pays off and becomes a source of hope for the struggling community.

We won't be bringing back congregate meals or snacks just yet, but we hope you'll enjoy the opportunity to gather for a good movie or two even without them!
Registration is required—call the COA at 508-430-7550!

VETERAN'S ASSISTANCE

Veterans Service Officer Shawney Carroll is available from her Harwich office on Fridays to assist Veterans, as well as surviving spouses, with claims, VA healthcare, VA pensions, MGL Chapter 115 low income benefits, and more. Shawney can be reached by phone at 508-778-8740 or by email at capevs02@comcast.net.

...& 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 July 28 & August 25

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 July 5

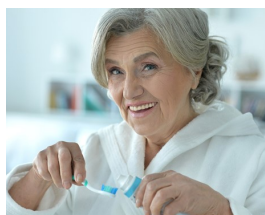
Schedule a free half-hour consultation with Raymond Yox, Managing Attorney for South Coastal Counties Legal Services. Raymond's appointments will be fully remote. You will schedule your appointment with the COA, and then at your appointment time, Raymond will call for a telephone consultation. Call the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

MOBILE DENTAL CLINIC

Fridays July 23 & August 27

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



FOOTCARE CLINIC

With Autumn Knight— July 14, August 4 & 18

With Dr. Cecilia Moore—July 20, August 24

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.



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 now provide two options for equipment drop off and pick up. If you'd prefer a no-contact exchange, we will place your requested equipment outside the building's South entrance (left side if facing the Community Center building) at a designated time for you to pick up at your convenience. You may return* equipment to the same location. You may now also come into the COA office during regular business hours for an in person equipment exchange.

***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.

COMMUNITY-BASED PROGRAMS & SERVICES

The programs described on pages 4 & 5 are available as of this writing in mid-June.

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.

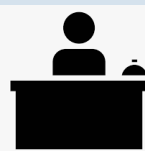


***Shaws and Stop & Shop now offer flexible payment options. Call Julie to discuss!**

Visiting the COA

As of June 15th, the COA is available for walk in services. You can stop in for things like Durable Medical Equipment, to ask questions, pick up resources, or sign up for programs.

We're offering an expanded array on 1:1 and small group programs; we look forward to seeing you in the building for those as well (details on pgs. 3-5)!



We know some of you may not yet feel comfortable coming onsite for services. Don't worry—in the last year and a half, we've become experts at providing no-contact or fully remote services. We will continue to offer support by phone, email, and even Zoom. We'll also continue with no contact DME exchanges if you prefer—just let us know when you call or email.

When you do come onsite, even if it's not for a specific program, we'll continue to ask you to sign in for contact tracing purposes—you'll notice the clipboard right when you come through our double doors!

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.

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

Program Timeline—We will continue our community lunch distribution program through August and likely into September. We can accept new participants for the full duration of the program. We plan to scale our distribution program down as we resume onsite meals. Stay tuned for additional information. If you are currently receiving COA meals and are worried about the impact of our transitioning back to an onsite model, reach out to us so we can help brainstorm other meal support options!

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 Monday, July 5th (observation of Independence Day)

Don't forget! Elder Services of Cape Cod & The Islands offers a Meals on Wheels program. See pg. 15 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**.

Effective June 15th, Town Boards and Committees—including the COA Board of Directors—will resume in person meetings. Meetings will be held at the Harwich Community Center (room assignment to be posted on the agenda).

Next meetings:

Wednesday, July 7, 2021, 10 AM
Wednesday, August 4, 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 three 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

Mon	Market Basket and Hyannis shopping
Tues	AM—Stop and Shop PM—Family Pantry deliveries/short Shaw's trip
Wed	AM—Shaw's, option for Harwich Port Errands* PM—Shaw's
Thurs	AM—Shaw's PM—Shaw's, option for Harwich Port Errands*
Fri	AM—Stop and Shop (except Brown Bag distribution days)

**Stops at Harwich Port CVS, Post Office, and local banks allowed, only until the Friends' bus resumes service. You must explicitly schedule these stops when calling to arrange your ride. We continue to transport people to onsite COA programs, Brooks Free Library, and Town Hall.*

Monday Trip Schedule

Hyannis shopping: July 19, Aug 2, Aug 16, Aug 30
Market Basket: July 12, July 26, Aug 9, Aug 23

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.

OTHER COA AND COMMUNITY EVENTS

And rounding out our COA events...

