

# Town of Harwich COUNCIL ON AGING NEWS

Harwich Community Center ~ 100 Oak Street ~ Harwich, MA 02645  
Tel: 508-430-7550 ~ Fax: 508-430-7530



November/December 2023

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



## HAPPY HOLIDAYS

We're looking forward to sharing this holiday season with you! Read on for details about holiday programs we're organizing or partnering with other groups to offer. Also see page 3! Please note that all programs are *first come, first serve*, as spaces and supplies are limited.



### THANKSGIVING FOOD BASKETS

With the generous help of Lower Cape Outreach Council, the COA will be distributing free Thanksgiving food to older adults who need extra support this year. Whole turkeys or chickens are available, plus all the fixings. Orders will be delivered by volunteers on Thursday, November 16. *You must be home for the delivery.* Sign up by noon on Monday 11/13. Call **508-430-7550** or email [coa@harwich-ma.gov](mailto:coa@harwich-ma.gov).

### HOLIDAY MEALS AT THE COA

Chef Linda St. Pierre will be preparing special feasts for both Thanksgiving and the Winter Holidays! Both meals are **Dine In only (11:30AM—12:30PM)**, with seating for 50.

- **Thanksgiving Lunch—Tuesday, Nov 21:** Roasted turkey with all the fixings! Sign ups begin Thursday, Nov 5th.
- **Winter Holiday Lunch—Wednesday, Dec 20:** Prime rib with lots of sides! Sign ups begin Weds, Nov 29. *This meal made possible by the generous support of Friends of HCOA.*

If you feel moved to contribute, we suggest a donation of \$5, but this is optional. Those on a limited budget should simply come and enjoy! Call **508-430-7550** to sign up.



### COA SANTA FOR SENIORS

The COA has a holiday outreach program to reach isolated older adults in our community. Please let us know if there's someone who should be included. Each year, we deliver cranberry breads that are donated by the Kiwanis, as well as holiday gifts through generous donations made by the Friends of HCOA and by residents. To make a referral, email [coa@harwich-ma.gov](mailto:coa@harwich-ma.gov) or call **508-430-7550**.



### COCOA & CAROLS

**Thursday, December 14, 1:30—3:00 PM**

Sip some hot cocoa to warm up your vocal chords, then sing along to your favorite traditional winter holiday songs! Local pianist Luann Angelone will lead the festivities with a piano accompaniment, and any singers who want to join the fun are welcome. Please call ahead to register so that we can prepare enough cocoa—**508-430-7550**.

## DIRECTOR'S DIALOGUE



For the past several months, I have been working on fostering a daily practice of gratitude. I spend a few moments every day thinking of at least one thing I'm feeling especially grateful for. Research suggests that a regular practice of gratitude can contribute to a happier life. I think I'm starting to see the effects in my own life. For example, as I write this, I have my three cats\* snuggled up against me, so even while working from home on what should be a day off, it's remarkably easy to enjoy the simple pleasures of this moment instead of thinking about where I might rather be.

As we approach Thanksgiving, consider conducting your own experiment. When you wake up each day (or before you go to bed), think of one or two things you feel fortunate to have in your life that day. They can be big things or small things. Some days I reflected on how grateful I am to have a comfortable place to live when there is such a terrible housing crisis affecting our region. (And on a related note, how happy I am to finally be a Harwich resident myself—I purchased a home in West Harwich this summer!) Other days, I was happy to have something as trivial as a donut. There's no wrong way to do this. You could keep notes on a calendar or in a journal, or just have it be a thought exercise. If you like how you feel, keep it up through December and then decide if it's a habit you want to maintain through the new year. You'll have a jump start on your new year's resolution! For more insights into living a more contented life, check out the presentations "Happiness for Seniors" (page 2) and Beyond the Book with Sedona Summers, author of *Free Your Soul* (page 3). Let's end the year on a positive note, with an eye towards personal growth.

—Julie Witas, MSW, MPH

\*Cat lovers, I would love to show off some photos of my adorable new kitten, so please drop in to chat! (So tiny & fluffy!) :)

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# SPECIAL PROGRAMS

## BREAKFAST PROGRAMS

Chef Linda will prepare a breakfast feast that we will serve individually at tables of five. We have a capacity of 50 people for each breakfast. You must call ahead to reserve your spot! If you do not sign up in advance, we will have to turn you away. **To register, you may call the COA at 508-430-7550 anytime after the 1st of the month or stop in to sign up in person.** Please sign up no later than the Wednesday before the breakfast (by 4pm).

Because of holiday building closures, there will be no breakfast programs in November. December's featured speaker will be local Attorney Arnold "Arnie" Lett, who will help us have a better understanding of some of our Constitutional rights. This is guaranteed to be a fascinating topic you won't want to miss!

### MEN'S BREAKFAST (2nd FRIDAY)

**NO BREAKFAST IN NOVEMBER (Closed Fri 11/10)**

Friday, December 8 • 9:30—10:30 AM



### WOMEN'S BREAKFAST (4th FRIDAY)

**NO BREAKFAST IN NOVEMBER (Closed Fri 11/24)**

Friday, December 22 • 9:30—10:30 AM

## GRIEF & LOSS SUPPORT GROUP

**Tuesdays, November 7—December 26 • 1:00—2:00 PM**

After the loss of a loved one, sometimes the winter holidays bring on intense feelings of sadness. It takes time to realize it is not the grief you want to avoid but the pain and hurt inside. The holidays may be difficult. No one can take that pain away, but remember your grief is the love you feel. I want to share and listen to your thoughts, feelings, pain, and grief over the holidays. Please join Andrea L. Sidoruk, LCSW in a support group that will take place Tuesday afternoons from 11/7—12/26. For more info or to express interest in joining, call 508-430-7550 or email [asidoruk@harwich-ma.gov](mailto:asidoruk@harwich-ma.gov).



## VETERAN'S LUNCHEON

**Thursday, November 9 • 11:30 AM—12:30 PM**

In honor of Harwich Veterans, the Friends of Harwich Council on Aging is sponsoring a Grab & Go luncheon. Chef Linda St. Pierre is preparing an all American meal of fried chicken with potatoes & veggies, with apple pie for dessert. **Registration is required and open to all Harwich vets.** Send an email to [FriendsofHarwichCOA@gmail.com](mailto:FriendsofHarwichCOA@gmail.com) or call the Friends at 508-432-5050. Registration opens Wednesday, November 1 and is capped at 50.



