

# Town of Harwich COUNCIL ON AGING NEWS



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

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March/April 2024

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

## SPRING FASHION SHOW: THE ROYAL RUNWAY

Thursday, March 21 • 2:00 PM

Forget New York and Paris! It's "reigning" fashion in Harwich! The COA is hosting its first-ever fashion show, and with styles inspired by the Royal Family, we will have a stunning display of outfits to showcase. Around 20 of our most confident COA members will strut down the catwalk—or glide with their rollator. We will be celebrating every shape, size, age, and ability, so canes, wheelchairs, rollators, and any other assistive device all have a place in this show.

The Royal Family is known for bringing fashion and fun to the forefront in every decade, so we have given our models our blessing to find inspiration from any period to keep us on our toes throughout the show. There may even be one or two outfits that defy tradition and break all the rules—just as some in the Royal Family were known to do!

Come out to support your neighbors and friends as they rock the runway, and help us create an experience to remember.

**Registration is helpful, so we can reserve enough seating.**

Generously sponsored by a grant from the Mass Cultural Council

*We are still looking for a few more models! We will buy you a dress or outfit of your choice that you can keep. Call today for a spot!*



## "HER MAJESTY": QUEEN ELIZABETH II

Thursday, March 28 • 10:00 - 11:00 AM

Sheryl Faye is "making the past present" by bringing historical women to life in her 11 one-woman shows that she tours throughout the country. Sheryl will present her latest performance, Queen Elizabeth II—a true icon, inspiring people around the world with her strength, courage, resilience, and dedication to a life of service. For over 70 years, she was the Queen of the UK and other Commonwealth realms (the longest of any British monarch and the longest verified reign of any female head of state in history) and remained a constant presence as sovereign, shepherding the people of the UK through both joyful times and darker periods of challenge and uncertainty. **Please call the COA to register.**

*This program is supported in part by a grant from the Harwich Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.*



## DIRECTOR'S DIALOGUE

During my time as Director, I have placed particular emphasis on expanding our programs, both in quantity and variety. To support that goal, I spent the Fall looking for grant funding to further broaden the scope of our program offerings. The efforts paid off! We were awarded four grants for this fiscal year, totaling **\$11,160!**



- **\$2,500** awarded to the COA by the **Mass Cultural Council** will almost fully fund our Spring Fashion Show on Thursday, March 21st.
- **\$250** from the **Harwich Cultural Council** will help support our March 28th production of Sheryl Faye's "Her Majesty."
- **\$5,910** granted to us from the **Massachusetts Councils on Aging** will fund new tech equipment, such as laptops, and a new website.
- **\$2,500** generously granted from the **Harwich Fund** to the Friends of the COA will support our 2024 Cultural Arts Series.

These grant funds will make it possible for us to bring you more FREE programs throughout 2024! The Cultural Arts Series will include creative and entertaining performances such as Egyptian Dancing (similar to bellydance), a play by the Harwich Junior Theatre, an hour of traditional songs and stories about our beautiful Cape Cod, and Celtic tunes and folk songs by local musicians. We also have interactive events planned, including monthly craft workshops, which have already gotten off the ground. Still to come are a monthly singing group and a one-time social painting class facilitated by Cape Creative Paintworks (tentatively planned for the Fall).

In addition to these grant-funded programs, we recently increased our free chair yoga class up to once a week (vs twice/month) and have just secured new volunteers to offer one-on-one tech support (see pg 4 for details). We will continue to look for opportunities to expand our program offerings to bring you new and innovative activities. We have lots in store for 2024, so keep checking back! —Julie Witas, Director

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# SPECIAL PROGRAMS

## BREAKFAST PROGRAMS

Enjoy a breakfast feast prepared by Town Chef Linda St. Pierre followed by a short presentation on a different topic each month. You must call ahead to reserve your spot and if you do not sign up in advance, we will have to turn you away. **To register, you may call the COA or sign up in person starting March 1.** Please sign up no later than 4pm on the Wednesday before the breakfast.



**March Speaker:** The Harwich Historical Society will enthrall us with their stories of the Chase Family of West Harwich on 3/8 and Harwich and the American Revolution on 3/22.

**April Speaker:** We'll hear from the Old Ladies Against Underwater Garbage (OLAUG) who have been cleaning up ponds on Cape Cod from Falmouth to Chatham.

### MEN'S BREAKFAST (2<sup>nd</sup> Friday)

March 8 & April 12 • 9:30 - 10:30 AM



### WOMEN'S BREAKFAST (4<sup>th</sup> Friday)

March 22 & April 26 • 9:30 - 10:30 AM



## HORTICULTURAL HOUR

Wednesday, March 6 • 10:30 - 11:30 AM

AmeriCorps volunteer Margaret will teach us how to propagate a Thanksgiving cactus, and we'll plant cactus cuttings to display at home! **Registration is required so we can prepare materials. Please call the COA to sign up.**

## EXPLORING MEDICARE ADVANTAGE PLANS

Thursday, March 7 • 10:00 - 11:00 AM

Have you ever wondered about the Medicare Advantage plans advertised on TV? Join us as a Blue Cross Blue Shield of Massachusetts representative unravels the options. Learn about Medicare Advantage Plans, the differences between HMOs and PPOs, and get a closer look at the Blue Cross Blue Shield Medicare Advantage plans. Discover the cost-sharing and extra benefits associated with these plans. Don't miss this chance to understand your healthcare options better! With various plan types available, understanding how different options work is crucial. It's not a one size fits all situation but being aware of the variations empowers you to make informed decisions. If you are *currently enrolled in a Medicare Advantage plan*, you have until March 31 to make changes. **Please call the COA to register.**

## MEXICAN TRAIN DOMINOES CLASS

Wednesday, March 6 • 1:30 - 3:00 PM



Mexican Train is an extremely popular domino game that's **easy to learn and fun to play**. Each player is dealt an equal amount of dominoes and the goal is to try to get rid of as many dominoes as possible and have the lowest score based on the dominoes remaining. A great game to keep our minds sharp and test our luck! Come join us for a fun, free afternoon workshop, and then join the weekly group that is starting up on Wednesdays at 1:30pm (see page 7). **Please call the COA to register.**