Looking Back:

As you may recall from the winter editions of our newsletter, we've been working on our **COVID Storytelling Project**.

We conceived of this project as an opportunity to capture the breadth and depth of the pandemic impact on older adults in our community. We received over 40 submissions including narratives, poems, artwork, photography, and more! We are so grateful to everyone who submitted for documenting and sharing your experiences!

We are excited to report that the booklet is complete! We just received printed copies hot off the presses. If you submitted to the project, be on the lookout for your copy in the mail. For everyone else in our community, we hope you'll pick up a copy! They are available here at the COA and we'll be distributing them to other community locations in the coming weeks. We look forward to hosting a celebratory event as the capstone for this project. We had initially assumed that this would be a virtual event, but with restrictions lifting, we'll be aiming for an in person celebration to gather, reconnect, and share our stories. Stay tuned for details to come!

Looking Forward:

You may recall from Julie's update in the May/June edition an announcement about our upcoming **Living YOUR Best Life Resiliency Training**.

This is a 10-week, evidence-based course designed to provide participants with tools to build their resiliency. The process of building resilience is different for everybody. This course outlines a number of tools and strategies that participants may consider as they navigate the process for themselves. Participants sign up for the full course—10 one-hour classes, each dedicated to a specific topic:

- Connecting with others
- Staying positive
- Nutrition
- Taking care of your spirit
- Sleep
- Getting physically active
- Dealing with adversity
- Helping others
- When to seek professional help
- Creative joy & satisfaction

This course will be offered free of charge thanks to a generous grant from The Harwich Fund to the Friends of the Harwich Council on Aging.

We are officially taking signs ups! Call the COA or email Julie (jwitas@town.harwich.ma.us) if you'd like to participate. We are also looking to recruit some guest presenters—if you know of anyone who is an expert in any of the 10 topics listed above, we'd love to get in touch with them. Feel free to share this contact information or encourage them to reach out to us directly!

Community events you won't want to miss...

Presented by the Alzheimer's Family Support Center:
Getting to Yes: a Pragmatic Approach to Dementia Care
with Teepa Snow

Friday, August 20th, 8:30 AM to 4 PM

Join nationally-known dementia care specialist, Teepa Snow, OTR/L who will present pragmatic strategies for managing the care of adults with dementia. This is a live videoconference intended for people employed in memory care, skilled nursing facilities, and adult day programs, as well as for family and in-home caregivers and others involved with the care of adults living with dementia.

This event is FREE! Registration is required—go to www.alzheimerscapedcod.org or call 508-896-5170 for more information!

Alzheimer's Family Support Center ANNUAL WALK FOR ALZHEIMER'S

Sunday, October 17, 2021

Provincetown Town Hall

Festivities begin at 11:00 AM, Walk begins at 12 PM

Lunch by Cosmos Catering and Music by the Sound Dunes Swing Ensemble.

You don't have to give to walk and you don't have to walk to give! All proceeds fund free Alzheimer's services across Cape Cod. Call 508-896-5170 for more information!

CranFest in the Courtyard

Thursdays, July 8th—August 26th (8 shows)

Doors open 5:45 PM, Music begins 6:30 PM

Harwich Cultural Center Courtyard

The Harwich Cranberry Festival has organized its third season of acoustic concerts at the Harwich Cultural Center. Events will happen rain or shine—bring a chair or blanket and enjoy the music! Each show has a \$25 admission fee, or buy a season ticket for \$160 for all eight shows!

The Harwich Mariners

The Mariners' season begins on June 20th. They'll play a series of 40 games, wrapping up their season in early August.

Home games are played at Whitehouse Field behind the Monomoy Regional High School.

See the full schedule at www.harwichmariners.org!

TOWN UPDATES AND EVENTS

SUMMER FUN AT BROOKS FREE LIBRARY

by Library Director Ginny Hewitt

Patrons were delighted when we re-opened in mid-May, and the staff and I were just as happy to welcome everyone back inside! As of July 1st Brooks Free Library will be back to our full pre-COVID schedule of open hours - Monday through Thursday 10 am to 7 pm and Friday and Saturdays 10 am to 4 pm. Our subscriptions to magazines and newspapers have resumed, and public computers are available, with printing, though we do not offer wireless printing or fax service. Fast, free wireless Internet service can be accessed inside the Library as well as 24/7 on the grounds and in the parking lot.