## LINE DANCING CLASSES (\$10)

**Mondays, Nov 13, 20, 27; Dec 4, 11, 18 • 3:00—4:00 PM**

Cathy Hatch, a line dance instructor for over 20 years, will lead this low impact and easy to follow class. You will learn how to vine, shuffle, pivot, and jazz box, as well as other dance steps. The music will be mainly country with some pop songs, too. Please wear smooth bottom shoes or sneakers; no socks or flip flops. Appropriate for beginners.



Line dancing is a great way to get exercise while having fun! One of the best things about this style of dance is that there are no partners needed. **Registration helpful, but not required. Call 508-430-7550. \$10 per class**

## HANDS ONLY CPR & AED TRAINING

**Monday, November 13 • 10:30 AM—12:00 PM**



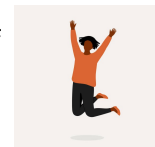
Our hands can do so many things, the most important of which may be saving someone's life. In this **FREE** class taught by the Medical Reserve Corps of Barnstable County, you will learn the life-saving technique of "Hands-Only CPR" — the most up-to-date method currently taught and practiced. Research shows Hands-Only CPR (without mouth-to-mouth breaths) performed by a bystander is just as effective in the first few minutes of sudden cardiac arrest outside of a hospital. This class will also provide training on what an AED machine (automated external defibrillator) is and how to use one. The power is in YOUR hands, so call today! **Space is limited, so call today—508-430-7550.**

## HAPPINESS FOR SENIORS

**Tuesday, November 14 • 1:00—2:00 PM**



Happiness—what does it look like? And how do we achieve it? Author and renowned publisher Henry Quinlan will present his "Happiness for Seniors" program. He will examine the effects of aging on happiness and discuss how you can shift your priorities and change how you view aging, while bringing new meaning to your life. The holidays can be stressful, but also a good time to reflect on what's important in your life as we connect with loved ones and community. Join us for this talk to get into the right frame of mind as we head into the season of gratitude and giving. **Call 508-430-7550 to sign up.**



### Reviews:

"This was wonderful! I have never heard anyone talking about this and it makes so much sense. Thank You." —Carol Wilson, Waltham

"I like what you say about finding meaning in my life in retirement." —Bill Peak, Concord

"I have had two successful careers, but this is information that I needed to hear." —Joan Orr, Waltham

# SPECIAL PROGRAMS



## OVERDOSE PREVENTION TRAINING

Thursday, November 16 • 4:30—5:30 PM

The number of opioid overdose deaths all across the state continues to increase every year, including in Harwich and surrounding towns. Deaths from opioid overdose are completely preventable, and YOU can help! A safe, easy-to-administer medication called Narcan (Naloxone) blocks the effects of opioids like heroin, fentanyl, and prescriptions such as oxycodone.

Do you want to learn another lifesaving skill? This training, led by the AIDS Support Group of Cape Cod, will teach you how to recognize the signs of an opioid overdose and administer the opioid overdose reversal drug Naloxone. At the end of the training, you can take home a free box of Naloxone.

**Call to register please—508-430-7550.**

## FALL RISK ASSESSMENTS

Wednesday, November 29 • 1:00—3:00 PM

Celebrate the end of fall with... the end of falls!

Have you fallen recently or want to improve your balance to ensure you remain steady on your feet? Meet **one-on-one** with a Physical Therapist or an Exercise Physiologist from the VNA who will stratify your fall risk and provide you with a home exercise program. Advanced registration is required; no walk-ins will be accepted. Appointments are limited. Harwich residents only, age 60+. To register, please call the VNA of Cape Cod at 508-957-7423.

*This clinic is brought to you by the VNA of Cape Cod Public Health and Cape Cod Healthcare Rehab Services.*

## SUICIDE PREVENTION TRAINING

Thursday, December 7 • 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 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 requested; everyone welcome.** **Call 508-430-7550 to sign up!**

## BEYOND THE BOOK: SEDONA SUMMER

Thursday, December 7 • 1:00—2:15 PM

Sedona Summer, who grew up in Chatham and eventually settled in Harwich, will discuss her book *Free Your Soul*, which is a spiritual guide to living the most happy, content, peaceful, and free life anyone could live. The book outlines a path towards becoming the best version of yourself and to understanding what creates your happiness. What better way to prepare for the New Year ahead, as the thoughts of resolutions and blank pages are on our minds?



Sedona has practiced meditation since the age of 12, impressed by George Harrison of the Beatles. Spirituality, as she will tell you, is the core of her being. She loves and looks forward to her trips to Sedona, AZ. Sedona enjoys gardening and painting. She was the general contractor and designer of her home. She is the mother of a son and a daughter, and her daughter has given her a beautiful granddaughter.

Sedona says that when a soul is free, a new way to experience life is realized. Join us to open your mind to a new perspective and consider what new experiences may await you. **Please register by calling 508-430-7550.**



## COOKIE SWAP

Monday, December 18 • 1:00—2:00 PM



Join us for a traditional cookie exchange! Bring 3 or 4 dozen of your favorite cookies—some to sample during the event and the rest to share amongst the group. Everyone will trade, and you'll go home with an assortment of cookies which you can enjoy yourself or give away as gifts! Please pack your cookies in one large container and bring a second, empty large container (Tupperware, cookie tin, etc). We'll supply some festive gift bags to take home to repackage them for gifts. **Registration is required—call 508-430-7550.**

## FUEL ASSISTANCE

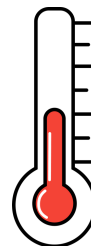
Lower your energy bills by applying for Fuel Assistance! The COA can help you apply. **Appointments can be scheduled by calling 508-430-7550.** (We cannot accept walk-ins for Fuel Assistance.) Applications are accepted between Nov 1 and April 30, and assistance is provided for all types of heating.

This year, income limits for Fuel Assistance are:

One person household: \$45,392

Two person household: \$59,359

(Note: There are no asset limits.)





