

Town of Harwich COUNCIL ON AGING NEWS



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

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January/February 2023

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

NEW LOCAL AUTHOR PROGRAM: BEYOND THE BOOK

Tuesday, February 14, 10:00-11:00 AM

We are very excited to announce a new program series for 2023! Every other month beginning in February, the COA will feature a local author—most based right here in Harwich, though we may choose one or two from a surrounding town. The author will give a talk about their writing process and their inspiration and discuss one or more of their books. Most will give a short reading. **This newsletter cycle, our featured author is Leslie Meier:** It all started in the late 1980s when she sold a short story to Ellery Queen’s Mystery Magazine for \$100. Now it’s 38 years later, and she’s still writing about Lucy Stone and the unfortunately crime-ridden town of Tinker’s Cove, Maine. She and her husband Greg settled in Harwich back in 1977 and raised their three kids here; now a widow, she divides her time between Harwich and Braintree, where she lives with her daughter and family. She loves living in New England, and Harwich continues to provide her with plenty of ideas for new Lucy Stone mysteries. Leslie will discuss her series overall and highlight her brand new books, *Mother of the Bride Murder* and the upcoming *Irish Coffee Murder*. Check out her titles at Brooks Free Library, or bring your own so Leslie can sign a copy. **Registration is required for this event—call 508-430-7550 to sign up.** Light Valentine’s themed refreshments will be provided so we can read



WINTER WEATHER POLICY



If Monomoy Public Schools are closed, all Harwich COA programs, including transportation and lunch, will be canceled, but the COA Office will still be staffed and available to assist you by phone and email. If Harwich Town Hall is closed, the COA will also be closed. We will make every effort to contact people who have signed up for appointments or services to share closure information. However, in inclement weather, it is best to call to confirm that the COA is open or to check the Town website or local news for building closure updates.

Please note, to ensure the safety of our riders and drivers, there may be times the Cranberry Coach van does not operate due to winter weather conditions, even if other COA programs are not impacted. Scheduled riders will be contacted if we have to cancel your ride due to weather.

DIRECTOR’S DIALOGUE



I don’t know about you, but I always feel like hunkering down at home during the coldest winter months. To help entice you to venture out to warm up at the COA, we have planned many fun, educational, and compelling programs for January and February. We hope you read through the newsletter to find something that appeals to you. If you still can’t find anything you like, please give me a call and tell me what you’re looking for! I love hearing your ideas.

For 2023, I am starting a new endeavor called “100 Cups of Coffee,” and I need your help to make it a success. The idea is simple: I want to meet with at least 100 folks in our community—residents, business owners, non-profit employees, municipal staff, volunteers, or anyone who wants to chat—to hear what they have to say about Harwich, its seniors, or our COA while we share a cup of coffee (or tea!). A few other Councils on Aging have done the same in order to better understand how they could serve their towns, and I think it’s a great idea. If you have a few minutes to talk, please call me to set up a time. I’ll supply the coffee! Or, feel free to let me know if you have a suggestion for who I should invite to share a cup. Your input is important to us, and I appreciate you making time to share it.

Finally, please join me in welcoming our brand new Program Specialist 2, **Nathan Hassell**. We are so excited and grateful that our COA is growing! Nathan will be responsible for program and volunteer coordination and will play an integral part in helping us expand our program offerings. Check out the next newsletter’s edition for his proper introduction. In the meantime, we hope you stop in to meet him and say hello. He can’t wait to meet everyone!

—Julie Witas, MSW/MPH

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SPECIAL PROGRAMS: ENRICHMENT

LET'S LEARN SIGN LANGUAGE



Wednesdays, January 4—February 22, 1:00-2:00 PM

Join Laurie Moore to learn some simple, conversational American Sign Language that you can use in everyday life. Laurie makes this FREE activity fun & accessible for everyone—no experience required! After just one or two sessions, you will learn phrases that you can easily use and teach. Perfect for those who are losing their hearing or anyone looking to learn a new skill to exercise their brain. **Drop in or sign up at 508-430-7550.**

UKULELE CLASSES



Mondays, Jan 9, 23, 30; Feb 6, 13, 27

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



Class will learn the basic strums and work on breathing & singing as you play. Not for absolute beginners; students must be able to play G-C-D7, F-G7, Am, Dm, Em, B7, & Gm. **Cost: \$55.**

Absolute Beginners, 2:00-3:00 PM

This class is for people who are new to ukulele or play at home but not with a group. The beginners will learn the basic 8 chords: C, F, G, D7, Am, Em, Dm, and G7. **Cost: \$55.**

For both classes: Registration is required—to sign up, call 508-430-7550. Each class must have at least 6 students or is subject to cancellation. Snow day 3/6. BYO ukulele. Each class is \$55.



STORM PREPAREDNESS

Thursday, January 12, 10:00-11:00 AM

Fire Captain Leighanne Smith will teach us how to get ready for the next New England storm and what we need to know to keep ourselves safe. Every single person needs to be prepared for disasters both large and small. The next storm will be coming soon—don't be caught off guard! Learn what to have ready, where you can go if necessary, and what you should do during an emergency. **Registration is required—call 508-430-7550!**

HOME SAFETY ASSESSMENTS

Harwich Fire Department and COA staff will perform a thorough evaluation of your home, including smoke detectors, carbon monoxide detectors, fall risks, and more. Don't miss out on this important FREE service. **To schedule, call 508-430-7550.**

COFFEE CONNECTIONS

Every Tuesday, Beginning January 10, 9:00-10:00 AM

Warm up with coffee hour at the COA! We'll brew a fresh pot so you can come down and socialize with your neighbors. This is also a great time to chat with COA staff if you have any questions or comments about our programs or suggestions about what we could be doing better. We'd love to have your feedback! No registration necessary—just stop in to the COA's Glass Room.



COMPUTER BASICS FOR OLDER ADULTS

Tuesdays & Fridays, January 17—March 24, 1:00-2:30 PM

In this 10-week, PC-based course, you'll learn the basics of how to operate a computer and navigate the internet in ways that can enrich your life. During the course, you'll learn how to use email, search the internet for information, access sources of entertainment, and connect to people, organizations and interests that matter to you. This course is designed for people who have very little experience with computers and want a solid introduction. Participants should attend all 20 classes and be prepared to practice the skills they learn between classes. Laptops will be provided for all participants to use during class and the arrangements will be made to allow participants to access the laptops outside of class time to practice.