After a year of quarantine, many folks are looking to get out and visit local and regional attractions. Thanks to the Friends of Brooks Free Library our patrons can check out passes for discounted or free admission to the Boston Children's Museum, Cape Cod Museum of Art, Heritage Museum and Gardens, Isabella Stewart Gardner Museum, Mass. State Parks (including Nickerson State Park in Brewster), Museum of Fine Arts, Museum of Science, New England Aquarium, Plimouth Patuxet Museum (previously known as Plimouth Plantation), Whydah Pirate Museum and Zoo New England.

Our Library of Things, located on the second floor, contains many items that will add fun to your summer gatherings. We have a number of lawn games - croquet, badminton, pickleball, bocce, ladder toss, flying discs and more. If you're interested exploring the natural world, check out our bird watching kit, complete with binoculars, or the star gazing kit, which contains a telescope. A Go Pro Hero 7 Adventure set will allow you to record your summer adventures and activities.

If you're looking for indoor entertainment you can borrow a portable DVD player or a DVD that attaches to your computer, a turntable so you can listen to old record albums, headphones, or a Mah Jong set. Don't have a computer or Internet access at home? Chromebooks and hotspots, which provide you with free Internet access, can be borrowed for a week at a time.

We have a wide range of craft kits available - metal stamping, quilling, calligraphy, brush lettering, and bath bomb kits, to name a few. For those interesting in edible creativity, you can check out a cake decorating kit and a cake turntable. Enjoy some classic summer-time treats with our whoopie pie kit. We also have pie making kits, seashell molds for cakes and candy, and various types of baking pans.

Our Library of Things also has practical items, such as a soil meter. Testing the pH of your soil helps you determine what plants are best suited for an area or what fertilizers or lawn treatments are needed to maintain a healthy lawn. Is an annoying "check engine" light coming on in your car? We have a Foxwell Code Reader you can borrow. Plug the reader into the vehicle and it'll provide a code that tells you what the problem is.

Don't have a library card? You can apply online from our website, www.brooksfreelibrary.org, or complete the

application when you come in. You don't need to be a full-time resident of Harwich to get a library card. They're also available, free-of-charge, to residents of other Massachusetts towns and visitors from points beyond. If you've misplaced your library card, we'd be happy to issue you a replacement.

In addition to using your library card to borrow books, movies, audiobooks, magazines, and "things", your card also provides access to eBooks, downloadable audiobooks, online magazines and streaming movies. You can also use your library card number to read the Cape Cod Times and Wall Street Journal online, for free, just as they appear in print. More information on electronic resources is available on the E-Library section of our website, give us a call at 508-430-7562, or ask us about them in person. We'd love to tell you what's available and show you how to use these resources.

TOWNWIDE UPDATES

As of June 15th, town operations are returning to their pre-pandemic scope and scale. Town Hall has reopened fully to the public—you no longer need to schedule an appointment with a particular department to enter the building. Town Hall is open for its standard hours of operation—Monday through Friday, 8:30 AM to 4 PM. Masks and social distancing are not required.

Boards and committees are resuming in person meetings. Boards and committees may opt to continue to provide for public participation via a hybrid in person/remote model—take note of agenda postings to learn when and where meetings are taking place and how to participate in them.

Beach and transfer station passes are now on sale! You can purchase them online (www.harwich-ma.gov) or at:

- The Harwich Community Center:
 - June 14th through July 25th (closed July 4th)
 - Seven days per week, 9 AM to 2 PM
- The Harwich Chamber of Commerce (\$3 convenience fee per item):
 - June 1st through September 6th
 - Monday—Friday: 9 AM to 4 PM
 - Saturday: 10 AM to 4 PM
 - Sunday: 10 AM to 2 PM

Vehicle registration **and** proof of residency are required.
No refunds due to inclement weather.

Happy Beaching!



TOWN UPDATES AND EVENTS, cont.

HARWICH COMMUNITY CENTER

Things are starting to look a lot more “normal” at the Community Center!

Activity and capacity restrictions have been lifted. This will allow many community groups to resume their meetings, programs, and events.

The Weight Room is open at full scale! You no longer need to schedule an appointment—you may access the Weight Room at any time, and without a time cap, during regular hours of operation. The locker rooms have also reopened.

A few COVID-related changes remain in effect:

- Community Center hours of operation are still Monday through Friday, 6 AM to 4 PM. This is temporary while the Town works to hire additional custodial coverage to staff evening and Saturday hours. The Town is actively recruiting for that position and eagerly anticipates expanded hours in the weeks to come.
- Scheduling—the Community Center continues to reserve rooms one month at a time. This is to remain responsive both to changes in building hours and any changes to COVID regulations.
- Weight Room memberships—continue to be sold only on a monthly basis for the same reason. Monthly membership: \$15.