## LET'S GET YOUR GREENS ON

Wednesday, March 13 • 1:30 - 2:30 PM

As spring starts to awaken on Cape Cod this group of vegetables is the first to sprout. Come learn about all the different greens that are available, many of which can be grown locally. Greens are for a lot more than salads and contain some of the most vital vitamins and minerals for our optimal health. This class will help you learn all about this diverse group of plants that are crucial to our health, especially as we age. Led by Heather Bailey of the Optimal Kitchen. **Call the COA to register.**

## FUTURE SOLAR ECLIPSES

Thursday, March 14 • 10:30 - 11:30 AM

On April 8, 2024, the Moon's dark shadow will cross the continental U.S. for the second time in seven years. This total solar eclipse promises to be among the most widely observed in history. J. Kelly Beatty, an award-winning writer and communicator specializing in planetary science and space exploration, will provide an overview of the nature of solar eclipses, helpful advice for seeing and recording April's event successfully, and a preview of solar eclipses worth seeing through 2028. **Please call the COA to register.**

## STOP THE BLEED

Friday, March 29 • 10:30 - 11:30 AM

Do you want to be a hero someday? Here's your chance! Please join us as the Medical Reserve Corps teaches us how to "stop the bleed." You will leave feeling empowered to identify life-threatening bleeding and provide critical life-saving care until rescue arrives. There is no fee for this course. **Space is limited, so registration is required.** Call the COA to sign up.



# SPECIAL PROGRAMS

## CRAFT WORKSHOP

**Fridays, March 29 & April 26 • 1:30 - 3:00 PM**

Come play with us! Each month, we'll offer a fun project that can be created without any specialized skills or knowledge. In **March**, hobby painter Carol Rackley will show you how to decorate a ceramic mug using acrylic paint pens. **Registration required and opens Thursday, March 14 for this session.**



Our **April class** will be facilitated by our multi-talented Chef Linda. She's still cooking up her idea, so check back in around April 1st to learn what will be created that session (flyers will be posted in the office, or you can call). **Registration required & opens Thursday, April 11.** Please call the COA to sign up. Materials provided. Capacity: 12 people per session.

## NHA ON THE ROAD OVERSEAS

**Wednesday, April 3 • 2:00 - 3:00 PM**

The Nantucket Historical Association brings us "NHA on the Road": an interactive program on the history of the island, as well as artifacts related to the subject matter.

NHA Museum Guides will host a live multimedia presentation *Life Aboard a Whaleship*; the history of the early Nantucket Whaling and how it evolved into a global industry. Participants will journey aboard the Whaleship, Edward Cary, and learn what life was like out at sea. **Registration requested; please call the COA to sign up.**

## MINDFULNESS MEDITATION

**Thursdays, April 4 & 11 • 9:30 - 10:30 AM**

Join Andrea Sidoruk, LCSW, to learn about the practice of mindful meditation; a cognitive skill that brings us into the moment. When we are mindful of our actions, then we are focused on what we are doing. Mindfulness can relieve stress, and research suggests that it is helpful in a variety of physical and mental health conditions. **Registration is required - call the COA for your spot!**

## RED SOX HOME OPENER WATCH PARTY

**Tuesday, April 9 • 2:00 - 4:00 PM**

Watch this season's home opener on the big screen! Your favorite classic baseball game snacks will be served. **Call the COA to reserve your spot for the game!**



## POETRY HOUR

**Wednesday, April 10 • 10:30 - 11:30 AM**

*In celebration of National Poetry Month!* Poetry is therapeutic and can add to self-discovery. The art encourages and motivates creativity, allowing one to paint a picture with meaningful words to express emotions more easily. COA volunteer and talented poet Albert Groom will lead a discussion on how *anyone* can integrate poetry into their everyday life in order to become more in tune with themselves and with the natural world around them. Participants will leave with writing exercises to try at home. **Please call the COA to register.**

## APRIL IS PARKINSON'S AWARENESS MONTH!

**Thursday, April 11 • 1:00 - 2:00 PM**

In observance of Parkinson's Awareness Month which aims to increase awareness about the disease, Dr. Gregory Wright will improve your understanding of Parkinson's. He will include fundamental knowledge about what Parkinson's is, and will cover the symptoms of Parkinson's, the diagnosis process, treatment, and how Parkinson's impacts those living with it. **Please call the COA to register.**

## SHINGLES VACCINE

**Friday, April 12 • 1:00 - 3:00 PM**



Shingles is caused by the Varicella Zoster Virus, the same virus that causes the chickenpox. The risk of getting shingles or complications from it increases with age. The prevention for this is a two dose vaccine; the second dose will occur on June 21. This vaccine is more than 90% effective at keeping you from getting shingles or from developing long-term nerve pain because of it. The vaccine is provided at no out-of-pocket cost for Medicare and MassHealth recipients. **Appointments are required—please call the COA for a time.**

## SCAM WORKSHOP

**Tuesday, April 16 • 1:00 - 2:00 PM**

Officer Rick Pellegrino, a member of the Harwich Police Department since 2015, has handled many scam cases including some that have exceeded over \$143,000 in losses. He'll present an overview of scam-related calls on Cape Cod, a baseline for initial encounters with them, how to handle a scam, and what to do if you were in fact a victim of a scam. **Please call the COA to register.**



**FOR PROGRAM REGISTRATION, PLEASE CALL THE COA AT 508-430-7550 X2**

# SPECIAL PROGRAMS

## UKULELE CLASSES (STRUMMING) - \$50/6 WEEKS

**Mondays, March 4 - April 8 • 1:00 - 2:00 PM**

Introduction to the 4 basic strumming patterns. Expand your knowledge of chord progressions and learn a little music theory. This is not a class for absolute beginners. BYO ukulele. Class must have at least 5 students or is subject to cancellation. **Registration is required. Call 508-430-7550 X2.**



## BIG SCREEN MOVIE DAY

Watch a movie on our big screen, with fresh popcorn!