Registration is required and begins January 3rd. To sign up, call Denise Magnett at Elder Services of Cape Cod & the Islands at 508-394-4630 or email denise.magnett@escci.org. **Class is capped at 12—call early, as we expect the class to fill up fast!**

WHITEY BULGER: THE INSIDE STORY

Tuesday, January 31, 10:00-11:30 AM



For sixteen years, Whitey Bulger was on the FBI's Ten Most Wanted list. Books were written about him, movies and documentaries produced, and reams of newsprint sold. The basis of the narrative came from testimony of fellow criminals who escaped the electric chair and long prison sentences. Not one journalist, author, producer, screenwriter, or actor corresponded with or interviewed Bulger.

After sitting on his jury—knowing half the jurors doubted the testimony of key witnesses against him—Janet Uhlar had many questions and went to Bulger for the answers. Bulger had a lot to say about the circumstances of his criminality, creation, and even his ultimate murder. Come hear her story! **Registration required—call 508-430-7550 to sign up.**

VALENTINE'S CARD MAKING WORKSHOP



Monday, February 6, 4:00-5:00 PM

Local crafter Linda P. Johnson will lead a fun and free afternoon event to help you create festive, handmade Valentine's cards. All materials will be provided. **Registration required—call 508-430-7550 to sign up, no later than January 30.**

SEEKING STORYTELLERS



Monomoy High School students are seeking older adults for a creative writing project. The elders would tell a poignant story from their life, and the student will create a story or poem based on the interview. The results will be shared at a later event at the COA. **If interested, call 508-430-7550; ask for Julie.**

SPECIAL PROGRAMS: WELLNESS

SUICIDE PREVENTION TRAINING

Wednesday, January 4, 5:30-6:30 PM

Thursday, January 26, 10:00-11:00 AM

Outer Cape Health Services and the COA are partnering to bring our community a suicide prevention training known as “Question, Persuade, Refer” (QPR). QPR are three steps anyone can learn to help prevent suicide. The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. The signs of crisis are all around us, but quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

With this training, you will be able to recognize the warning signs of suicide and know how to offer hope. We invite you to join in this community conversation and training to learn how to recognize and intervene at a moment when it matters most. **Registration is required, and is open to everyone.** Call 508-430-7550 to sign up! Class capped at 15.

WHAT IS THIS THING CALLED CBD?

Thursday, January 19, 10:00-11:30 AM

What exactly is CBD (Cannabidiol) and where does it come from? What does it do to the body? Is CBD from the marijuana plant? Will I get high using CBD? Can I drive my car after using CBD? What are the positive effects of using CBD? How do I know what a proper dose is? How do I judge the quality of CBD products? These are just some of the many questions people have about Cannabidiol (CBD). We are offering an information session to answer these questions and more. Facilitated by Chatham resident Paul Borde who owns and operates a local company called Primabee. This is educational only and the intent is not to sell or promote any products. **Registration required—call 508-430-7550 to sign up!**

BEREAVEMENT GROUP

Thursdays, January 19—February 23, 1:30-2:30 PM

Grief affects us deeply, in profound and unique ways. Bereavement groups offer support and connection in order to promote healing. Group members often share experiences that help each other feel less alone.

This group is open to anyone who has experienced the death of a family member, partner, or close friend that they are still struggling to cope with. The group will meet weekly for 6 weeks. **You must attend the first session to join the group;** participants should try to attend as many sessions as possible thereafter. Facilitated by Social Services Coordinator Andrea Sidoruk, MSW. **Capacity is capped at 8, and registration is required—to sign up, call 508-430-7550.**

MINDFULNESS MEDITATION GROUP

Tuesdays, February 7—28, 1:00-2:00 PM



Come play with us! Are you curious about learning meditation? Have you meditated and lost your steam? Do you meditate in pandemic isolation and are attracted to enriching your practice in community? Do you just want to deepen your practice? Come join us for 4 weekly gatherings to explore the social, emotional, mental, and physical benefits of Mindfulness Meditation! We will cover: mindfulness, meditation, mindfulness of body, mindfulness of thoughts, compassion, and lovingkindness. Taught by Lee Pierce, who has been meditating for 45 years and was certified in a 2-year Mindfulness Meditation Teacher Training Program. **Registration required—call 508-430-7550!**

HANDS-ONLY CPR CLASS



Monday, February 13, 10:30-11:30 AM

Our hands can do so many things, the most important of which may be saving someone's life. In this FREE class taught by the Medical Reserve Corps of Barnstable County, you will learn the life-saving technique of “hands-only CPR” — the most up-to-date method that is currently taught and practiced. This class will also teach choking safety. The power is in YOUR hands, so call today! Space is limited. **Registration required—call 508-430-7550.**



HEART HEALTH TALK

Wednesday, February 15, 2:00-3:00 PM

No better time to take care of your heart than during the month of February! Crystal Perna, RN, cardiovascular specialist and BS of exercise science, is back by your request, volunteering her time to teach us the importance of a healthy blood pressure. She'll identify what's considered a poor blood pressure, the causes of, the effects of (if left untreated), how to assess your blood pressure and most importantly, how to gain control and discuss the prevention of high blood pressure. This is a wonderful presentation you won't want to miss. Handouts will be provided. **Call ahead to reserve your spot—508-430-7550.**

MARCH PREVIEW: FIT AND STRONG!

Wednesdays & Fridays, March 8—May 26, 1:30-3:00 PM

This is an evidence-based, multiple component exercise program. It combines flexibility, strength training and aerobic walking with health education for sustained behavior change among older adults with lower extremity osteoarthritis (OA). Class meets twice a week for 12 weeks. **Please call Amy Chipman at the VNA with any questions and for registration—508-957-7423.** Class is FREE.

FITNESS PROGRAMS

SENIOR FIT WITH CHARLIE ABATE

Winter Session: Jan 11—Feb 17 (6 weeks, 12 classes)

Wednesdays & Fridays, 9:15—10:15 AM

Senior Fit is a total body fitness workout especially designed for seniors who want to remain active. The workout is safe and relaxed (any work done on the floor is optional). This class fuses stretching, toning, calisthenics, and movement exercises into a dozen unique musical routines that are easy to follow, energizing, and loads of fun! If you plan to do any floor work, please bring your own mat.

