

Town of Harwich COUNCIL ON AGING NEWS



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

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

May/June 2024

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

DAVIS BATES: SONGS & STORIES OF CAPE COD

Wednesday, May 22 • 1:00 - 2:00 PM

Davis Bates will visit to present his performance of *'The Narrow Land: Songs & Stories of Cape Cod'*. *The Narrow Land* is inspired by Elizabeth Reynard's book and by childhood summers spent in a cottage on Barnstable Harbor. A participatory celebration of centuries of Cape Cod folk traditions.

Davis Bates' has been telling stories for over 38 years. His performances are a mixture of family, Native American, international, and regional songs and stories. They speak of empowerment, history, spirit, and the environment. Pete Seeger called Davis "thoughtful, creative, human, and a fantastic storyteller." Davis' traditional and participatory style of telling empowers and encourages audiences of all ages to join in the fun, and to take the stories home with them to share with others. Come join the fun!

This program is part of our 2024 Cultural Arts Series & is made possible thanks to a generous grant from the Harwich Fund to the Friends of HCOA

BEYOND THE BOOK: PAUL KEMPRECOS

Thursday, June 20 • 10:00 - 11:00 AM

Paul Kemprecos, a Dennis Port resident, is an American writer of mysteries and adventures especially pertaining to the sea. His career began over 25 years ago in the newspaper business before becoming a full-time writer and author. While being the managing editor of *The Cape Codder*, the stories he heard inspired his passion for writing and creativity. After finding an agent and receiving a contract with Bantam Doubleday Dell, Paul wrote *Cool Blue Tomb* (1991). This book won the Shamus award from the Private Eye Writers of America for Best Paperback novel. Later a series of books were written and published.

Paul has written about characters who appear in a series of books such as Aristotle "Soc" Socarides books, Matinicus "Matt" Hawkins adventure books, and NUMA file books. In his separate novel *Killing Icarus* (2021) an Art historian Abi Vickers whose life is going awry, and when she comes to Cape Cod to relax things lead to a suspenseful adventure. Paul also has written an anthology *Nothing Good Happens After Midnight* (2020) along with other famous writers representing different genres from mystery to science fiction. His newest book *The God In the Sea* (2024), is an Aristotle "Soc" Socarides Mystery which is a series that began in 1991.

DIRECTOR'S DIALOGUE



A few days ago, I watched the total solar eclipse from Burlington, Vermont. We hold these events sacred because they are visible from the same places on Earth only about every 400 years.

Modern technology now allows us to capture many remarkable images of a total solar eclipse.

Most of us have seen the beautiful photographs of a black background with the glowing white or fiery ring (called a corona) peeking out around the moon. However, there are very few photos depicting what one looks like to the naked eye. Because there aren't many and they aren't as widely spread, I hadn't come across any ahead of the day, so I was unprepared for what I would see. In hindsight, I'm glad I went in "blind" as it made the day more magical.

I've since learned it is a very difficult image to capture due to the lighting: trying to account for both the background twilight and the bright corona high in the sky is a technical challenge. Since then, there are a few images I've come across that come close to capturing the beauty of this rare moment in time, but they are still so far from the true magnitude of awe and wonder inspired by this spectacle of nature.

On Monday, seconds after the moon slipped over the full surface of the sun and we were able to remove our dark glasses, my daughter eagerly shouted, "Take a picture! Take a picture!" She wanted to capture the moment in time forever, and who could blame her? With three & a half minutes of totality to enjoy, I took a quick moment to snap a photo so I could show her that this was not something we would be able to look back on in photographs. This was something even more special, something we would only be able to remember in our hearts and minds. This was a poignant lesson for the two of us to live fully in the moment, to hold fast to every experience that fills us with joy, and to treasure the time we have with each other. Wishing you similar magic in your life, as well as the ability to be truly present for every moment that brings you joy.

—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 May 1.** Please sign up no later than 3pm on the Wednesday before the breakfast.

May Speaker: A representative from the Harwich Mariners, a member of the Cape Cod Baseball League, will talk about the team, ways you can get involved, and when you can watch them play.

June Speaker: The Family Pantry will share what they do, items you can donate, and how you can help.



MEN'S BREAKFAST (2nd Friday)

May 10 & June 14 • 9:30 - 10:30 AM



WOMEN'S BREAKFAST (4th Friday)

May 24 & June 28 • 9:30 - 10:30 AM

KENTUCKY DERBY PARTY

Friday, May 3 • 1:30 - 3:00 PM

While the main event won't be aired until Saturday, May 4, we'll be having our own pre-Derby party! Traditional Derby foods, mocktail mint juleps, and games, will make it feel like you're there in person! Feel free to dress in your most Derby-esque attire.

Call the COA to register.



HORTICULTURAL HOUR

Wednesday, May 8 & June 5 • 10:30 - 11:30AM

Interacting with plants can increase life satisfaction, reduce anxiety and stress, spark creativity, and boost productivity, studies have shown. No green thumb? No problem! Each month, we'll learn about plants while completing a fun and simple project that anyone can do. In May, you'll plant your own tomato seedling, learn plant care, and get tomato recipes. In June, join us to learn about herbs and plant basil seedlings (BYO pot if possible). **Capacity is limited, and registration is required so we can order and prepare enough supplies—call 508-430-7550 x2.** Register for May beginning 5/1 and for June beginning 5/29.