**Register to reserve your seat: Call 508-430-7550 x2!**

### **"CODA" PG13 (2021) Drama**

**Friday, March 15 • 1:00 PM**

Seventeen-year-old Ruby (Emilia Jones) is the sole hearing member of a deaf family—a CODA, child of deaf adults. Her life revolves around acting as interpreter for her parents (Marlee Matlin, Troy Kotsur) and working on the family's struggling fishing boat every day before school with her father and older brother (Daniel Durant). But when Ruby joins her high school's choir club, she discovers a gift for singing and soon finds herself drawn to her duet partner Miles (Ferdia Walsh-Peelo). Encouraged by her enthusiastic, tough-love choirmaster (Eugenio Derbez) to apply to a prestigious music school, Ruby finds herself torn between the obligations she feels to her family and the pursuit of her own dreams.



### **"NYAD," PG13 (2023) Biography/Drama**

**Friday, April 19 • 1:00 PM**

A remarkable true story of tenacity, friendship and the triumph of the human spirit, NYAD recounts a riveting chapter in the life of world-class athlete Diana Nyad. Three decades after giving up marathon swimming in exchange for a prominent career as a sports journalist, at the age of 60, Diana (four-time Academy Award nominee Annette Bening) becomes obsessed with completing an epic swim that always eluded her: the 110 mile trek from Cuba to Florida, often referred to as the "Mount Everest" of swims. Determined to become the first person to finish the swim without a shark cage, Diana goes on a thrilling, four-year journey with her best friend and coach Bonnie Stoll (two-time Academy Award winner Jodie Foster) and a dedicated sailing team.



## TECHNOLOGY SUPPORT

We are excited to bring some new technology support opportunities to you! We can provide help with relatively simple issues that can be tackled in an hour or less, or do our best to advise you about options for more complex issues. Please keep in mind, these are volunteers, not experts!

### **PEER TECH SUPPORT**

**By Appointment**



Our new peer technology support team is now available! Senior volunteers are ready to assist you with a variety of devices (phone/tablet/PC, Mac) either in the COA office or at home. Call the COA to let us know what you need assistance with, what type of device you have, and we'll pair you with the right partner and a day/time that works for you! **Call the COA at 508-430-7550 x1.**

### **TECH SUPPORT BY CAPE COD TECH**

**Thursdays, March 7 - June 6 • 9:00 - 10:00 AM**

Cape Cod Tech students will be on site to assist you with your IT issues. They will help you in solving problems related to accessing photos, email, or other general user issues with your mobile device or computer. They can also troubleshoot and/or diagnose hardware problems and depending on the issue, they'll provide a recommendation for getting the issue resolved. **An appointment is required. Please call the COA: 508-430-7550 x2.**



### **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. Tax assistance is still available by appointment. You do not have to be an AARP member. While you will schedule your appointment with us at the Harwich COA, your appointment will take place at the **Chatham Community Center**. We offer transportation on the Cranberry Coach to appointments on Wednesday afternoons. **Call the COA (508-430-7550 x1) for an appointment.**

### **SOCIAL SECURITY APPOINTMENTS**

**Mondays, March 11 & April 8 • 9:00 AM - 12:00 PM**

Communicate with a local Social Security representative using our special Community Social Security Video Service. No need to wait on hold or drive to Hyannis—you can now video conference with a live person right from our COA! Apply for benefits, report changes, ask questions, and more. **Call the COA to schedule your appointment.**

# FITNESS PROGRAMS

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

Wednesdays & Fridays • 9:15 - 10:15 AM

Session 1: March 6 - April 12

Session 2: April 24 - June 5 (no class 5/8)

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: 75 people/session (60 slots reserved for Harwich residents).

**REGISTRATION:** Registration is required and will open at 9am on Monday, February 26 for Session 1 and Wednesday, April 17 for Session 2. We will fill the class on a first come, first served basis. Call 508-430-7550 x2. All calls will go to voicemail so that your message is time stamped, so that we can fill the class in the order the calls are received. (Note that voicemails left before 9AM will not be honored, so that we may be as equitable as possible.) You may only register for yourself + up to 1 other person. **Those age 70+ (only) may register in person at the same time/date.**

**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.

**PAYMENT:** 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.

**NEW!**

## WALKING CLUB

Tuesdays, Ongoing • 12:30 - 1:15 PM

Let's get outside and get moving! Led by Program Specialist Jen Andersen, we'll venture out to walk around the track behind the Community Center. Join in for a few minutes or the whole time to get a breath of fresh air, add a few extra steps to your day, and connect with your peers and COA staff.



## BEGINNER TAI CHI - \$15/CLASS

Tuesdays & Fridays, Ongoing • 10:00 - 11:00 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. Tai Chi practice can help improve balance, hand-eye coordination, and lower stress. Our instructor A.Jay Zahn, is a long time practitioner. **Registration is helpful, but not required.**



## QI GONG CLASS - \$15/CLASS

Wednesdays, Ongoing • 10:00 - 11:00 AM

Practiced for the same reasons as Tai Chi, Qi Gong is a more simplified method of cultivating our life-force energy to improve health and overall well-being. Rather than learning a sequence of postures, Qi Gong is done mostly in a stationary position, either standing or sitting. Prior experience is not required and there is no ongoing commitment to attend. Each class is unique and uplifting. Drawing from centuries of Traditional Chinese Medicine wisdom, our instructor, A.Jay Zahn will help you learn to improve and maintain good health and vitality. **Registration is helpful, but not required.**

## BALANCE BOOSTERS

Tuesdays, April 2 - May 7 • 10:30 - 11:15 AM

Thursdays, April 4 - May 9 • 12:15 - 1:00 PM

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. This FREE class taught by Town Nurse Susan Jusell, RN has 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.



**Registration is required and opens Thursday, March 21 at exactly 9 AM.** We take sign ups for Balance Boosters by voicemail only so that we can track the timestamp of your message and fill the class in the order calls are received. (Note that voicemails left before 9AM will not be honored, so that we may be as equitable as possible.) Capacity: There is a strict limitation of 25 people per class. Class is free, but voluntary donations are accepted to offset the cost of supplies.

**FOR PROGRAM REGISTRATION, PLEASE CALL THE COA AT 508-430-7550 X2**

All COA fitness class participants must have an emergency contact on file & sign a Town of Harwich "hold harmless waiver."

# FITNESS & HEALTH PROGRAMS

## CHAIR YOGA

**Fridays, 11:00 AM - 12:00 PM**

**Session 1: March 1 - 29 • Session 2: April 5 - 26**



In partnership with Yoga Neighborhood, we host a FREE gentle chair yoga class now weekly! 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 required and opens Tuesday, February 27 for Session 1 & Tuesday, April 2 for Session 2.** Capacity: 25 people.