# SPECIAL PROGRAMS



## LET'S LEARN SIGN LANGUAGE

**Wednesdays, Nov 1—Dec 27 • 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. **Registration not required, but appreciated—call 508-430-7550.**

## UKULELE CLASSES (\$50)

**Mondays, Nov 13, 20, 27; Dec 4, 11, 18**

**Beginner 1 • 1:00—2:00 PM**



Class will work on 3-4 chord tunes. Not for absolute beginners: must know the basic 8 chords. For those who need more practice on strumming and want to learn more tunes. **\$50**

**Absolute Beginners • 2:00—3:00 PM**

Found a ukulele in your closet, or were you given one and don't know how to play? This is your class! This class is for people who are new to ukulele. Learn to tune the instrument, how to play the basic 8 chords: (C, F, G, D7, Am, Em, Dm, and G7) and beginner strumming. **\$50**

**For both classes:**

Registration is required—to sign up, call **508-430-7550**. Each class must have at least 5 students or is subject to cancellation. BYO ukulele. Each class is \$50 for 6 weeks.



## CRIBBAGE

**Fridays • 1:00—2:30 PM**

Visit our COA's Glass Room on Fridays at 1pm for Cribbage. There is no sign up—just come down to play!

## AARP TAX-AIDE PROGRAM

The popular Tax-Aide Program will be returning for 2024! Details are not available at the time this newsletter goes to print, but each year, appointments run from early February through the end of tax season. We expect that by **mid-January**, we will be ready to begin scheduling appointments. The Jan/Feb edition of our newsletter will contain all final details, including the date that we will begin scheduling appointments and the procedure for obtaining an appointment.

## SAY "CHEESE!" COA PHOTO BOOTH

**Thursday, November 30 • 9:30—10:00 AM**

**Thursday, December 28 • 9:30—10:00 AM**

Did you know... the kiosk you use to check in for programs also has the ability to take your photo, which is then saved to your file in our confidential database. Having your photo on file helps us get to know you better (for example, we get to see your lovely face even when we're just talking to you on the phone!). We'd like to have photos of more of our members, as it helps us better serve you. It takes less than one minute to have your picture taken, so ask us to help you add yours anytime you have a moment.

If you need a little more incentive, **come to a "COA photo booth" where you'll have a chance to win a door prize!** Have your picture taken during one of our half hour programs, and at the end, we'll give away **FOUR \$25 gift cards** to a local grocery store to randomly selected participants (max 1 per person).



And if you're reading this thinking, "Kiosk? Checking in?" then I beg you to stop by our reception desk to update your file and pick up a key tag! You can use this to scan & check into our programs. These statistics (e.g., how many people are participating in our programs) help us to obtain funding, allowing us to bring you more free activities!

## C.A.P.E. BAGS

Are you prepared for the next winter storm? If not, let the COA help you! We have some "C.A.P.E. Bags" to give away—this stands for "Carry All Personal Essentials." These are medium-sized bags that hold about 2 or 3 days worth of belongings that you can take to a local shelter if you need to leave your home in the event of a storm or power outage. The bags are pre-packed with a few helpful things: mini flashlight, 7-day pill case, emergency whistle, a deck of cards, and a puzzle book (the last two are very useful for those long hours spent at a shelter!). Supplies are limited, so call today for yours! **Call 508-430-7550.**



# FITNESS PROGRAMS

## JILL'S SENIOR WORKOUT (\$50/6 WEEKS)

**Wednesdays & Fridays, Nov 15—Dec 29 • 9:15—10:15 AM**

Jill Brown, Certified Personal Trainer, teaches a total body workout fusing stretching, toning, calisthenics, and movement exercises. If you plan to do any floor work, please bring your own mat. **Capacity:** 70 people/session (60 slots reserved for Harwich residents). **Cost:** \$50/12 classes (6 weeks).

*Note: No classes week of Thanksgiving (11/22 & 24)*



**Registration: Registration is required and will open on Friday, Nov 3 at exactly 9 AM.** We will fill the class on a first come, first served basis. **Call 508-430-7550.** All calls will go to voicemail so that your message is time stamped, and we will use the timestamp of your message when filling the class. (Note that voicemails left before 9 AM will not be honored, so that we may be as equitable as possible.) We ask that you only register yourself or someone you act as a caregiver for. **Those age 70+ (only) may register in person (same date/time).**

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

**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.

**Paperwork:** All COA fitness class participants must have an emergency contact on file and sign a hold harmless waiver.

## BEGINNER TAI CHI (\$15)

**Tuesdays & Fridays, Nov 7—Dec 29 • 10—11 AM**

This class is open to anyone with previous Tai Chi experience. The focus will be on Yang Style Eight Posture Form. Classes include basic warm-up exercises, QiGong practice, and insights into traditional Chinese Medicine for healing, vitality, and longevity. Our instructor, A.Jay Zahn, has been practicing Tai Chi and QiGong for many years, and teaching on the Cape since 2019. Registration is helpful, but not required—call 508-430-7550. **Cost:** \$15/class.



## TAI CHI QI GONG CLASS (\$15)

**Wednesdays, Ongoing • 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 not required and no ongoing commitment required to attend this class. Taught by A.Jay Zahn. Call 508-430-7550 for info. **Cost:** \$15/class.

## CHAIR YOGA (FREE!)

**2nd & 4th Weds of Every Month • 11 AM—12 PM**

**Nov 8, 22 & Dec 13, 27**

In partnership with Yoga Neighborhood, we host a free gentle chair yoga class twice a month. They generously offer us a discounted rate, allowing us to provide this class at no cost to you. Chair yoga has many benefits, including increased flexibility, improved muscle strength, better balance and coordination, lower stress, reduced pain, and even better sleep. **Registration for the class is suggested as spots fill up quickly. Call 508-430-7550.**

**Capacity:** 25 people per class. **Cost:** Free!



## JILL'S EXERCISE CLASS (\$8)

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.

**Mondays, Nov 6—Dec 18 • 11:30 AM—12:30PM**

**Registration is required and opens on Weds, Nov 1st 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 and fill the class in the order calls were placed; please leave a message with your contact info. **Capacity:** 25. **Cost:** \$8/class.