There will be 12 classes over the course of 6 weeks. Participants should try to attend all 12 classes.

Cost: \$45, payment due by the first day of class



Payments: We accept payments at any time on non-class days or any time after class. **At the first class only, we will accept payment before class.** After the first class, we will not be able to accept payment during the 9:00-9:15 AM check-in period.

Masks are required except when you are at your individual work station.

You **must sign in** with COA staff in the COA reception area prior to each class. **Designated check in time will be 9:00-9:15AM on class days.** You'll pick up an index card with your name on it and turn it into Charlie in the gymnasium to show that you have checked in.

Seats will be filled on a largely first come, first serve basis with consideration for factors below. **Registration is REQUIRED and begins Wednesday, January 4, at exactly 9:00 AM.** (Voicemails left before 9:00 AM will not be honored, so that we may be as equitable as possible.)

We are accepting registrations by voicemail starting at 9:00AM and (NEW!) **in person starting at 9:15 AM only for those age 75+.** We ask that you only register yourself or someone you act as a caregiver for. All calls will go to voicemail and your message will be time stamped, and we will honor the timestamp of your message when filling the class. In your message, please include your name, phone number, town of residence, and express your interest in Senior Fit.

Capacity for the class is capped at 70 participants. Of the 70 slots, 60 are reserved for Harwich residents. For non-residents, priority will be given to individuals with longevity in the class in consultation with Charlie.

We **request** that participants come to the COA prior to the day of the first class (if possible) to update their contact and emergency contact information, sign a hold harmless waiver (required for all participants), and submit payment.

SIT & GET FIT with SUSAN FRASER

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

This program is generously offered in partnership with the Harwich Recreation Dept with support by Susan Fraser. It is a seated class that offers strengthening and stretching exercises. Participation is completely **FREE. No registration required.**

TAI CHI QI GONG CLASS

Wednesdays, January 4—March 1, 10-11 AM

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

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



TAI CHI (CLOSED CLASS)

Tuesdays & Fridays, January 17—March 24, 10-11 AM

Tai Chi, taught by A.Jay Zahn, is ongoing but is now a closed group. Be on the lookout for new beginner classes in the coming months. Current students who wish to continue, please register by calling 508-430-7550. Anyone interested with previous Tai Chi experience may join the class with instructor approval. \$15/class

JILL'S EXERCISE CLASS

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

Jan 11—March 1: Wednesdays, 9:30-10:30 AM

Jan 13—March 3: Fridays, 9:30-10:30 AM



Registration is required and opens on Thurs, Jan 5th at 9 AM.

Call the COA at 508-430-7550 to sign up! We take sign ups by voicemail only so that we can track the timestamp of your message; please leave a message with your contact information. We ask that you choose either the Weds class or the Fri class to maximize participation. **Capacity:** 15 people/class. **Cost:** \$8/class.

BALANCE BOOSTERS with SUE JUSELL

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

February 7—March 14: Tuesdays, 10:30-11:15 AM

February 9—March 16: Thursdays, 12:15-1:00 PM

Registration is required and will open on Tuesday, January 24th at exactly 9 AM. We will fill the class on a first come, first served basis. We take sign ups for Balance Boosters by voicemail only so that we can track the timestamp of your message; please leave a message with your contact information. (Note that voicemails left before 9 AM will not be honored, so that we may be as equitable as possible.) Call the COA at 508-430-7550 for more information or to sign up! **Capacity:** 25 people per session. **Cost:** Free!

TAX ASSISTANCE

AARP TAX AIDE PROGRAM

The Harwich Council on Aging is thankful to partner again with AARP to assist you with preparing and filing your federal and state income tax returns.



AARP Tax Aide is the largest free, volunteer-based tax assistance and preparation program in the United States. It began in 1968 and is offered in conjunction with the IRS. This service is primarily for low and moderate income individuals and families. You do not have to be an AARP member and there is no age requirement to obtain tax assistance from IRS-certified volunteers.

Tax Aide volunteers are trained and certified by the IRS every year. They must pass an IRS exam and a Criminal Offender Record Information (CORI) check. Generally your return is filed the same day as completed.

Tax assistance is available by appointment only. The Harwich Council on Aging will be scheduling appointments for Harwich residents only. While you will schedule your appointment with us at the Harwich COA, your appointment will take place at the **Chatham Community Center (702 Main St, Chatham, MA 02633)**.

Appointments for Harwich residents will be scheduled on Tuesdays and Wednesdays. They're set to begin February 7, 2023 and run through the mid-April filing deadline. The Harwich COA will provide transportation on the Cranberry Coach van to one set of appointments per week.

Appointment times are 8:30, 8:45, 10:00, 10:15, 12:00, 12:15, 1:30, and 1:45 Tuesdays and Wednesdays.

We will begin making tax appointments on Tuesday, January 10th. Harwich residents should call the COA at 508-430-7550 to schedule an appointment—slots fill quickly so call early!

As in past years, you will be required to pick up a tax packet at the Harwich COA prior to your appointment. You must bring your completed packet, with all required documents enclosed, with you to your tax appointment. If you do not pick up your packet at least one week before your appointment, we will have to cancel your appointment.

Where this program is operating out of the Chatham Community Center, all participants will be required to comply with Chatham Board of Health COVID guidelines. Harwich COA staff will keep up to date with these guidelines—don't hesitate to call us or check Chatham resources as your appointment approaches so you're prepared to comply with all requirements.

Please note, this program follows our Winter Weather Policy (see page 1). If Monomoy Schools are closed, your appointment is canceled. We'll do our very best to reschedule, but cannot make any guarantees.

Don't miss out on this invaluable service!

HARWICH REAL ESTATE TAX EXEMPTIONS

The Town of Harwich offers a number of real estate tax exemptions designed to assist residents who fall within certain categories. Many of these programs are in place to help seniors specifically—read on to learn about several of them! Exemptions apply to permanent, full-time residents of Harwich only.

The deadline to apply for FY 2023 exemptions (except Senior Tax Work Off) is April 1, 2023. Applicants may begin applying for the FY 2024 Senior Tax Work Off Program on January 1, 2023 and may apply throughout the full cycle (deadline to complete volunteer hours is November 30, 2023). All applications are processed through the Assessor's Office.