We expect the number of groups utilizing the space to increase in light of the lifted restrictions. Many groups are already meeting—here are a few:

- Cranberry Rug Hookers, Mondays 9:30 AM to 1 PM
- Quilt Bank, Mondays 10 AM to 2 PM
- Bit of Bliss Yoga, Wednesdays 9:30 AM to 10:30 AM
- Wednesday Stitchers, Wednesdays 10 AM to 2 PM
- Cranberry Mah Jongg, Wednesdays 1 PM to 4 PM
- Sounds Dunes Swing Band (rehearsals), Wednesdays 1:30 PM to 4 PM
- Painters Group, Thursdays 9 AM to 12 PM

The Red Cross also has a Blood Drive scheduled for Friday, July 30th from 9 AM to 3 PM!

For more information about Community Center activities and resources, go to the Community Center webpage at www.harwich-ma.gov/community-center or call 508-430-7568. You can also reach Community Center Director Carolyn Carey at ccarey@tow.harwich.ma.us.

RECREATION DEPT ACTIVITIES FOR SENIORS

Senior Volleyball

Tuesdays and Fridays, 11 AM to 1 PM (Community Center gymnasium, half court only during summer)

Pickle Ball (Harwich Residents Only)

Played outdoors at the Brooks Park Pickle Ball courts, call for hours!

Pre-registration and a reasonable annual fee is required. For more information, call 508-430-7553 or download the Adult Registration Form on the Rec Department webpage—www.harwich-ma.gov/recreation-programs.

HARWICH CULTURAL CENTER

Be on the lookout for special one time events hosted at the Cultural Center this summer! See their full calendar of events, and subscribe to their monthly newsletter, at www.harwich-ma.gov/harwich-cultural-center.

SEASIDE MARKETPLACE AT SAQUATUCKET MARINA

The Seaside Marketplace at Saquatucket Marina has an exciting group of vendors this summer offering a wide variety of goods including local photography, Cape Cod décor, hand-made jewelry, family apparel, fine art, and more.

Open daily from 10:00 AM to 6:00 PM through September 7, 2021. With new vendors each week, plan to visit more than once!

Launched in 2018, the Seaside Marketplace at Saquatucket Marina outdoor shopping area is a cooperative effort by the Harwich Harbormaster and Harwich Cultural Center to promote the creative economy in Harwich.



NOTES FROM THE OUTREACH OFFICE

Julie Witas, MSW

Social Services Coordinator



Choosing Home Care Services for Yourself or Your Family Member

Caring for a loved one at home can be an overwhelming experience. Fortunately, there are many options today for those who need assistance to remain safely in their homes. However, deciding which option is best for your family can be difficult if you don't understand your options and know what to look for. Most people are not aware that Medicare and most insurance policies cover only short-term clinical home care aide services for limited increments of time. Often, the amount of care provided through insurance and other programs is not sufficient to keep a person safely at home once their medical needs have been met. In those cases, their family might choose to purchase additional services for their loved one.

What should I do if I need more help at home, and I'm not sure if I can afford it?

You can call **Elder Services of Cape Cod and the Islands at 508-394-4630** and ask to talk to someone about their **"Home Care Program."**

What is it exactly and how will I know if I qualify?

The **Home Care Program** provides eligible elders with the supportive services that they may need to live safely and independently at home. Services may include meal preparation, shopping, homemaking, personal care, emergency response systems, or adult day care.

A professional care manager from Elder Services will make a home visit to see if you are eligible for services. While there, the care manager will assess your health and social needs. You must be a resident of Massachusetts, be sixty years of age or older, and have a "critical need" for services. In addition, you must meet certain income guidelines. During the home visit the care manager will determine your eligibility and work with you to develop a care plan that best meets your needs.

Types of MA Home Care Agencies

The different types of home care agencies comprise a continuum of care and choice for the client.