## BALANCE BOOSTERS with SUE JUSELL (FREE!)

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). This class is adapted from an evidence-based program that is shown to improve balance and reduce falls.

**Tuesdays (Nov 7, 14; Dec 5, 12, 19) • 10:30-11:15 AM**

**Thursdays (Nov 9, 16; Dec 7, 14, 21) • 12:15-1:00 PM**

**Registration is required and opens Thursday, Nov 2 at exactly 9 AM.** We take sign ups for Balance Boosters by voicemail only so that we can track the timestamp of your message. (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 to sign up! **Capacity:** 25 people. **Cost:** Free, donations accepted to offset cost of supplies



# MORE PROGRAMS & SERVICES

## SIGHT LOSS SERVICES SUPPORT GROUP

**Tuesdays, Nov 7 & Dec 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 PROGRAM

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 talk about shared hobbies or current events, 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.



## BIG SCREEN MOVIE DAY

Join us to watch a movie on our big screen! We'll serve snacks.

### "Let Them All Talk," R (2020)

**Friday, November 17 • 1:00 PM**

Let Them All Talk follows celebrated novelist Alice Hughes (Meryl Streep) and her two oldest friends, Roberta (Candace Bergen) and Susan (Dianne Weist), on a momentous journey aboard an ocean liner to England, where Alice is due to accept a prestigious literary award. While Alice attempts to restore the bond she once had with her college mates, her nephew Tyler - in attendance to keep an eye on the bunch - becomes attached to Alice's new agent, Karen, who's snuck onto the ship to confer with her client. As the women reminisce and air old grievances with banter and bite, Alice harbors serious doubts about her much-anticipated next manuscript - and keeps the particulars of her personal life close to the chest.



### "Fred Claus," PG (2007)

**Friday, December 15 • 1:00 PM**

Of the two Claus brothers, Fred (Vince Vaughn) is the troublemaker and polar opposite of his saintly sibling, Nicholas (Paul Giamatti). When Fred's criminal ways finally land him in big trouble, Nicholas bails him out and brings him to the North Pole to work off the debt by making toys. The headaches mount for St. Nick, who not only must deal with his troublemaking brother, but also an efficiency expert who has come to evaluate Santa's operations.



## WELLNESS & BLOOD PRESSURE CLINIC

**Town Nurse Susan Jusell, RN**

**NO COST**

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

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

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



## LEGAL ASSISTANCE—In Person

**Attorney Michael Lavender**

**NO COST**

**Wednesdays, Nov 29 & Dec 27 • 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 for an appointment.



## LEGAL ASSISTANCE—In Person or Remote

**Attorney Andrew Bardetti**

**NO COST**

**Tuesday, November 7 • 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. For an appointment, contact Rasheda Dickerson at 774-487-3251.

## FOOTCARE CLINIC

**\$45 / \$50**

**Autumn Knight—Weds, Nov 1, 15; Dec 6, 13 (\$50)**

**Janet Tinney—Weds, Nov 29 & Dec 27 (\$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.



## TALK WITH A PHARMACIST

**NEW!**

**Tom Kelley, RPh**

**NO COST**

**Thursdays, Nov 2 & Dec 7 • 9:00-11:00 AM, by appt**

Do you have questions about your medications? Want to know more about side effects? Is that vitamin or over-the-counter medication safe to take with your Rx? When is the best time of day to take your medication? Get answers to these questions and more! Call today for your free consultation with licensed pharmacist Tom Kelley. Please bring a LIST of all your Rx medications PLUS all over-the-counter meds you are taking. Call **508-430-7550** to schedule.

**Register to reserve your seat so we can prepare snacks —  
Call the COA at 508-430-7550!**



# ...& MORE

## FRIENDS OF HARWICH COA—VAN EXCURSIONS

### November Excursion—Sunday, November 12

#### Thanksgiving Dinner at Jake Rooney's

Turkey dinner with all the fixings! Join us for a Cape Cod traditional meal of oven roasted, REAL turkey served with mashed potatoes, gravy, butternut squash, stuffing, and cranberry sauce. \$10 per person. **RSVPs accepted as of November 4<sup>th</sup>**. Call 508-432-5050 or email FriendsOfHarwichCOA@gmail.com (preferred). **The van will leave from the Community Center at 12:30 pm, with lunch at 1 pm.**

### December Excursion—Sunday, December 3

#### Cape Symphony Holiday Performance

Let's celebrate the Holiday Season with the Cape Symphony's *"CapePOPS! 2 - Holiday on the Cape 2023"*! The holiday concert includes a holiday sing-a-long, the "Hallelujah Chorus," the beautiful voices of the Chatham Chorale, and the world premiere of "A Chanukah Festival."

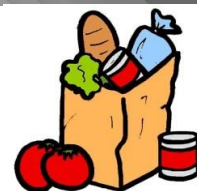
Partly underwritten by Friends, the cost to Harwich Older Adults for orchestra seats is \$20 per person. **RSVPs accepted as of November 13** by calling 508-432-5050 or emailing FriendsOfHarwichCOA@gmail.com. Van will leave promptly from the Community Center at **11:45 am, with curtain at 1 pm.**

## GROCERY ASSISTANCE

### Call to schedule

### NO COST

If you are trying to avoid the grocery store, we can help! 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. **Call the COA for details on how to order—508-430-7550.**



## 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 Medicare beneficiaries navigate the complex health insurance system and assist people enroll in programs that help pay health insurance costs. SHINE Counselors are volunteers trained and certified annually by the Executive Office of Elder Affairs. For an appointment, call the COA office 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.

## UPDATE ON SOCIAL SECURITY APPTS

The Hyannis Social Security office has limited hours; their staff continues to work remotely some days. SSA continues to offer their full range of services by phone. To speak to the SSA, call 866-467-0440. Website: [www.ssa.gov](http://www.ssa.gov)



## 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 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.** 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.**

## 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, November 15, 2023 at 10 AM**  
**Wednesday, December 20, 2023 at 10 AM**

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

# LUNCH PROGRAM DETAILS

## LUNCH PROGRAM

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.)



**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 **70 meals per day** (including both onsite and grab & go meals). One meal per person please.