Senior Exemption (65 years and over) - \$1,500 exemption. An individual must be 65 or older as of July 1st of the tax year. The individual must own and occupy the property as their domicile as of July 1st of the tax year. Income and asset qualifications apply.

Senior Tax Work Off Program (60 years or over) - \$1,500 exemption. This program allows seniors to work for the community. Applicants complete volunteer hours with a Town Department and are reimbursed at the equivalent rate of minimum wage for each hour completed. Applicants must be the assessed owner as of January 1st of the tax year. Applicants may also take advantage of the "Angel Provision" which allows an approved representative to complete volunteer hours on behalf the applicant. Income and asset qualifications apply. Once an applicant has been approved through the Assessor's Office, they should contact the Council on Aging to coordinate their volunteer placement. May be combined with another exemption.

Veterans Exemptions - 22 through 22E are eligible for \$400.00 exemption or higher if they have a Purple Heart or a minimum of 10% service-related disability. The exemption is offered to certain qualified veterans, their spouses, and parents on real estate owned and occupied in whole or in part as his or her domicile as of July 1st of the tax year. A veteran is anyone who has served in the armed forces during certain wars.

Deferral (65 years or over) - To qualify for a deferral you must be 65 years of age as of July 1st of the tax year, have owned and occupied the property as your domicile on July 1st. The applicant's gross receipts (Income) from all sources in the preceding calendar year cannot exceed \$40,000. Under an agreement with the Town, you may defer payment of all, none, or any part of your taxes each year up to fifty percent of your property valuation. This allows a person to remain in his or her home as long as possible without having to pay the real estate taxes. The Town adds yearly interest of eight percent on the deferred taxes until they are paid. The taxes are eventually paid to the Town with interest by the estate. This tax deferral may be granted in addition to any other exemption.

The Town also has a number of other exemptions. Contact the Council on Aging for additional information, details on income and asset limitations, or to complete your applications—Call 508-430-7550 and ask for Julie.

MORE PROGRAMS & SERVICES

SIGHT LOSS SERVICES SUPPORT GROUP

Tuesdays, Jan 3 & Feb 7, 10:30 AM-12:00 PM

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

FRIENDLY VISITOR

Friendly visitor volunteers are matched with a senior and visit on a regular basis, weekly or every other week for 1 or 2 hours. They can go for walks, talk about shared hobbies, read, or help write letters. If you would like to receive visits or phone calls from a volunteer, please call our office at **508-430-7550!**

MAH JONGG

Tuesdays

Morning Group: 9:30 AM—12:30 PM

Afternoon Group: 1:00 PM—4:00 PM

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



BIG SCREEN MOVIE DAY

Join us to watch a movie on our big screen in the multi-purpose room. We'll serve popcorn and enjoy the following wintry features together, including a whimsical romance for Valentine's Day.

"Grumpy Old Men," PG13 (1993)

Friday, January 20, 1:00 PM

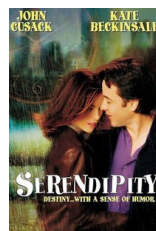
John Gustafson (Jack Lemmon) and Max Goldman (Walter Matthau) are two curmudgeonly neighbors who have been at each other's throats for years. The rivalry of the former friends intensifies when Ariel (Ann-Margret) comes along and provides a love interest for both of them. When Max finds out that John is experiencing family troubles and financial ruin, however, he steps in to help. Their bond is further cemented when John has a health scare and Max makes the ultimate sacrifice for his friend.



"Serendipity," PG13 (2001)

Friday, February 17, 1:00 PM

On a magical night when they are in their 20s, Jonathan (John Cusack) meets Sara (Kate Beckinsale). He finds it love at first sight, but Sara believes in destiny. After 10 years the two—with 3,000 miles between them—must decide if fate wants them to be together again. When love feels like magic, it is called destiny; when destiny has a sense of humor, it is serendipity.



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

WELLNESS & BLOOD PRESSURE CLINIC

Town Nurse Susan Jusell, RN

NO COST

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

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

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



LEGAL ASSISTANCE—In Person

Attorney Michael Lavender

NO COST

Wednesdays, January 25 & February 22, 1:00-4:00 PM

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



LEGAL ASSISTANCE—In Person or Remote

Attorney Andrew Bardetti

NO COST

Monday, January 9, 1:00-4:00 PM

Low and moderate-income seniors are invited to schedule a free half-hour consultation with Andrew Bardetti, Elder Law Attorney for South Coastal Counties Legal Services. Remote or in-person appointments are currently being scheduled. Call the COA at 508-430-7550.

MOBILE DENTAL HYGIENE CLINIC

Fridays, January 27 & February 24, by appointment

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



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

FOOTCARE CLINIC

\$45 / \$50

With Autumn Knight—Weds, Jan 11, 18; Feb 1, 8, 15 (\$50)

With Janet Tinney—Weds, Jan 25; Feb 22 (\$45)

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.



FRIENDS OF HARWICH COA—VAN EXCURSIONS

January Excursion—Saturday, January 14, 12:30 PM

A new adventure for Friends: We're off to Cape Cinema for the live transmission of the **Metropolitan Opera's production of *Fedor*, by Umberto Giordano.** Conducted by Met favorite, **Mario Armiliato**, this drama returns to the stage after 25 years. And, it has it all: A Russian princess, a Count, a diplomat, St. Petersburg, Paris, and the Swiss Alps. And, falling in love with your fiancé's murderer. The opera showcases **soprano, Sonya Yoncheva and tenor, Piotr Beczala.** Please note the production is 2 hours in length. Underwritten by Friends, the cost to Harwich Older Adults is only \$10 payable to FHCOA, 100 Oak Street, Harwich 02645. To register call 508-432-5050 or email FriendsofHarwichCOA@gmail.com. We'll leave from the Community Center at 12:30 pm and expect to return by 3:30.