Certified Home Health Agencies

- **Services types:** nursing, PT, OT with ST, nutritional counseling, medical social services, home health aide services, medical and IV administration supplies – wound, teaching needs, med changes, safety evaluation, ambulation, exercise, adaptive equipment for bathing
- **Funding sources:** Medicare, Medicaid, and third party insurers
- **Eligibility criteria for Medicare:** (1) Under a physician's supervision who prescribes the plan of care ; (2) patient must be "homebound" status; (3) services are short term & intermittent
- **Regulatory oversight:** Certified home health agencies are regulated by the federal Centers for Medicare and Medicaid Services and audited by the Massachusetts Department of Public Health

Home Care Agencies

- **Services types:** homemaker, personal care homemaker, home health aide, supportive home care aide, companion, and chores
- **Funding sources:** Various streams to include both state dollars and/or Medicaid/Medicare funding depending upon program (Basic Home Care, ECOP, SCO, PACE)
- **Eligibility criteria:** Income and need guidelines must be met based upon program criteria.
 - ◇ Programs function under a more social model than medical model.
 - ◇ Services are long-term adjusted over time based on functional need of consumer.
- **Regulatory oversight:** Provider agencies to must meet contracting requirements (including supervision and training requirements) issued by the Executive Office of Elder Affairs (EOEA).

Private Pay Agencies

- **Funding sources:** Services are paid by the client or through private Long Term Care Insurance.
- **Eligibility criteria:** None. The client and the agency determine the nature of these services.
- **Regulatory oversight:** There are no regulations in the Commonwealth for agencies to deliver private home care services.

HERE'S TO YOUR HEALTH

Susan Jusell, Town Nurse

HAPPY SUMMER EVERYONE!

We've all come so far, this past year and a half has tried us all. Let's look forward to good times & days of celebration ahead. *What dates come to your mind? Maybe a week-end that your friends or families are coming to visit, a birthday party or a cookout that you've been invited to?*

If you can't think of any on your own, then feel free to mark these dates on your calendar:

- The first & most obvious to me, is **Independence Day** – July 4th!
- Don't miss out on **National Ice Cream Day**~ always the third Sunday in July (this year: July 18th)!
- **Opening Ceremonies for the Summer Olympic Games** – July 23rd!
- I'll stay hopeful that we'll NEVER see another tornado on Cape Cod again, like we did on July 23, 2019.
- **International Day of Friendship** - July 30th. The United Nations set this day aside to encourage efforts towards peace, to celebrate diversity, and to promote friendship among peoples, cultures, and countries.

As a friendly reminder, I need to say...drink, drink, drink! Staying hydrated is one of the most important things we do for ourselves. As we get older, we don't feel as thirsty. We often drink less, especially when partaking in activities beyond your daily routine. Easy ways to take in extra fluids can include eating lots of fruits and vegetables and having freeze pops, Jell-O, and caffeine-free beverages. It helps to stay accountable by filling a container to leave in the refrigerator each day or keeping some type of log for each glass you finish.

As you get older, you're at an increased chance of heat stroke with just mild dehydration. Do you know what to look for? Here are some signs and symptoms:

- Headache
- Dizziness and confusion
- Loss of appetite and feeling sick
- Excessive sweating and pale, clammy skin



- Cramps in the arms, legs, and stomach
- Fast breathing or pulse
- Feeling very thirsty
- Elevation in body temperature

If you're experiencing any of these symptoms call 911 or seek emergency help.

When you're waiting for help:

- Rest in a tub of cool water or a cool shower
- Fan while misting with cool water
- Place ice packs or cool, wet towels on the neck, armpits, and groin
- Cover yourself with cool, damp sheets

I hope you get outside, stay safe, and start reuniting with others!

We hope to connect with many more of you in the upcoming months as the Council on Aging works to increase onsite programming while promoting safety for everyone.

I will be offering two Balance Boosters classes in August. Each class will be offered once per week, for 30 minutes, over the course of a four week session. Class sizes will be capped at 12 and pre-registration is required. We will begin taking signups on July 19th and classes will be filled on a first come, first served basis – call the COA at 508-430-7550. We won't be able to take walk-ins at this time.

Class times will be on Tuesdays from 10:30-11 AM (beginning August 3rd) and Thursdays from 1-1:30 PM (beginning August 5th) for the month of August. We will reevaluate class options heading into the Fall.

I also have a wellness clinic on Thursday mornings and would love to see you! This service is still by appointment - please call the Council on Aging if you'd like to stop in.

Take good care of yourself and please reach out if you need something!

VOLUNTEER NEWS



VOLUNTEER SPOTLIGHT



Bob Labrecque

Bob started volunteering for the COA as a medical driver, a few months before the pandemic began. Since then, he has been one of our most called upon substitute lunch drivers. He is always willing to cover when we are in a bind, even coming in at a moment's notice on a handful of occasions. His flexibility and responsiveness have been incredibly helpful over the past year!