**Registration in advance is required.** If you have not signed up in advance, we will have to turn you away. We will open registration for Nov on Friday 10/20 and for Dec on Friday 11/17.

**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 all days you request.

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? Call 508-430-7550!**

**We now have a limit of 35 Grab & Go meals per day (Tues-Thurs; Monday is still fully Grab & Go).**

Clients with documented Health Needs\* or Financial Needs\*\* will be prioritized for Grab & Go Meals:

\*Health Needs—Defined as a note from a clinician (e.g., a Dr, nurse, or social worker outside of the COA) stating that you have difficulty preparing your own meals or are "medically frail"

\*\*Financial Needs—Defined as a current SNAP or MassHealth benefits award letter

*No alternatives to these documents will be accepted.*

**Remember that you are also welcome to Dine In with us! (Limit for Dine In is also 35 meals per day.)**

## November—Registration opens Friday, October 20

Weds 11/1	Mac & cheese w/veggies
Thu 11/2	Hot dog w/coleslaw & chips
Fri 11/3	Veggie lasagna w/salad
Mon 11/6	Roast beef sandwich w/lettuce & tomato and chips
Tue 11/7	Chicken a la king w/mashed potatoes
Wed 11/8	Pasta & meatballs w/salad & garlic bread
Thu 11/9	VETERAN'S LUNCHEON ONLY—SEE PAGE 2 FOR SIGN UP DETAILS
Fri 11/10	COA CLOSED—VETERAN'S DAY OBSERVED
Mon 11/13	Salami & swiss cheese w/lettuce & tomato w/chips
Tue 11/14	Chicken fajita boat w/rice
Wed 11/15	Beef stew with roll
Thu 11/16	Meat lasagna w/salad
Fri 11/17	Tuna roll w/chips
Mon 11/20	Chicken salad on a roll w/ chips
Tue 11/21	THANKSGIVING LUNCHEON—SEE PAGE 1 FOR SIGN UP DETAILS
Wed 11/22	BLT pocket w/chips
Thu 11/23 & Fri 11/24	COA CLOSED—THANKSGIVING HOLIDAY
Mon 11/27	Ham & swiss w/lettuce & tomato w/chips
Tue 11/28	Swedish meatballs w/potatoes & veg
Wed 11/29	Crabmeat salad on a roll w/chips
Thu 11/30	Turkey sandwich w/lettuce & tomato w/chips

## December—Registration opens Friday, November 17

Fri 12/1	Pizza & salad
Mon 12/4	Egg salad on a roll w/chips
Tue 12/5	Hot pastrami & swiss w/chips
Wed 12/6	Hot turkey sandwich w/potatoes & veg
Thu 12/7	Beef w/mixed veggies & rice
Fri 12/8	MEN'S BREAKFAST—SEE PAGE 2 FOR SIGN UP DETAILS
Mon 12/11	Salami & cheese w/lettuce & tomato w/chips
Tue 12/12	Cheeseburger w/lettuce & tomato w/chips
Wed 12/13	Chicken parm sandwich w/salad
Thu 12/14	Pasta w/sausage & peas
Fri 12/15	BLT w/chips
Mon 12/18	Tuna roll w/chips
Tue 12/19	Hot dog w/chips
Wed 12/20	WINTER HOLIDAY LUNCHEON—SEE PAGE 1 FOR SIGN UP DETAILS
Thu 12/21	Grilled cheese w/soup
Fri 12/22	WOMEN'S BREAKFAST—SEE PAGE 2 FOR SIGN UP DETAILS
Mon 12/25	COA CLOSED—CHRISTMAS DAY HOLIDAY
Tue 12/26	Stuffed shells w/salad
Wed 12/27	Salisbury steak w/potatoes & veg
Thu 12/28	Chicken stew w/biscuit
Fri 12/29	Roast beef sandwich 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.

- The capacity on our largest van is 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)

#### **NEW MONDAY PM TRIP!**

**PM—Ocean State Job Lot & Dollar Tree in Dennisport**

Tues AM—Stop & Shop or Shaw's

PM—Family Pantry deliveries

Wed AM—Stop & Shop or Shaw's

PM—Stop & Shop or Shaw's, optional Harwich Port stops\*

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: Nov 6, 20; Dec 4, 18

Hyannis shopping: Nov 13, 27; Dec 11

*Note Holiday: Dec 25*

**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.
- A cash donation between \$5-15 to your driver to offset the cost of gas is requested. If this creates a hardship, please let us know when booking. No one will be turned away for inability to pay.

## FRIENDS of HCOA VAN (508-432-5050)

On Fridays at 1:00pm, the Friends' driver will bring riders on the Harwich Port loop:

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

Call **508-432-5050** before 4pm on Thurs of the week you wish to go. Include your name & phone number.

## 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, LCSW**

**508-430-7550**

### **Retirement Can Be Exhausting!**



As many of you know, I retired from teaching in the State of Connecticut because I wanted to pursue my dream of becoming a social worker. Therefore, I am in a semi-retirement state-of- mind, and I am loving every minute of this dream, so pinch me! Subsequently, I have been planning my transition to retirement for seven years—two states and three years of schooling and two puppies who want me to already be retired. My goal was to age well and gracefully while enjoying retirement, but Janice reminded me “there are challenges and time demands to retirement since there are so many important activities that older adults need to do every day from keeping their brains healthy and sharp, eating healthy, exercising for heart health, mind health and soul health (I made that one up!). As I listened to her wisdom she continued “well when you retire you also need to strategize for Medicare plans, Medigap choices, and Part D plans, noting you need a PhD to understand Medicare!” Then she continued, “planning doctor’s appointments, attending balance boosters, and coordinating outings with friends is time consuming.” She was not done, “Well you also need to socialize for healthy brain hormones and connectiveness (ah, she was paying attention during my social connections dementia talk!) After these statements she ended with, “there is no time to retire because people are working harder now than before they retired.” I needed further understanding of these apparent retirement tasks! Where do I begin? First, a cup of hot cocoa from the Community Center then back to the Outreach Social Service Office to research.