## JILL'S EXERCISE CLASS - \$8/CLASS

**Mondays, March 11 - April 29 • 11:30 AM - 12:30 PM**

*Note: No class on April 15*

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.

**Registration is required and opens on Monday, March 4 at 9 AM.** 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 received; please leave a message with your name and phone number. Capacity: 25 people.

## STAY ACTIVE & THRIVE - \$28/4 WEEKS

**Thursdays, April 11 - May 2 • 9:30 - 10:30 AM**

Join instructor Marina Brock for a rejuvenating journey into fitness with this class, specially tailored for older adults. Embrace a healthier, more vibrant lifestyle as you are guided through a series of gentle, yet effective exercises designed to enhance your flexibility, build strength, and improve balance. This class is perfect for seniors seeking to learn movement modalities that they can use to encourage improved range of motion and better movement possibilities safely and gently.

Marina Brock is a fitness instructor with 38 years experience in group aerobic, stretch, and strength classes and individual personal training. **Registration is required.**



## LINE DANCING CLASSES - \$50/6 WEEKS

**Mondays, March 4 - April 8**

Cathy Hatch, a line dance instructor for over 20 years, leads these fun classes that are a great way to sneak in some exercise. One of the best things about this style of dance is that there are no partners needed. Please wear smooth bottom shoes or sneakers; no socks or flip flops.



### **Absolute Beginner • 2:00 - 3:00 PM**

This is a 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.

### **Advanced Beginner • 3:00 - 4:00 PM**

Did you take our beginner line dancing class this past January/February? Then this class is for you! You will learn more dances and expound upon the moves you learned last session.

### **Registration Details (Both Classes)**

Registration is required and opens **Wednesday, February 28 at 9AM.** Capacity: 15 people per class.

## TALK WITH A PHARMACIST

**Thursday, March 7 • 9:00 - 11 AM, by appointment**

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 prescription? 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 OTC meds you take. **Call to schedule your appointment.**

## WELLNESS & BLOOD PRESSURE CLINIC

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

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

Meet with Town Nurse Susan Jusell, RN, to have your blood pressure taken, ask health related questions, or discuss your health needs. Two weekly clinic times to meet your needs. **Please call for an appointment if you prefer the Wednesday morning option.**



**FOR PROGRAM REGISTRATION, PLEASE CALL THE COA AT 508-430-7550 X2**

*All COA fitness class participants must have an emergency contact on file & sign a Town of Harwich "hold harmless waiver."*

# MORE PROGRAMS & SERVICES

## GAME TIME

**First Thursday of the Month • 1:00 - 2:00 PM**

**March 7:** Pictionary • **April 4:** Family Feud

Game on! Each month, we will have an afternoon full of fun and games with some light-hearted competition led by Program Specialist Jen Andersen. We'll gather and break into teams to play classic favorites. Come on down! **Please call the COA to register: 508-430-7550 x2.**

## GAMES, GAMES & MORE GAMES

These are weekly groups that gather to play a variety of games. There is no sign up, no lessons, just come down to play. All levels of play are welcome.

### **MAH JONGG**

**Tuesdays • 1:00 - 4:00 PM**



**NEW!**

### **MEXICAN TRAIN DOMINOES**

**Wednesdays • 1:00 - 2:30 PM**

### **CHESS**

**Thursdays • 9:30 - 11:30 AM**



### **CRIBBAGE**

**Fridays • 1:00 - 2:30 PM**

## FRIENDLY VISITOR PROGRAM

Friendly visitor volunteers are matched with a senior and visit on a regular basis (usually weekly) 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 the COA.**



## LET'S LEARN SIGN LANGUAGE

**Wednesdays, Ongoing • 1:00 - 2:00 PM**

Laurie Moore facilitates a very active weekly ASL study group. Each week, the group learns a few simple, conversational American Sign Language words or phrases that you can use in everyday life. Prior weeks' activities are also reviewed and built upon. Newcomers always welcome! Laurie makes this FREE activity fun & accessible for everyone—no experience required. After just a couple sessions, you'll have learned phrases that you can easily use & teach. Excellent cognitive exercise! **Registration is helpful but not required. Call the COA at 508-430-7550 x2.**

## LEGAL ASSISTANCE

**Wednesdays, March 27 & April 24 • 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. **Call the COA (508-430-7550 x2) to schedule your consultation.**



**Tuesday, March 12 • 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 consultations available. **For an appointment, contact Rasheda Dickerson at 774-487-3251.**

## FOOTCARE CLINIC: (\$45/\$50)

**Autumn Knight: Weds, March 6 (full) & April 3 (\$50)**

**Janet Tinney: Weds, March 27 & April 24 (\$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. **Call the COA to schedule: (508-430-7550 x2).**



## SIGHT LOSS SERVICES SUPPORT GROUP

**Tuesdays, March 5 & April 2 • 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. Free transportation available through COA. **Please RSVP to Sight Loss Services at 508-394-3904.**

## LOCAL COMPREHENSIVE PLAN (AND MORE!)

The Town of Harwich is updating its Local Comprehensive Plan (LCP), which serves as a guide to future growth and resource protection in the Town. The purpose of this survey is to collect community input about Harwich as it exists today and perspectives that will help guide the Harwich of the future. In addition, the Town is updating its Open Space and Recreation Plan.

The LCP survey has been out for a while, but there's still time to complete it. The Open Space & Rec survey is coming out within the next month. Community forums for one or both of these will also be scheduled later this Spring.

**If you would like to be mailed a paper survey, OR would like assistance completing a survey, OR would like to be kept informed about community forums, please contact the COA.**

We can help with surveys, and we will maintain a contact list for future updates about important meetings and events.

# ...& MORE

## FRIENDS OF HARWICH COA VAN EXCURSIONS

**THURSDAY, MARCH 14**  
**JAKE ROONEY'S RESTAURANT**

Let's celebrate **Saint Paddy's** at the welcoming Jake Rooney's restaurant in Harwich Port. We'll have the traditional corned beef & cabbage and finish off with apple crisp for dessert. Take our van or drive on your own – either way, you must wear green!