February Excursion—Thursday, February 9, 10:50 AM

A Tom Brady Fan? While not entirely positive, our intrepid driver and her valiant aide are quite convinced that the Chatham Orpheum will be showing **80 for Brady** on 2/9 at 11:30. Of course, lunch will follow at a location to be determined. Based on a true story of 4 girlfriends in their 80's who travel to the 2017 Superbowl to see Tom Brady "live," it has a big cast: Lily Tomlin, Sally Field, Jane Fonda, Rita Moreno, Guy Fieri, Billy Porter and Harry Hamlin. Oh, and Brady, the Gronk, Edelman and Amendola! A generous sponsor will underwrite half the cost so tickets will be \$5 payable to FHCOA, 100 Oak Street, Harwich 02645. Register no sooner than January 30th by calling 508-432-5050 or by email to FriendsofHarwichCOA@gmail.com. We leave from the Community Center at 10:50 AM.

DURABLE MEDICAL EQUIPMENT

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

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

You can drop in Monday through Friday, 9 AM to 3 PM, to borrow or donate equipment, though we recommend calling ahead: 508-430-7550.

GROCERY ASSISTANCE

Call to schedule **NO COST**

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

How to Order:

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

PHARMACY ASSISTANCE



COA staff will pick up and deliver your Rx if: (1) The Rx is filled at CVS, Shaws/Osco, or Stop & Shop in Harwich, and (2) No copay is due at time of pick up. Call 508-430-7550 for info.

SHINE - Health Insurance Counseling

SHINE (Serving Health Insurance Needs of Everyone) counselors offer free assistance to help beneficiaries navigate the complex health insurance system and assist people with limited resources enroll in programs that help pay health insurance costs. SHINE Counselors are volunteers trained and certified annually by the Executive Office of Elder Affairs. Appointments are available—call the COA at 508-430-7550.

VETERAN'S ASSISTANCE

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

FUEL ASSISTANCE

Fuel Assistance can save you \$\$\$ on your winter heating bills! Call 508-430-7550 for your appointment or more information. Applications are accepted through April 30, 2023.

LUNCH PROGRAM DETAILS

LUNCH PROGRAM



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

Dining Onsite and Grab & Go

For every meal, we'll offer the option to dine onsite or take your meal as a "grab & go". (Note: Monday is grab & go only.)

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

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

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

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

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

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

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

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

January

Mon 1/2	CLOSED—NEW YEAR'S DAY OBSERVED
Tue 1/3	Ham dinner w/potatoes & veg
Wed 1/4	Salisbury steak w/potatoes & veg
Thu 1/5	Meatballs & pasta
Fri 1/6	Egg salad roll & chips
Mon 1/9	Salami & cheese w/slaw & chips
Tue 1/10	Beef stew w/garlic bread
Wed 1/11	Spinach pie & salad
Thu 1/12	Salmon w/rice & veg
Fri 1/13	Chicken salad & chips
Mon 1/16	CLOSED—MLK JR DAY
Tue 1/17	Hot dog w/cole slaw & chips
Wed 1/18	Chicken marsala w/rice & veg
Thu 1/19	Pineapple chicken w/rice & veg
Fri 1/20	Pizza & salad
Mon 1/23	Hot ham & cheese melt w/slaw & chips
Tue 1/24	Quiche & salad
Wed 1/25	Garlicky shrimp & snow pea stir fry
Thu 1/26	Shepherd's pie
Fri 1/27	Tuna roll w/chips
Mon 1/30	Turkey sandwich w/lettuce & tomato w/slaw & chips
Tue 1/31	Sloppy joe sandwich w/chips

February

Wed 2/1	Sausage, peppers & onion on roll w/chips
Thu 2/2	Chicken alfredo
Fri 2/3	Crab meat salad roll w/chips & slaw
Mon 2/6	Roast beef sandwich w/lettuce & tomato w/slaw & chips
Tue 2/7	BLT w/pasta salad
Wed 2/8	Stuffed shells w/salad
Thu 2/9	Fried chicken w/potatoes & veg
Fri 2/10	Pizza & salad
Mon 2/13	Hot pastrami w/slaw & chips
Tue 2/14	Roast pork w/potatoes & veg
Wed 2/15	Chicken stew & a biscuit
Thu 2/16	Philly cheese steak sandwich w/chips
Fri 2/17	Tomato soup & grilled cheese
Mon 2/20	CLOSED—PRESIDENT'S DAY
Tue 2/21	Meat lasagna w/salad
Wed 2/22	Baked fish w/potatoes & veg
Thu 2/23	Chicken soup & salad
Fri 2/24	Mac & cheese
Mon 2/27	Corn beef Rueben w/slaw & chips
Tue 2/28	Cheeseburgers w/lettuce & tomato w/chips

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

TRANSPORTATION INFORMATION

CRANBERRY COACH

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

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

Cranberry Coach Weekly Schedule

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

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

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

Monday Trip Schedule

Market Basket: January 9, January 30, February 13
Hyannis shopping: January 23, February 6, February 27
Note Holidays: January 2, January 16, February 20

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

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

RIDES TO MEDICAL APPOINTMENTS

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

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

FRIENDS' VAN (508-432-5050)

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

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

Call 508-432-5050 to sign up. Capacity is 13.

COMMUNITY TRANSPORTATION

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



DART

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

H2O

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

Boston Hospital Transportation

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

NOTES FROM THE OUTREACH OFFICE

Andrea Sidoruk, MSW

508-430-7550, extension 12

Being Socially Connected is Essential for Your Heart, Mind, and Soul!

What is Your Social Connection Plan to Stay Healthy?



Wow, would you agree that we learned a great deal about being socially isolated through the Covid 19 Pandemic? Life has thrown us some curve balls, but we learned to adapt to these situations. However, these past few years were difficult. Moreover, as people age it seems harder to stay socially connected without feeling lonely. The World Health Organization reported that 20-34 % of older people in the United States of America, Europe, Latin America are feeling lonely (World Health Organization, 2021). The recent research indicates that especially later in life people may feel socially disconnected because of other circumstances such as moving to an area to be closer to our children while moving away from friends or family, retirement, increasing frailty, increasing disability, or lack of mobility. Furthermore, life factors such as the death of a spouse, significant other or friends, living alone, or chronic illnesses can make people feel socially disconnected and lonely.

How does being socially disconnected affect a person's health? The data indicates that social isolation and loneliness are extremely harmful to a person's mental and physical health as well as to their quality of life. Social isolation and loneliness are two different concepts but both concepts may shorten a person's life. Social isolation is not having a small network of family or friends limiting interactions with people thus, causing some distress. Whereas loneliness can cause an emotional feeling or physical pain between what is desired and how a person is actually socially connected. If a person is also not socially connected nor physically active, eating unhealthy foods, smoking more, or using substances such as alcohol or drugs to make the feeling of loneliness go away; then, these unhealthy habits will pose serious threats to their health, well-being and longevity. In conclusion, being socially isolated or lonely can increase the risk of cardiovascular disease, stroke, diabetes, cognitive decline, dementia, depression, anxiety and suicide.