A large quantity of research concluded the idea that people become happier as they age because of emotional wisdom, life experience and inquisitiveness. Janice was definitely onto something with her wisdom and experience. A great deal of research exists on what to do in retirement and on happiness. Am I on track? Let’s see: practice gratitude (well I am happy I retired as a teacher); practice mindfulness (check, I am taking an online class); meditate by yourself or with a partner (do two puppies count?); take a yoga class (I still cannot form a *Vrikshasana* or *say it!*); connect with nature (I live on Cape!); declutter your home (can someone tell my husband that one!); go to the gym (it is

near the hot cocoa machine); hike a giant mountain (hmm, in the Cape?), spend time gardening (does weeding count!); listen to music (I am attending the Taylor Swift Movie with Kate!), Go kayaking (maybe when the sharks leave), spend time on a golf course (I watch Jen woosh her golf ball at Cranberry Valley as I roll my golf balls), focus on your diet and nutrition (got this, hot cocoa has calcium), walk in the woods (hmm-the six coyotes walking in my woods do not want me to be in their pack!), and finally, simplify your life...really! Additional suggestions were finding a hobby, paddleboard, play pickle ball, play chess, or travel...How will I do it all?

I sat back and thought this is all essential and evidence driven advice to live a happy, healthy life during retirement, but it sounds exhausting. Janice is right! It is important to remember that for some occupations there is a mandatory retirement age such as for airline pilots. Other people retire for personal reasons, medical situations or new adventures. However, people have anticipated retirement because of not having to deal with deadlines, meetings, office politics, agendas or traffic delays. Yet, many people think about retirement but are not certain if retirement is right for them. Admittedly, it is a difficult choice for some people because work provides a sense of purpose and social connections.

Joanne Lepore stated, “I found in my retirement that volunteering on various boards and here at the Harwich Council on Aging has been a wonderful experience and I love helping others in my retirement.” Volunteering does give people a sense of purpose and achievement. It helps people improve their own self-esteem, self-confidence and sense of being part of a community. Additionally, “generativity,” a term known in psychology is a way to give back to the next generation through mentoring or volunteering. In the research, the act of generativity has been shown to increase happiness and longevity. Yet we each need to decide when, how and what is the best time for our own retirement. P.S. for now, I love working, and I do not plan to retire for a long while. I honestly do not think I have the time or energy to keep up with Janice and Joanne!

I want to give thanks to all my friends and volunteers at the Harwich Council on Aging for inspiring and helping me to write this article especially Janice Bernabeo and Joanne Lepore.

## HERE'S TO YOUR HEALTH

Susan Jusell, Town Nurse

508-430-7505

*In celebration of Thanksgiving*, I challenge you to start each day this month by reflecting on a positive thought or identifying something "present" in your life that you are grateful for. Some days you may need to dig deep, but I'm sure you can do this! Stop in and let us know what you're reflecting on; we'd love to see you!

I feel like there's constant discussion about the common cold, viruses and allergies. How do you treat it? What should you do? Should you go to the doctor?

Most importantly, when in doubt, leave a message for your doctor and follow through if you did not get a return call, or get yourself to a walk-in clinic to be properly directed. As we get older, you're more susceptible to the effects of dehydration, even if you've only been sick with nausea or vomiting for a number of hours. If you're dealing with minor congestion, but it's not affecting your activities of daily living, then you can monitor yourself for a few days. If after three days, you're not feeling better or over the three days your symptoms have worsened, then you should be seeking medical attention.

There are some diagnoses that put people at a higher risk when fighting an infection. During your annual doctor's appointment, ask when you should notify the office of illness given your medical history. In some cases, they would want to know with the onset of symptoms. If you have a compromised immune system, diabetes, history of kidney disease or congestive heart failure, then you may need to be monitored promptly and closely. These diagnoses could lead to fluid buildup or cause your blood sugars to become elevated.

When it comes to using over-the-counter medications, please check the expiration dates and dispose of anything that's expired. You can find a dropbox for expired medications at some pharmacies or the lobby of many police and fire stations. **Please, never dispose of medications down the drain.** Your local pharmacist can review your daily medication list and may be able to di-



rect you on what over-the-counter medications would be safe and helpful.

Keep in mind, even if you're relatively healthy, if you're not able to take good care of yourself it could take longer to recover. If there's something you need and you can't get out to the store, the COA or Elder Service may be able to assist you. Call us to explore what options are available at your time of need.

We have a couple *save the date to save a life* programs coming up. Are you familiar with the **Medical Reserve Corps (MRC)**? They are a group of dedicated volunteers both with and without healthcare backgrounds. The MRC of Barnstable County will be sending their volunteers for a one-hour training on Monday November 13th to teach us how to use an AED, review choking safety and instruct us on how to practice hands-only CPR.

In addition to that, please consider joining me in a training on suicide prevention on December 7th. This one-hour training is called QPR; an acronym for Question, Persuade and Refer. This program will be taught by **Brianne Smith** LICSW, TCTSY-F, director of Care Management at Outer Cape Health. She's a wonderful asset to this community and brings years of experience and resources to our door. **All ages are welcome to attend.** Please consider joining us & bring a friend too! Space will be limited so please call ahead to sign up.

How about learning something totally new? The CPR class teaches us how to assess if someone is breathing and has a pulse. **Would you be able to identify if someone is struggling from an opioid overdose?** All are welcome to join, as we come together for a Narcan training on November 16 from 4:30-5:30. Please see details noted on page 3 of the newsletter.

Feel free to stop in and see me on Monday evenings between 4-5 pm and by appointment only on Wednesday mornings at the Community Center. I wish you peace and joy always, but especially over the holidays.





# VOLUNTEER & STAFF NEWS

## VOLUNTEER SPOTLIGHT



Mary Ann  
Pina



Mary Ann Pina has been volunteering with the COA for almost 2 years as both a Friendly Visitor and a Lunch Check-in Aide. Mary Ann was born and raised in Harwich and is the youngest of 10. After high school, she decided to attend hairdressing school and head up to Boston where she also met her husband. She then came back to the Cape and built her first house in Dennis before returning to Harwich. Mary Ann always felt you should try different things growing up and she continues to learn and be involved in various groups and committees. She worked in retail at Sears for many years until wanting to make a switch to finance. She obtained her associate degree in accounting and went into banking at Cape Cod 5. Mary Ann now enjoys working at the Registrar's office during election seasons and watching her 3 grandchildren play sports. She is a huge collector from beanie babies to coins and still has the \$2 bills her mother would send her in notes when she lived in Boston. Fun fact: her Dad was born in the 19<sup>th</sup> century!