**No sooner than March 3, RSVP by emailing [FriendsofHarwichCOA@gmail.com](mailto:FriendsofHarwichCOA@gmail.com) (preferred) or leaving a message at 508-432-5050. Payment (\$10) due by March 8. We leave from the Community Center at 11:15 am.**

**THURSDAY, APRIL 11**  
**MASSACHUSETTS AIR & SPACE MUSEUM (MASM)**

**Destination Hyannis!** Founded in 2007, this boutique museum houses exhibits on the history of aviation and space exploration with a special emphasis on Massachusetts. Find out why Worcester and Marblehead are significant in air and space history. Participate in various interactive experiences. **Lunch to follow.**

**RSVP no sooner than March 20, by emailing [FriendsofHarwichCOA@gmail.com](mailto:FriendsofHarwichCOA@gmail.com) (preferred) or leaving a message at 508-432-5050. Payment (\$5) due by April 1. Van leaves from the Community Center at 10:30 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 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 - Friday, 9am - 3pm, to borrow or donate equipment, though we recommend calling ahead: 508-430-7550 x1.**



## GROCERY ASSISTANCE

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 at 508-430-7550 x1.**



## 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 x1 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 x2.**

## VETERAN'S ASSISTANCE

Veterans Service Officer Shawney Carroll is available at the Harwich office on Mondays, 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. **Contact Shawney by phone at 508-778-8740 (Hyannis office) or 508-430-7510 (Harwich office) or by email at [capevso2@comcast.net](mailto:capevso2@comcast.net).**

## 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 November 1 and April 30, and assistance is provided for all types of heating.

## 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: **March 20 & April 17, 2024**

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



# LUNCH PROGRAM

Meals are available Monday through Friday, from 11:30 AM to 12:30 PM. For every meal, we offer the option to dine onsite or take your meal as a “grab & go”. (Note: Monday is grab & go only.)



We have a capacity of **70 meals total per day (35 dine in + 35 grab & go)**. One meal per person please.

**REGISTRATION:** Registration in advance is required, and you must **sign up at least 24 hours in advance** of your desired meal. Please note that some dates fill up well in advance, so reserving your spot as early as possible is recommended! Registration for March lunches opened on February 22. **Going forward, registration will open on the 15th of each month.** (If the 15th is a weekend or holiday, registration will open the next business day.) Thus, registration for April lunches opens on March 15, and for May lunches on April 16, always starting at 11:30am.

**ATTENDANCE:** For folks dining in, please arrive in time to be seated at 11:30am. **We are unable to seat diners after 11:45am.** For folks taking meals to go, you may arrive any time between 11:30-12:30. **G&G meals are not guaranteed to be available after 12:30pm unless you inform us you will be late.**

**CANCELLATION:** If you're unable to attend/pick up, we request that you **cancel your reservation at least 24 hours in advance** to ensure food does not go to waste. **Repeated “no shows” may result in temporary suspension from our lunch program.** We do understand emergencies happen—if you're unable to attend due to an emergency, this will not count against your eligibility.

**PAYMENT:** The suggested donation per meal is \$3 for Harwich residents, \$4 for non-residents. **Please note: Payment procedures will be changing as of April 1.** We will be moving towards a monthly vs daily payment method. Details will be available at the lunch check in/pick up station and in the COA reception area beginning Monday, March 4th.

**Questions, or want to sign up? Call 508-430-7550 x2!**

## We have a limit of **35 Grab & Go meals/day (Tues - Fri)**

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 doctor, RN, or Clinical Social Worker outside of the COA) stating that you are “medically frail” or have trouble performing activities of daily living, or would otherwise benefit from the COA’s G&G program due to a health issue.

\*\***Financial Needs**—Defined as a current SNAP or MassHealth benefits award letter (*valid for 1 year from date of issue unless otherwise stated*)

Please submit priority lunch reservation forms by the 25th of each month (or next business day if it’s a weekend/holiday)

**Remember that you are always welcome to Dine In!**

## MARCH - Registration opened Thursday, February 22 at 11:30am

Fri 3/1	Tuna roll	
Mon 3/4	Ham & swiss sandwich	
Tue 3/5	Swedish meatballs w/egg noodles	
Wed 3/6	Chicken marsala	
Thu 3/7	Vegetable soup & grilled cheese	
Fri 3/8	NO LUNCH - MEN'S BREAKFAST	(Call to register by 3/6 at 4pm)
Mon 3/11	Chicken salad sandwich	
Tue 3/12	Pulled pork sandwich	
Wed 3/13	Corned beef & cabbage	
Thu 3/14	Taco boat	
Fri 3/15	Veggie lasagna	(Registration opens for April at 11:30am)
Mon 3/18	Sloppy Joes	
Tue 3/19	Kale soup	
Wed 3/20	Stuffed shells & salad	
Thu 3/21	Asian beef stir fry	
Fri 3/22	NO LUNCH - WOMEN'S BREAKFAST	(Call to register by 3/20 at 4pm)
Mon 3/25	Tomato soup & grilled cheese	(“Priority” lunch reservation forms due)
Tue 3/26	Salisbury steak	
Wed 3/27	Ham & beans	
Thu 3/28	Clam chowdah	
Fri 3/29	Fish sandwich	

## APRIL - Registration opens Friday, March 15 at 11:30am

Mon 4/1	BLT pocket	
Tue 4/2	Hot turkey sandwich	
Wed 4/3	Super salad	
Thu 4/4	Chili	
Fri 4/5	Salmon w/rice & veggies	
Mon 4/8	Grilled cheese & tomato	
Tue 4/9	Turkey Reuben	
Wed 4/10	Roasted pork w/potato & veggies	
Thu 4/11	Fried chicken	
Fri 4/12	NO LUNCH - MEN'S BREAKFAST	(Call to register by 4/10 at 4pm)
Mon 4/15	COA CLOSED - PATRIOT'S DAY	
Tue 4/16	Garden salad w/tuna	(Registration opens for May at 11:30am)
Wed 4/17	Pastrami & swiss sandwich	
Thu 4/18	Minestrone soup & grilled cheese	<b>*Note: Meals are subject to change based on ingredient availability</b>
Fri 4/19	Baked haddock	
Mon 4/22	Hot ham & swiss	
Tue 4/23	Stuffed filet of sole	
Wed 4/24	Pasta & meatballs	
Thu 4/25	Asian chicken stir fry	(“Priority” lunch reservation forms due)
Fri 4/26	NO LUNCH - WOMEN'S BREAKFAST	(Call to register by 4/24 at 4pm)
Mon 4/29	Chicken patty sandwich	
Tue 4/30	BLT pasta salad	

# TRANSPORTATION

## 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 Dennis Port**

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\*

Thur 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: March 11, 25 April 8, 22

Hyannis shopping: March 4, 18; April 1, 29

*Note Holidays: April 15*

**Call the COA to schedule all rides**

**508-430-7550 x3**

**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 x1. *Guidelines:*



- Travel between **Wellfleet and Sandwich** only.
- Masks are strongly recommended, but not required.
- No extra riders are permitted unless required due to disability.
- Limit of 2 medical rides per month. This means we are unable to provide for ongoing 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.