How do you make a social connection plan to stay healthy? The research is showing that having and maintaining social relationships is essential to the person's overall mental, physical, and social health and well-being. The idea is to start planning strategies that will make you feel comfortable socially connecting with other people either in-person, on the telephone, texting, exploring social media such as Facebook, sending and receiving emails, volunteering, working, joining a new club, attending activities or programs at the Council on Aging, at your church or synagogue or at the Harwich Community Center. Making new connections is as important as keeping older friends and family close. Sometimes thinking about making new friends is intimidating, but why not make new friends and add them to your social network? Participating in a new book club, hobby or leisure hobby is fun and a perfect way to meet people with common interests. Indulge yourself! Sometimes getting out of your comfort zone and putting yourself out there will bring confidence to yourself and model to others that sharing can provide health benefits, wellness and increased energy—helping the body, mind and soul. While involvement in community events and volunteering are excellent ways to cultivate health and social wellness, it also helps other people along the way.

You now know that social connection improves physical health and can have powerful effects on mental and emotional well-being. What can you do to be socially connected and improve your health, mind and soul? Search the internet or community events for programs or hobbies of interest. At the Harwich Council on Aging we are planning programs on mindfulness and social connectedness. *Coffee Connections*, an opportunity to get coffee at the COA and chat with others (see page 2) is beginning this January along with other programs. The Community Center also has a large array of programs for all ages such as billiard tables, ping pong, yoga and exercise programs. So what is your social connection plan to stay healthy? What do you think you might lose by making new friends or participating in new activities or programs? What might you gain?

To learn more about how the Harwich Council on Aging can help you stay connected, please review the newsletter, check our website, or call the HCOA at (508) 430-7550.



HERE'S TO YOUR HEALTH

Susan Jusell, Town Nurse

508-430-7505

Happy New Year!! 2023



If I were to ask you to name all the things you love, how long would it take for you to name yourself?

If you're not somewhere at the top of that list, then please try this brief self-affirmation. Look in the mirror and tell yourself "You're enough, just the way you are!" Then take a nice deep breath and repeat daily.

It's a new year; let's make it a good one! There are so many ways to take good care of yourself, so let's start by focusing on a healthy heart.

The need to better understand our cardiovascular system was identified in the 1940's especially after the death of President Franklin Roosevelt, who unfortunately died from a massive stroke and the effects of heart failure. Massachusetts has been on the leading edge of prevention because of the Framingham Heart Study, who continues their research and good work today. They helped to identify cardiovascular risk factors such as smoking, high blood pressure, obesity, physical inactivity, high cholesterol, but further delineated "good versus bad" cholesterol. Simultaneously in the late 1980's many interventions were becoming more accessible, including coronary bypass surgery, coronary stenting and angioplasty, helping to reduce the number of deaths due to heart attacks.

The goal should be prevention not intervention, and because of that, we've asked Crystal Perna, a cardiology nurse, to come back on February 15th to repeat her presentation from last spring. She'll discuss what you need to know about your cardiovascular health and hypertension, including causes and effects if left untreated, and how to manage it. Please join us for this one hour informative session with questions and answers to follow.

In addition to this, we'll also have the Medical Reserve Corps of Barnstable County coming to join us on February 13th in honor of Valentine's Day. Their volunteers will teach us hands-only CPR along with choking safety. Please join us and freshen up on your life saving skills!

People of all ages suffer from swallowing difficulties and experience episodes of choking for many different reasons. Have you had a choking episode or an aspiration pneumonia in the past six months? Do you experience coughing

during or after eating? Does your voice sound gurgly or wet after swallowing? Do you feel like it's an effort to swallow or need to make multiple attempts at swallowing when eating? Do you have missing teeth or dentures that don't fit well, leaving you with a poor chewing ability? Do you have food that stays in your mouth or pockets in one area after you have tried to swallow? These are all factors that could lead to choking; it may be preventable. If you are concerned about your swallowing please consult with your primary care doctor and let them know about your concerns. You may need further evaluation.

In continuation of lifesaving skills and living with a healthy heart, please consider joining me in a one hour training of suicide prevention. The training is called QPR, an acronym for Question, Persuade and Refer. This program will be taught by Brianne Smith, a navigator from Outer Cape Health. All ages are welcome to attend.

I hope this new year finds you well! Come see me at one of my clinics on Wednesday mornings by appointment, or by walk-in on Monday's from 4-5 pm.



COVID-19 Vaccination & Boosters

Are you still protected? Updated (bivalent) boosters became available for adults in September 2022. CDC recommends that everyone age 5+ receive one updated (bivalent) booster if it has been at least 2 months since your last COVID-19 vaccine.

People who have gotten more than one original (monovalent) booster are also recommended to get an updated (bivalent) booster.

Helpful resources to find and schedule a vaccine appointment:

- [Vaxfinder.mass.gov](https://vaxfinder.mass.gov) lists vaccine clinics available in Barnstable County and across the state.
- You can also contact local pharmacies directly to inquire about their scheduling options. Some stores offer walk-in hours, but call ahead to check.
- Homebound seniors can call the In-Home Vaccination Central Intake Line at 833-983-0485 to schedule an in-home vaccination. This number is staffed Monday through Friday from 9am to 5pm.



VOLUNTEER NEWS

VOLUNTEER SPOTLIGHT



Pattie Miller



Pattie Miller has been helping out at the Harwich Council on Aging for about three months. She lives in East Harwich with her husband, Roger and her son, Paul. Pattie previously lived in Cortlandt Manor, NY for 35 years. She vacationed on the Cape for over 20 years before moving to Harwich full time about a year and a half ago. Before retiring to the Cape, she taught 3rd, 4th, and 5th graders in Yorktown Heights, NY for 28 years. When not at the COA, she is also involved with her parish at St Joan of Arc in Orleans, where she also volunteers in their thrift shop. Her interests also include enjoying the beach, off-roading, sailing, walking, reading, cooking, and visiting with friends and family.