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

We are  
Thankful for  
YOU!



### ELVES NEEDED!

Want to give back this season? We need volunteers to help serve holiday meals, deliver Thanksgiving groceries, write cards, wrap presents, deliver gifts, and more. If you want to contribute, contact Jen at [jen.andersen@harwich-ma.gov](mailto:jen.andersen@harwich-ma.gov) or 508-430-7550. We appreciate it!

## MEET OUR NEW EXECUTIVE ASSISTANT: LAUREN SWIFT



Hello everyone! My name is Lauren Swift, and I joined the Harwich COA as the new Executive Assistant in September 2023. I will be responsible for the financial matters of the COA department.

Prior to starting at the Harwich COA, I have held jobs in various fields. I worked as a vet tech for about 20 years.

And while I still love animals, I started a new career path and got my real estate license in 2017. While that was never my full-time job, I enjoyed helping people find their dream home. In 2018, I started working for the Mass Save program doing energy audits and met some great people. After doing that for a few years, I realized that I wanted to go back to school and finally get my degree. I started at CCCC in January 2020 and graduated in May 2021, with an associate degree in business administration. After graduating I worked as a Realtor/Bookkeeper for a short-term rental agency and most recently as Junior Accountant at an Insurance Agency. At the insurance agency, I realized that I wanted a better work/life balance. So that brings me here, to the Harwich COA!

I grew up in Rhode Island and enjoy everything related to the ocean. In 2016, my now husband bought a house in Wareham. We lived there for a few years until we realized that it would be better to live on Cape to be closer to his job. In 2019, we decided to build a house, so that we would get everything we wanted in our dream home. We officially became residents of Cape Cod in September of 2020. When I am not at work, you will find me taking care of my 3 cats and my beehives, gardening, traveling, canning, baking, or riding around in my classic car! I also love adventure and the mountains, so I also visit upstate NY a few times a year.

I have only been here a short time but have already met so many wonderful people. I look forward to meeting all of you and learning about what the COA has to offer. If you are in the office, come by and say hi!

### TECH VOLUNTEERS

Are you computer savvy?  
Do you like to help people?

Volunteer your time for a new technology program!

You can set your own schedule & define your own boundaries.

Contact Julie Witas, Director,  
for a no-pressure discussion!

[jwitas@harwich-ma.gov](mailto:jwitas@harwich-ma.gov)

508-430-7550

# TOWN UPDATES & EVENTS

## SPICE UP YOUR LIFE AT BROOKS FREE LIBRARY

It's a common occurrence even for people who love to cook: eventually we all get stuck in a rut, making the same dishes over and over, or at the very least using the same basic flavor profile again and again. Have you ever wanted to try a new spice, but weren't sure what you'd use it for? Or been curious about what something might taste like, but didn't want to invest in a relatively expensive container of spice when you're not sure if you'll even like it or ever use it a second time?

The Brooks Free Library's new Spice Up Your Life program tries to bridge some of these obstacles. Every month the library will be providing a free sample of a spice along with a brochure detailing historic, cultural, and nutritional information about the spice. Along with that information there will be 2-3 recipes included, so that you can try out the spice in a hopefully tasty dish without having to wonder exactly what it's useful for and without having a huge container taking up space on your spice rack if it turns out that you don't enjoy that particular flavor. We want to make trying new spices, flavors, and world cuisine a risk-free culinary adventure!

The program started in September of this year with turmeric as the featured spice. It went so well that for the October spice of cumin we prepared twice as many spice packages. The featured spice for November will be a Middle Eastern blend called za'atar, the precise combination of which varies from region to region but usually contains thyme, basil, sumac, marjoram, and sesame seeds. While it's not one of the included recipes in November's brochure, I'd bet that that combination would add a unique touch to a Thanksgiving stuffing! One of the included recipes, a flatbread spread with za'atar on top would certainly make a great appetizer or side dish at holiday tables.

Whether you're trying a new spice or being reminded of how much you love a familiar one, don't forget that the Brooks Free Library has an extensive collection of cookbooks featuring recipes from many different cuisines, both regional and international. We also circulate cooking devices as part of our Library of Things, such as a bread machine, pasta maker, or special baking tins.

This is a new program, and so far we have searched for recipes online and in cookbooks. However, we'd love to be able to feature recipes from our community members! If you have a recipe that showcases a specific spice, or if you have a spice that you've always wanted to try and would like to suggest we include in our future offerings, we'd love to hear from you! Email [acarpen-ter@clamsnet.org](mailto:acarpen-ter@clamsnet.org) to share a recipe or suggest a spice. Recipes will work best if they are built around the featured spice rather than having that spice be one of a dozen used in the recipe. Some of the spices we are considering for the future include dill, cardamom, mustard seeds, mint, and a variety of spice blends.

A special thank you to the Community Connections volunteers for helping us to fill tiny baggies with spice, fold brochures, and assemble all of these pieces together!

## HARWICH COMMUNITY CENTER

### Building Closed:

#### November

Friday, Nov 10—Veteran's Day, observed  
Thursday, Nov 23 & Friday, Nov 24—Thanksgiving Holiday

#### December

Monday, Dec 25—Christmas Day



### November Events

- Fri, Nov 3 – Mad Science "Fire & Ice" at 6:00pm
- Thurs, Nov 9 – Teen Clothing Swap 5:30pm-8:30pm
- Fri, Nov 17 – WALK-tober Celebration & Awards Ceremony
- Tue, Nov 21 – Cape Cod Military Museum Talk – *The Yankee Division WWI* at 2:30pm

### December Events

- Mitten Tree – Watch out for our Annual Mitten Tree Program in December!
- Wed, Dec 6 – Sound Dunes Swing Ensemble 5:30pm-7:30pm
- Thurs, Dec 7 – Hammer & Stain Workshop 6:00pm-8:00pm
- Mon, Dec 11 – Grab a Bow in in the Lobby 8am-6pm
- Fri, Dec 15 – Movie Night 6:00pm-8:00pm
- Sun, Dec 17 Harwich Town Band
- Dec 18 – Dec 22 – Gift Wrapping Available 4:00pm-6:00pm
- Fri, Dec 22 – Cape Cod Military Museum Talk – *The Yankee Division in WWII*
- Fri, Dec 22 – Solstice Drumming – 5:00pm