### REVISED FRIENDS VAN SCHEDULE

**Harwich Port / Dennis Port Loop:**

**Friday at 1pm on March 8 & 29, April 5 & 19:**

- TD Bank & Cape Cod 5
- CVS & the Post Office
- Dennis Port Plaza - Dollar Tree & Job Lots
- Shaw's on Sisson Road 18

**NEW: Market Basket – Mondays at 1pm on March 18 and April 15**

Call 508-432-5050 or email [FriendsOfHarwichCOA@gmail.com](mailto:FriendsOfHarwichCOA@gmail.com) before 4pm on Thursday before the trip: Include your name, phone # & address.

## 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 Shaw's 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.

# OUTREACH NEWS

## NOTES FROM THE OUTREACH OFFICE

Andrea Sidoruk, LCSW  
508-430-7550 x4



### To forgive or to not forgive

Have you thought about forgiveness over your lifetime? Forgiveness can be a process learned or an innate trait. Researchers studying forgiveness have found it may be linked with certain structural and metabolic characteristics of the brain. Amazing is it not, that a resentment triggered by hurt, pain, betrayal of trust, fear of vulnerability, misconceptions, or lack of remorse by another person can be lifted by making a positive, thoughtful decision? This seems so simple as I write it, but is it? We know that forgiveness is stressful for so many reasons. We have to decide if we want to act positively or negatively toward the person who hurt us.

Holding on to resentments can lead to stress, anxiety, emotional distress, physical health problems, or illnesses. Have you held on to a grudge for a while? How do you let go? Practicing forgiveness is a powerful action that can release us from negative emotions and allow us to heal and grow. However, this does not happen overnight or as quickly as we would want. Remember, this is a choice we need to make. When we decide to forgive, it means we have to confront our feelings and our values. We will have to reflect on past experiences and think about where this will take us. We can agree that there is greater self-awareness and personal growth, but we may need to walk in the other person's shoes to understand their intentions—but can we do it? Can we be empathetic and compassionate? However, this path of forgiveness can lead us to a sense of closure and renewed sense of hope and optimism.

How do we get there from here? Emotional forgiveness is a gradual process of seeking a change from those unforgiving emotions by eliminating them through empathy, sympathy, compassion, and love. The research supports forgiving because it has physical, psychological, emotional, and spiritual benefits for us. Effective methods to help with the decision to forgive are discussing the struggle to forgive through therapy, in a support group, or with your spiritual or religious leader. Mediation and mindfulness may help you process your thoughts. Other resources include reading a self-help books on forgiveness. The practice is about change, acceptance, and willingness of oneself to allow forgiveness to happen.

*"It's one of the greatest gifts you can give yourself, to forgive. Forgive everybody." - Maya Angelou*



# HEALTH NEWS

## HERE'S TO YOUR HEALTH

Susan Jusell, Town Nurse  
508-430-7505



Here's hoping our spring will be warm and sunny, and you'll be eager to get out of the house. There's a lot going on here, and we hope you'll come in and join us!

The National Public Health Week is celebrated during the month of April. The spotlight this year is to bring together public health workers, students, organizations, and communities around the theme of protecting connecting and thriving. We have partnered up with the Health Department to bring to you our first **Community Wellness Fair** on April 27. A couple of highlights include the Cape's own nationally top-ranking competitive jump roping team, the Brewster Bayside Skippers, offering a couple of scheduled demonstrations and a workshop for all ages! The Barnstable County Public Health Nurses will be offering blood sugar & cholesterol screenings, bone density testing, and more. Please keep an eye out as details on this event are still coming together. There will be ample parking available.



**Are you available on Monday, April 22 from 12:30-1:30?** Please consider joining me for a guest presentation on **Hepatitis**. The most common types of viral hepatitis are A,B,C,D & E. Let's further explore Hep C. While anyone can get Hepatitis C, more than half of the infected adults are Baby Boomers, and they don't know they're infected. The longer people live with Hepatitis C, the more likely they are to develop disease of the liver. Once diagnosed, people can recover completely, preventing liver damage, cirrhosis, and even liver cancer. The CDC recommends that anyone born from 1945 through 1965 talk to their health care provider about being tested. Rates were highest in the 1970s-80s, and the most common sources of exposure then were sharing needles, being tattooed, or being pierced with tools that had not been sterilized after previous usage. Infection from contaminated blood and blood products before widespread screening of the blood supply in 1992 and universal precautions were adopted was also possible. Education is a key to prevention; testing can save lives!

All are welcome to join us for the **"STOP THE BLEED"** program as well as the **SHINGLES CLINIC** brought here to you, but registration is needed in advance (see page 3 for both). I hope this newsletter finds you well, and I hope to see many of you over the next couple of months!

**HEPATITIS C EDUCATIONAL PROGRAM**  
**Monday, April 22 • 12:30 - 1:30 PM**  
**Harwich COA • Call 508-430-7550 x2 to register**



# VOLUNTEER NEWS

## VOLUNTEER SPOTLIGHT



Denise Fjeld

This month highlights volunteer Denise Fjeld. Denise has been a dedicated volunteer for the Bereavement Peer Support Group and Telephone Reassurance for almost a year.

Although hailing from Groton, MA, she has been summering in Harwich since 1965 and became a full-time resident almost two years ago.

Denise formerly was a school secretary but has chosen to retire in Harwich "because it's beautiful". She is a mother to five children, seven grandchildren, and four great grandchildren!