When asked what she likes about helping at the COA, she says it's wonderful to help people. Pattie also said she enjoys the great, friendly staff to work with, and it's a great collaboration for the community.

Thank you Pattie, for all you do for the Council on Aging!

CURRENT VOLUNTEER NEEDS

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

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

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



FEATURED POSITION:

Medical Drivers (2.5 hours/every other week): Drivers take seniors to medical appointments in the local area, covering Hyannis to Wellfleet, 1 or 2 times a month. Volunteers provide rides in their own vehicles. You must have a valid driver's license and complete background, driving record, and vehicle safety checks. Transportation is a top need of seniors, and you can make a real difference in the lives of many of your neighbors! A small donation (\$5-15) is provided to cover the cost of gas.

COA BOARD OF DIRECTORS

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

Next meetings:

Wednesday, January 18, 2022 at 10 AM
Wednesday, February 15, 2022 at 10 AM

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

TOWN UPDATES & EVENTS

BROOKS FREE LIBRARY NEWS

Are you a knitter or have you ever wanted to learn? The Brooks Free Library has a very active and thriving group that meets every Wednesday at 12:30 here in the Thornton Room at the library. No registration or sign ups are required for this group so just come in, go through the double doors from our parking lot and take the stairs to your left or the elevator to your right (press the 'B' button inside the elevator). Carla Burke, our Vital Coordinator, runs this program and it is a very inclusive program that welcomes adult knitters of all abilities.

Throughout the year this group meets to knit, socialize, discuss books, and to work together on charitable projects. In the past, they have knitted caps for babies born at Cape Cod Hospital and helped knit items for the Family Pantry of Cape Cod. Several times a year members knit items for patrons enrolled in the library's Books on Wheels program. There is an annual Literary Challenge, a local 'yarn crawl', and soon after they finish up with their holiday activities, I'm sure they will be planning something for Valentine's day. Members of this group really have a great time getting tips and helping each other with their knitting projects while at the same time helping to provide comfort and warmth to many people in our local community. What a great way to spend a cold winter afternoon!

Another regular, active, and inclusive program that happens here at the library is the Brooks Free Library Morning book group. This group meets the second Tuesday of every month at 11am in the Thornton Room. This group is led by library staff members Lee Kelley and Pam Paine who help put together a list of titles that the group picks from to make their monthly selections. All the titles the group selects are available in multiple formats including Large Print and Audio formats, and copies are available for check out a month before the group meets at the circulation desk. On Tuesday January 10th, the group will be discussing the novel "The Bookshop of Yesterdays" by Amy Meyerson and on Tuesday February 14, they will be discussing the nonfiction work "Empire of pain: the secret history of the Sackler dynasty" by Patrick Radden Keefe. You can always just ask at the front desk what the library book groups are currently reading, and there are copies right there for you to check out if you are interested in those books.

The Friends of Brooks Free Library also have a few interesting programs coming up in their first Sunday series. On Sunday January 8, at 2pm they will be hosting Betsy Bray who will be talking about Frank Lloyd Wright. She is a self-described Frank Lloyd Wright enthusiast and a member and a volunteer for the Frank Lloyd Wright Building Conservancy, based in Chicago. Betsy works with Cape Cod Modern House Trust as tour coordinator, and she currently serves as first vice president of the Friends of the Cape Cod National Seashore. On Sunday February 5, Michael Lach, the executive director of the Harwich Conservation Trust, will be here to talk about the work he does to accelerate and expand land preservation and water resources protection efforts in Harwich. We hope to see you at the library this winter!

HARWICH COMMUNITY CENTER

Building Closed:

January 2nd—New Year's Day (Observed)

January 16th—Martin Luther King Jr. Day

February 20th—Presidents Day

Ongoing Groups:

Zumba with Alissa: Mon, 5PM-6PM & Thur, 7:30AM-8:30AM

Zumba with Alice: Thursday, 5:30PM-6:30PM

Lumi Yoga & Wellness: Tu & Th, 9AM-10:15AM; Wed, 5PM-6:15PM

Rec Indoor Walking Group: M W Th 11-11:45AM & Tu 10-10:45AM

AI-Anon: Friday, 5:30PM-6:30PM

Men's 55+ Basketball: Mon & Wed, 12PM-2PM & Fri, 1PM-3PM

Senior Volleyball: Tuesday & Friday, 11PM-1PM

Wednesday Stitchers: Wednesday, 10AM-2:30PM

NA: Wednesday, 7:30PM-9PM

Bit of Bliss Yoga: Monday & Wednesday, 9:30AM-10:30AM

Cranberry Mah Jongg: Wednesday, 1PM-4PM

Quilt Bank: Monday, 9AM-2PM

Cranberry Rug Hookers: Monday, 9:30AM-1PM

Cape Cod Business Referrals: Monday, 7AM-8:30AM

Harwich Artists Open Painting: Thursday, 1PM-3:30PM

Groups & Events:

January:

Insight Meditation: Jan 3rd, 7PM-9PM

Harwich Conservation Trust—Winter Talks: Jan 7, 14, 28; 12-3:30

Harwich Democrats: Jan 7th, 9:30AM-11:30AM

KD Quilters: Jan 9th & 23rd, 9:30AM-2:30PM

WILPF: Jan 10th, 5:30PM-7:45PM

Women's Club Meeting: Jan 12th, 1:30PM-3:30PM

Front Porch Rug Braiding: Jan 14th, 10AM-3PM

Harwich Republicans Meeting: Jan 19th, 5PM-6PM

Cranberry Rug Hookers: Jan 21st, 9:15AM-1:15PM

Harwich Artists Monthly Meeting: Jan 21st, 2PM-4PM

Cranberry Festival Meeting: Jan 25th, 6:30PM-9PM

Red Cross Blood Drive: Jan 27th, 1:30PM-5:30PM (Appt required)

Women's Book Club: Jan 30th, 2PM-3:30PM

February:

Master Gardeners: Feb 3rd, 10th, 16th & 24th, 1PM-5:30PM

Harwich Democrats: Feb 4th, 10AM-11:30AM

Harwich Conservation Trust—Winter Talks: Feb 4, 11, 25; 1-3:30

KD Quilters: Feb 6th & 27th, 9:30AM-2:30PM

Insight Meditation: Feb 7th, 7PM-9PM

WILPF: Feb 7th, 5:30PM-7:45PM

Garden Club Meeting: Feb 7th, 1PM-3:30PM

Women's Club Meeting: Feb 9th, 1:30PM-3:30PM

Front Porch Rug Braiding: Feb 11th, 10AM-3PM

Harwich Democrats: Feb 11th, 9AM-11AM

Harwich Republicans Meeting, Feb 16th, 5PM-6PM

Cranberry Rug Hookers, Feb 18th, 9:15AM-1:15AM

Harwich Artists Meeting: Feb 18th, 2PM-4PM

Cranberry Festival Meeting: Feb 22nd, 6:30PM-9PM

Women's Book Club: Feb 27th, 2PM-3:30PM

FRIENDS' NEWS



Friends of The Harwich Council on Aging

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

A Message from Jim Knickman, Friends' President

Dear Friends, Donors, and Members:

Is it possible January is here already? Time is going too fast! Here are some updates about what our Friends organization has been up to lately.

Thank You Volunteers: Over the past year, we have been blessed with help from volunteers who make it possible to use our van for weekly shopping trips, for excursions around the Cape and events such as the Veterans grab and go lunch and the popular lunch at Cape Tech's Cove restaurant. We thank those volunteers who have been so generous with their time: **Gail Hancock, Maura Jordan, Lynne Lavieri, Patrick Affori, Lynn Schweinsaut, Pat Whelan, Joan McCarty, Diane Hamilton and Rose Holmes.**

A Second Thank You to Our Donors: We had a successful year-end fund-raising appeal. Your donations help Friends support our focus on nutrition, socialization, transportation, emergency assistance and durable medical equipment. We work toward making it possible for older adults to live in their homes and have active, healthy lives. Thank you!

Join Friends: January is the start of the membership year and when we hope our current members will renew their memberships and others will consider joining for the first time. Membership dues also help Friends meet its mission. See the form below to join.

Annual Meeting: We were pleased with the turnout at our October annual meeting where we reviewed the year's activities and plans for 2023. The annual report is posted on our website (www.FriendsofHarwichCOA.org) and our Facebook page (Friends of Harwich COA). Do visit these sites regularly for on-going posts.

Support from the Harwich Fund: We are pleased to announce that Friends received a grant from the Harwich Fund, which will

support a new COA program. We appreciate the funding from the Harwich Fund, a relatively new organization that does fund-raising to support non-profits in town. The grant we received will support a new program at the COA to help Harwich residents understand the signs of early onset memory loss issues and ways to get needed medical and social services in these situations.

Some Hint at Plans for 2023: We are in the planning phase for new initiatives that we hope will emerge as Friends' activities in 2023: (1) expand the use of our van transport services; (2) work collaboratively with the Chatham Harwich Newcomers Club and Nauset Neighbors to increase volunteer drivers in Harwich who can help older adults get to where they need to go, and (3) explore new initiatives that support both caregivers and those with Alzheimer's. More about all of these as we get into 2023!

With wishes for a healthy and happy New Year!

Jim Knickman and the *Friends* Board

GIFT DEDICATIONS

In Honor Of:

Jack E Brown

James Athens

Harwich COA Staff

Christina Joyce

Kathleen Furey

Ronald Pelletier

Peter & Cheryl Sniezek

People I Call Each Day

Joyce Doherty

Brian Bernham

Joan Romans

Christina Joyce

Gerie Schumann

Frank and Ken Kraus

Bob Kraus

All Senior Citizens

David & Nancy Truesdale

Harriett Hackford

Sandra & Russ Shannon

In Memory of:

Charles O. Parker

Lorraine W. Parker

My Mother, Jeannette

Kathleen Furey

Philip S. Eagan

Mary Eagan

FY 23 FRIENDS OF HARWICH COA MEMBERSHIP

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

Name _____

Mailing Address _____

Town/Zip _____ Phone _____

Email: _____

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

Additional Donation: \$ _____

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

Name _____

Mailing Address _____

Town/Zip _____ Phone _____

Email: _____

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

Additional Donation: \$ _____

Name: _____

Please make checks payable to: Friends of the Harwich COA

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

CAREGIVER & COMMUNITY RESOURCES

SUPPORTIVE DAY PROGRAM

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

They offer a structured day that includes music, art, and fitness to promote optimal social, emotional, and physical wellness, while allowing clients to remain in their own homes for as long as possible.

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

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

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

ARE YOUR RADON LEVELS SAFE?

RSVP Senior Environment Corps (SEC) volunteers will be conducting home radon testing for any homeowner on Cape Cod and the Islands. The EPA suggests that homeowners test their homes for radon every other year, as radon is a known carcinogen and the leading cause of lung cancer in non-smokers in the US. SEC Volunteers have been trained to perform radon tests in a way designed to provide the most accurate results. **The cost of the test, including postage and a confidential lab report, is \$35.** Homeowners may register for a radon test by calling Elder Services at 508-394-4630 x524.

FUEL ASSISTANCE

Heating bills are expected to rise substantially this year. Lower your costs by applying for Fuel Assistance. The Council on Aging can help you apply!

Appointments can be scheduled by calling our office at 508-430-7550. Ask for Andrea.

This year, gross income limits (pre-tax) for Fuel Assistance are:

One person household: \$42,411 (no asset limits)

Two person household: \$55,461 (no asset limits)

NUTRITIONAL SUPPORT PROGRAMS

These programs are ongoing. Call for more information.

BROWN BAG PROGRAM

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



MEALS ON WHEELS

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

S.N.A.P.

The Supplemental Nutrition Assistance Program (SNAP) helps low income individuals and families buy healthy, nutritious food. A SNAP household's monthly benefit depends on household size, income and expenses. For more information, contact Andrea at 508-430-7550.

CALEB CHASE FUND

The Caleb Chase Fund is a Town of Harwich fund designed to help Harwich residents in urgent financial need. The Fund can help with emergency 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 at 508-430-7550 to learn more about the application process.

HOMELESS PREVENTION COUNCIL

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

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

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

HARWICH COUNCIL ON AGING
100 Oak Street
Harwich, MA 02645

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

HARWICH COUNCIL ON AGING

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

**OFFICE HOURS:
Monday-Friday 8:30 AM-4:00 PM**

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

Staff Contacts

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

COA BOARD:

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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.