## HARWICH EVENTS

- Nov 11 & 12—Cape Cod Tech Annual Holiday Craft Fair
- Nov 17, 6-10 PM—Annual Toast of Harwich
- Nov 25 & 26—Trolley to Christmas Town
- Dec 1—Christmas in Harwich (Day 1/3)
- Dec 2—Garden Club of Harwich Holiday Boutique
- Dec 2—Garden Club of Harwich Holiday House Tour
- Dec 2—Christmas in Harwich incl Fireworks (Day 2/3)
- Dec 3—Christmas in Harwich incl Holiday Parade (Day 3/3)



# FRIENDS' NEWS



## Friends of The Harwich Council on Aging

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

### A Message from Jim Knickman, Friends' President

**Dear Friends, Donors, and Members:** As we make our way into the Fall, the activities for older adults sponsored by the Council on Aging are going on at full speed. Be sure to look at the various communication tools the Council uses to let people in our community aware of the services and activities the Council makes happen. The Friends of the COA are pleased to help out and support some of the programs the Council makes possible. Here are some notes to pass along from the Friends of the COA.

**Join the Friends of the COA:** We are welcoming new "members" of Friends and hope you will consider becoming a member or renewing your current membership. As a member, we ask that you make a small contribution to help support activities and in return we urge members to give us feedback on what we do and what additional activities we could support. See the bottom of this letter for how to join. It is your way to support Harwich seniors in areas of nutrition, socialization, transportation, emergencies, and durable medical equipment.

**Visit Our Website and Facebook Page:** The Friends website and Facebook page are growing in the content that is provided. We urge you to visit these social media platforms from time to time. Our website name is [www.friendsofharwichcoa.org](http://www.friendsofharwichcoa.org). Our Facebook page is "Friends of Harwich Council on Aging." We urge you to contribute some of your own thoughts about aging issues and concerns on the Facebook page.

**Excursions and Shopping Trips:** The Friends group uses our own van for two types of activities that we undertake for older adults in Harwich. On Fridays, the van takes people who call and ask to Shaw's, Stop and Shop, and CVS. There generally is room available on this trip. Once each month we also support a very popular excursion trip using the van. The excursions may focus on visiting particularly enjoyable Cape locations or on attending a music or theatre or museum event. Watch for no-

tices made by the COA to sign up for these activities. The excursions fill up pretty quickly.

**Annual Appeal: Friends 2023 Year End Appeal Kicks off this month:** Please consider a donation to our Friends non-profit organization. We will spend your gifts wisely to support Harwich older adults primarily in areas of nutrition, socialization, transportation, emergencies, and durable medical equipment. Our fundraising makes extra resources available to support specific projects developed by our town's great Council on Aging staff.

**Comprehensive Planning Initiative:** Our town has organized a committee of Harwich citizens to develop a set of ideas that should be high priorities for our town's government over the next 10 years. Be sure to look for surveys that are being used to gather insights and views from Harwich residents. Think of ideas about how we as a town can make the lives of older adults safer and enjoyable.

**Jim Knickman, Susan Lellis, Chris Joyce, Robert Hamilton, JoAnne Brown, Katheen Fury, Rich Cogan, and Renee Bryden.**

### GIFT DEDICATIONS

#### In Honor Of:

#### **All Life Members**

*Friends Board*

#### In Memory Of:

**Larry Scarnici**

*Patricia Scarnici*

**Michele Candura Hannon**

*Dorothy Candura*

**Herb Mulligan**

*Susan Flanagan*



### 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



# 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 **\$75/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.

### THANKSGIVING GRAB & GO MEALS

**Elder Services of Cape Cod & the Islands** will be providing a Thanksgiving meal to those 60+ in Barnstable County.

Each meal is free and will contain traditional Thanksgiving menu items. Meals will be distributed via a “grab and go” on **Tues 11/21** between **10am- 12pm** at **Elder Services office** located at **68 Route 134 S. Dennis, MA**.

There are a limited number of meals, so **reservations are required**. To reserve a meal please call the Nutrition Department at Elder Services at **(508) 394-4630 x412** between 8am and 10:30am. All reservations must be made by Wednesday 11/15 at 10:30am.

### LET’S TALK ABOUT TOMORROW—HOUSING PROGRAM

Join Homeless Prevention Council (HPC) at our new office for a conversation about future housing options as you age. Andrew Bardetti from South Coastal Counties Legal Services will also be presenting about tenant and landlord rights. This event is free and open to residents from all Lower & Outer Cape towns. Light refreshments will be served. **To register, call HPC: (508) 255-9667**

HPC: 8 Main St., Orleans, MA

## 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 info, call Elder Services at 508-394-4630.

### S.N.A.P.

The Supplemental Nutrition Assistance Program (SNAP) helps lower 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 intended to help Harwich residents in urgent financial need. We can help with emergency payments for rent, utilities, medical bills, child care, and a few other essential needs. Application & specific supporting documents required. **Contact Julie Witas at 508-430-7550 to apply.** Note that funds are limited. Once the available funding is depleted each quarter, no new applications are accepted.

## HOMELESS PREVENTION COUNCIL

A caseworker from HPC is available to meet at the Harwich Council on Aging on **Tuesday afternoons from 12:30-3:30PM**.

They 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](mailto: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](http://www.harwich-ma.gov/council-on-aging)***

### **Staff Contacts**

Director:..... Julie Witas  
Town Nurse: ..... Susan Jusell  
Social Services Coordinator: .....Andrea Sidoruk  
Program Specialist III: .....Jen Andersen  
Executive Assistant: ..... Lauren Swift  
Program Specialist I: ..... Kate Seeley  
Chef:..... Linda St Pierre  
Van Drivers: ..... .. Ken Watson, Bill DiNitale

### **COA BOARD:**

Richard Waystack, Chair  
Carol Thayer, Vice Chair  
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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.*