While she loves volunteering, Denise also likes to read and crochet, and her favorite thing to do on the Cape is going to the beach and people watching.

*Thank you, Denise, for all you do for the COA!*

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## VOLUNTEER RECOGNITION EVENT

Have you been an active volunteer for the COA in the past year? Well, keep on the look out for your Save the Date invitation to our biannual Volunteer Recognition Event. We are currently working on finalizing the venue, food dining experiences, and dates but are planning to hold the event on a Wednesday or Thursday in mid to late April.

We hope you can join us so we can say 'Thank You!' for all you do. The Harwich Council on Aging cannot be what it is without our volunteers' help, and the spring event is when we announce our 'Volunteer of the Year!'

If you'd like to join our team of amazing volunteers, please keep reading to the next column for our current opportunities.



## 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 current opportunities, contact Program Specialist Jen Andersen at 508-430-7550 x6 or [jen.andersen@harwich-ma.gov](mailto:jen.andersen@harwich-ma.gov).

**Craft Workshop Facilitator (2-3 hours per month, at least 1-2 times per year):** Once a month, we hold a craft workshop (typically the 4th Friday of the month from 1:30-3:00pm, but this can be flexible). We are looking for a few creative volunteers to facilitate at least one or more workshop(s). During each session, the facilitator will lead the participants through the process of making, creating, or decorating one project that can be completed by someone with a beginner skillset. Ideally, you will come up with the idea for the project, but we do have a selection of project ideas to choose from. We will provide all supplies. If you are interested in taking this on as a regular long-term role, we can also discuss that.

**Senior Dining Program Aide (2.5 hours/week):** Work closely with our beloved Town Chef Linda St. Pierre to assist with our Dine-In lunch program. You'll help to set the tables, serve meals, fill beverages, clear tables, help clean up, and make our diners feel welcome and at home. This role will keep you busy, but there is also plenty of opportunity to chat with our patrons. You'll get to know many of our "regulars" and learn why we all love working at the COA! Shift runs from approx. 10:15am to 12:45pm (or 8:30am-11am on 2nd & 4th Fridays for Breakfasts).

**Technology Assistant (1 on 1):** You'll work 1:1 (during an appointment that we help schedule) with an older adult who struggles with technology, helping them work through a specific problem & teaching them along the way. This will be for minor issues of limited scope that can be addressed within about an hour. Examples include: Assisting someone with a remote/Zoom appt; downloading or sending photos from text/email; how to use the App Store; getting an email address and checking it; becoming more text-savvy.

**NEW! Technology Instructor:** Love technology and want to make even more of an impact? Facilitate a class at the COA! There is a real need for classes that teach simple topics to novices, especially regarding smartphones. Any of the topics listed above would make a great class, and of course we would love to hear your ideas, too!

# TOWN UPDATES & EVENTS

## BROOKS FREE LIBRARY NEWS

TIPS, TECHNIQUES, & TECHNOLOGIES:  
A PROGRAM FOR PEOPLE WITH VISION LOSS

The Brooks Free Library, located at 739 Main Street in Harwich Center, is offering a new monthly program for individuals who are blind or who have low vision. **Beginning on March 19, the program will take place from 10:00-11:30 on the third Tuesday of each month.**

Each program will begin with an opportunity to chat with other attendees while enjoying light refreshments. Then we will go on to discuss different techniques and technologies that you can use to perform daily tasks independently. Each month we will focus on a different task. Together we will explore various methods, strategies, devices, and available resources and services. We will learn from each other as we share ideas and experiences.

At our first program in March we will highlight adapted games for people with vision loss. The library's collection of adapted games will be featured. These games, which can be checked out by patrons, are part of the library's "Library of Things." We will play BINGO, and talk about ways that we can participate in different types of entertainment with family members and friends.

In the months to come, we will cover such topics as devices and services for reading books, magazines, and newspapers, methods for writing, recording, and labelling, using a cell phone, performing household tasks, etc. This is a program for and by people who are blind or who have low vision, so attendees will be encouraged to suggest topics of interest.

Pre-registration for the program is preferred, though not required. For more information, or to pre-register, call Carla Burke at 508-430-7562, extension 5, or email her at [cburke@clamsnet.org](mailto:cburke@clamsnet.org).

Volunteers will be available to provide assistance, particularly if attendees are not accompanied by a family member or friend. If you prefer to attend remotely, we will offer—upon request—a link to attend remotely via Google Meet.

Door to door transportation can also be provided on the COA's Cranberry Coach at no cost. **To reserve a ride on the van, please contact the COA directly at 508-430-7550 x3. Rides must be booked no later than 24 business hours before pick up is requested** (i.e., by Monday morning, or Friday morning in the event of a Monday holiday). More advance notice (3-7 days) is greatly appreciated and will help ensure a more expedient trip.

If you are a person with a vision loss, we hope you will join us. This program is made possible thanks to a Cape Cod Foundation grant administered by the Massachusetts Association for the Blind and Visually Impaired.

## HARWICH COMMUNITY CENTER

### **BUILDING CLOSED**

Monday, April 15: Patriot's Day

### **MARCH EVENTS**

*DIY Easter Egg Sign-Ups: March 11-16*  
*Pick-up for DIY Easter Egg Kits: March 19*

- **Harwich Democrats:** March 2, 10-11:30am
- **Lazer Tag:** March 2, 1-3pm
- **KD Quilters:** March 4 & 18, 9am-3pm
- **Presidential Primary Election:** March 5, polls open 7am-8pm
- **Newcomers Game Night:** March 6 & 20, 6:30-9pm
- **Dog Training Seminar:** March 8, 5:30-7:30pm
- **Hydrangea Society:** March 9, 10:30am-12:30pm
- **Newcomers Club Members Meeting:** March 11, 9-11am
- **'Try-It' Composting:** March 13, 5:30-7:30pm
- **'Minute to Win It' Game Night:** March 15, 6-8pm
- **Handbell Spring Ring Concert:** March 16, 2-3pm
- **Harwich Artists Art Demo:** March 16, 2-4pm
- **Cranberry Rug Hookers:** March 16, 9:30am-1:30pm
- **Rug Braiding Guild:** March 16, 10:30am-3pm
- **Harwich Republicans:** March 21, 5-6:30pm
- **Military Museum Talk:** March 22, 5:30-7:30pm
- **Crafts with Miss Anina:** March 22, 5:30-7:30pm
- **Harwich Community Organization:** March 23, 9-11:30am
- **Women's Club Book Group:** March 25, 2-3pm
- **Community Advertising Event:** March 30, 12-4pm