Bob has led a rather adventurous life, as a US Air Force retiree. He came to the Cape in 2004 after 11 years in Italy. He has traveled and lived around the world both as military and civilian, including that time in Italy and 15 years in Spain. He always has a smile and a friendly greeting for us (often one in another language!), and says that he enjoys his occupying his free time with volunteer work because it gives him a chance to give back to those in need. He also enjoys woodworking. Say hello or buenos dias if Bob delivers lunch to you!

"It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself."



- Ralph Waldo Emerson

CURRENT VOLUNTEER NEEDS

The Harwich Council on Aging is always seeking new volunteers. If you're looking for a way to get out of the house now that you're vaccinated, consider joining our team! To find out about our current opportunities, contact our volunteer coordinator Julie Witas by email (jwitas@town.harwich.ma.us) or phone (508-430-7550 extension 12).

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

Friendly Caller or Friendly Visitor 1-4 hours/week, at least 4 month commitment): Make regular social 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.

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

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.

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,

I hope you are enjoying summer and the reduced Covid restrictions. The Cape is getting busier each day; it's good to see the uptick in business and a delight to have the Wednesday night Harwich Port Musical Stroll back for July and August.

Free Front Entry Lock Boxes: The contest is on! To be entered into the Friends drawing for one of thirty free Kidde lock boxes installed by Harwich Fire Department, please submit your name, phone number, and address no later than July 30 by email or snail mail to:

- FriendsofHarwichCOA@gmail.com
- FHCOA, 100 Oak Street, Harwich MA 02645.

The lock box allows, in an emergency, firefighters and paramedics immediate entry into the home without forced entry damage.

Friends Annual Members Meeting: Secretary JoAnne Brown is working on plans for the annual members meeting in October. Agenda items will include updates from officers, proposed bylaw changes, and the election of board members. Because we don't know what Covid may bring in the future, the meeting might be via Zoom.

Mini-bus/Transportation: While we remain on hold for our monthly excursions and Thursday shopping/banking

trips in Harwich Port, Friends is looking for volunteer drivers and aides. We hope to be ready to expand our services when we get back on the road. Please contact us if interested at FriendsofHarwichCOA@gmail.com.

Fall Fundraising Campaign: The Board is working on kickoff plans for its fundraising campaign to support five critical areas for elder adults: Nutrition, Socialization, Transportation, Emergency Assistance, and Durable Medical Equipment.

Living Your Best Life. Please refer to page 8 to learn more and stay up to date on this Fall program funded through a Harwich Fund grant.

Wishing you a safe and healthy summer,

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



Some Friends breaking free from COVID!!

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

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) to learn more about the application process.**

HOMEBOUND VACCINATIONS

The state of Massachusetts has expanded its homebound vaccination program. Under this expansion, anyone unable to get to a vaccine location is eligible!

If you or someone you know is still in need of a vaccine and unable to get to a vaccine site, call the MA In-Home Vaccination Central Intake Line at 833-983-0485.

When you call, you will be registered with a state in-home vaccine provider. After registering, you will generally be called within 5 business days to schedule your appointment. Vaccinations will be performed by medical professionals, tailored to meet the needs of the individual, and performed using the Johnson & Johnson single dose vaccine.

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.

MEMA FOOD BOXES

The MA COVID-19 Center has provided Barnstable County with shelf-stable food boxes to support individuals and households who are in isolation and quarantine due to COVID-19. If you would like to receive a food box, please contact Andrea Marczely, Food Access Coordinator at the Cape Cod Cooperative Extension at 508-375-6944 or by email al.andrea.marczely@barnstablecounty.org. She can arrange delivery of the food box to your home!

FEMA Funeral Assistance Program

The FEMA COVID-19 Funeral Assistance program allows for funeral assistance for any COVID-19 related death that occurred after January 20, 2020. The program will assist with expenses up to \$9,000 per funeral, up to a maximum of \$35,000 if applicants are applying for assistance related to more than one death.

Certain eligibility restrictions apply. There is currently no deadline to apply for this program. For more information, call the FEMA call center at 844-684-6333 (M-F, 9 AM to 9 PM) or visit www.mass.gov/info-details/covid-19-funeral-assistance.

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
click on "Departments" then "Council on Aging"*

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COA Disclaimer

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