### **APRIL EVENTS**

- **KD Quilters:** April 1 & 22, 9am-3pm
- **Newcomers Game Night:** April 3 & 17, 6:30-9pm
- **Trivia Night:** April 5, 5:30pm
- **Harwich Democrats:** April 6, 10-11:30am
- **'Try-It' Journaling Workshop:** April 11, 5:30-7:30pm
- **Mad Science:** April 16, 2-4pm
- **'Try-It' Event:** April 18, 5:30-7:30pm
- **Harwich Republicans:** April 18, 5-6:30pm
- **Harwich Community Organization:** April 20, 9-11:30am
- **Rug Braiding Guild:** April 20, 10am-3pm
- **Cranberry Rug Hookers:** April 20, 9:30am-1:30pm
- **Harwich Artists Art Demo:** April 20, 2-4pm
- **Military Museum Talk:** April 26, 2:30-4:30pm
- **HCT Spring Warbler Birding Workshop:** April 27, 12:30-3:30pm
- **Women's Club Book Group:** April 29, 2-3pm

# 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:

Well, we are making our way through winter. As we get to March, we are closer to warming weather, beach walks, hiking, and maybe some bicycle rides. Meanwhile we can be pleased about the many indoor events and activities that keep Harwich and the Cape a vibrant place to live.

**What to look for in 2024 as we celebrate our 50<sup>th</sup> Anniversary!** The Friends group is excited about emerging plans to keep us active. We have revised our van service to include a monthly trip to Market Basket at the request of COA and reduced our Friday Loop to twice a month. We encourage you to use these services. Please refer to page 10 for the new schedule.

**We have a great agenda of monthly excursions** using our van to take interested people to special events and fun places to visit. We will continue to support some breakfast and lunch events at the Community Center. And, too, Friends is working on plans to host talks and music events.

Of course, Friends' main goal is to support the work of the Council on Aging with funds you, our vibrant group of donors, generously provide.

**A thank you to the Harwich Fund!** Over the past few years, Friends has been the recipient of its grants to

support the work of our COA. We thank the Fund for its support of Friends and COA.

**Don't forget to vote!** There are two voting opportunities at the Community Center: The Presidential Primary is March 5 when Harwich voters also elect both Democratic and Republican Town Committees. And, too, the Special Election for the select board vacancy is April 9. It is important for older adults to be active in choosing our leaders.

**From the Friends Board - JoAnne Brown, Renee Bryden, Rich Cogen, Kathy Furey, Bob Hamilton, Chris Joyce, Jim Knickman, Sue Lellis**

#### In Memory of:

**Ester Simons**  
The Brophys

**Jack Brown**  
Donna Richardson

**Stan Kokoszka**  
Pat Kokoszka

**Bob Coombes**  
Dorothy L. Coombes

**Connie Porciello Young**  
John F. Young

**Jeanne Luby**  
Francis & Joan Woelfel

**John O. McGuigan**  
Janet McGuigan

**Cosette, My Mother**  
Salwa Hatoum

**Tina & John Raneo**  
Angelina R. Chilaka

**Ted, Michele & Brent**  
Carole Wojnarowski

**Dorothy Kelleher**  
Mark Kelleher

#### In Honor & Appreciation of:

**Susan Jusell**  
John & Elizabeth Holman

**Chris Joyce**  
Lynn Schweinshaut  
Nancy F. Hipp

### FY 24 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

## ROCK HARBOR RESPITE

Serving older adults from **Harwich, Orleans, Brewster, Chatham, Eastham, and Wellfleet.**

**Monday - Thursday, 9:30 AM - 2:30 PM**

“Rock Harbor Respite” is a regional adult supportive daycare program offering a safe, caring, person-centered environment for older adults in need of social engagement and those living with physical disabilities and brain changes. The goal is to promote wellness and independence while providing respite time for caregivers. The hope is that the program complements care plans and helps participants remain in their own homes for as long as possible.

The program offers a structured day which includes news and conversation, fitness, and engaging activities to promote optimal social, emotional, and physical wellness. Music, art, and special events are regularly included. Participants start the day with a morning snack and enjoy a delicious home-cooked noontime meal each day, and typically attend two days per week. Safety protocols are followed to ensure a safe and healthy environment.

The Town of Harwich subsidizes the cost of attendance for our residents. The cost for Harwich residents is \$65/day and includes all snacks, a home cooked lunch, and activities. ***If cost is a barrier to attendance, contact Julie at the Harwich COA (508-430-7550 x5) to discuss scholarship possibilities.***

For more info about the program, admission guidelines, or to learn about the opportunity to schedule a complimentary trial day, contact Supportive Day Program Director, Maria Cecchi, at 508-255-6333 x19.

## WINTER WEATHER POLICY

If Monomoy Public Schools are closed, all Harwich COA programs— including transportation and lunch—will be cancelled, 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 always be contacted if rides must be cancelled due to weather.



## 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 Andrea at 508-430-7550 x4.**



### **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 of Cape Cod & the Islands 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 x4.**

## 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, proof of Harwich residency, and proof of income documents required. **Contact Andrea Sidoruk at 508-430-7550 x4 to apply.** Please 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? **Email them at [info@hpccapecod.org](mailto:info@hpccapecod.org) or call 508-255-9667.**

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**

**W: [harwich-ma.gov/council-on-aging](http://harwich-ma.gov/council-on-aging)  
F: [facebook.com/HarwichCOA](https://www.facebook.com/HarwichCOA)  
E: [coa@harwich-ma.gov](mailto:coa@harwich-ma.gov)**

## Staff Contacts

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Executive Assistant ..... Lauren Swift  
Program Specialist I ..... Kate Seeley  
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Van.....Bill DiNatale, Dave Leahy, Ken Watson

## COA BOARD:

Richard Waystack, Chair  
Carol Thayer, Vice Chair  
Angelina Chilaka  
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Justin White  
Linda Roderick  
John Bathelt, Alternate

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## COA Disclaimer

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