PROXIES & PASTRIES

Monday, May 13 • 10:00 - 11:00 AM

Enjoy fresh pastries as you learn how to make your own personal health care plan. Using the Honoring Choices "Getting Started Tool Kit," we'll review the easy 3-step process to help you complete a MA Health Care Proxy and Personal Directive (Living Will). We'll also discuss how to talk with your care providers to put your plan into action.



GET YOUR GO CARD!

Wednesday, May 22 • 10:00 AM -2:00 PM



Did you know that folks age 60+ can now ride the CCRTA fixed bus routes for free? In order to participate, you must have the new "Go Card." These fixed routes run in all 15 Cape Cod towns. You can register for your Go Card during this session at the Harwich COA; we'll have a CCRTA representative on site to help you sign up and receive your card. No advance booking is required, but you do need to bring a form of I.D.

CAPE LIGHT COMPACT

Thursday, May 30 • 10:00 - 11:00 AM

Cape Light Compact is a nationally recognized award-winning energy services organization operated by the 21 towns on Cape Cod and Martha's Vineyard and Dukes County. The Compact's mission is to serve its 210,000 customers through the delivery of proven energy efficiency programs, effective consumer advocacy and renewable competitive electricity supply. Join us to learn more about our residential energy efficiency programs and how The Compact can help you reduce energy bills, increase year-round comfort, and create a healthier environment in your home. **Please call the COA to register.**

PROTECTING YOUR HOME & ASSETS

Thursday, May 30 • 1:00 - 2:00 PM

This popular annual legal program is back again! Our guest attorney will discuss how to protect your home and assets. This is a very wide subject matter, so the talk will primarily focus on homestead protections, life estates, and a particular type of trust known as an asset protection trust. If time permits, reverse mortgages may be addressed as well. There will be plenty of time for Q & A. **As this is a popular program, registration is required to reserve your seat.**



SPECIAL PROGRAMS

CRAFT WORKSHOP

Fridays, May 31 & June 28 • 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 **May**, we'll walk you through making fabric covered flowerpots. **Registration required & opens Thursday, May 9 for this session.**



Our **June session** will feature small glass jars wrapped with twine and decorated with other baubles. Use the finished product as candle holders or catch-alls for trinkets. **Registration required & opens Thursday, June 6.** Call the COA to sign up. Materials provided. Capacity: 10 people/session.

JOIN A LOCAL CSA IN A SNAP!

Thursday, June 6 • 10:00 - 11:00 AM

Were you a kid who loved to eat their broccoli? Or do you ever think to yourself that you really should listen to your doctor and start eating more fresh fruits and veggies?

Last year, Cape Abilities Farm launched its SNAP CSA program (Community Supported Agriculture), sometimes called a "farm share". For those who receive SNAP benefits, the program enables the purchase of a box of fresh, local, and organic produce through SNAP. The program also qualifies for HIP benefits which rebate a portion of the cost back.

How the CSA works:

- Individuals sign up for a farm share of fresh vegetables and fruit for a pre-determined period (1-3 months), and select weekly or every-other-week frequency.
- Payments will be processed through SNAP monthly allocation. HIP benefits will also be applied to payment.
- Members pick up their share at: Cape Abilities Farm, 458 Main Street, Dennis MA on the same day every week.
- Good news! The COA may be able to provide transportation this summer for CSA pick ups this year! If at least 3 people sign up, we will add a weekly trip on our van.

Sound intriguing? Want to learn more? Tracey Fraser, Director of Cape Abilities Farm, will come out to the COA to explain everything in more detail and answer all your questions. **Call to sign up for the presentation.**

To learn more about SNAP (including HIP benefits) or to apply for SNAP benefits, call and speak to Social Services Coordinator, Andrea Sidoruk.



HOT TOPICS: TAYLOR SWIFT

Friday, June 7 • 1:00 - 2:00 PM

Join us for the first session of a fun new series where we discuss current trends, slang, and other insights that will help you stay "in the know" so that you have more in common with the younger people in your life—or just because you want to broaden your knowledge and hear another perspective of what's going on in the world!



This month, we'll explore America's crush on a modern-day pop icon. Have you noticed that the media seems to be fascinated by Taylor Swift? Come in to hear why and decide for yourself if you think she deserves her status and fame. This session will be facilitated by Social Services Coordinator Andrea Sidoruk, Program Specialist Kate Seeley, and the true expert, Kate's 11 year-old daughter, Juliet.

ELDER ABUSE LUNCH & LEARN

Thursday, June 13 • 11:00 AM - 1:00 PM

In recognition of World Elder Abuse Awareness Day, we invite you to this "Lunch and Learn" event. Elder Abuse can be prevented if we understand the conditions that cause it. We'll help you recognize the risk factors and signs of abuse, neglect and financial exploitation, and discuss effective community-based approaches to prevention. You'll leave feeling both better informed and empowered. Elder



Lunch & Learn

Services will be providing lunch for attendees. **An RSVP is required; please call the COA.** Capacity of 30 attendees.

HANDS ONLY CPR & AED INSTRUCTION

Monday, June 17 • 10:30 - 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 that is 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 demonstrate how to intervene in a choking emergency. The power is in YOUR hands, so call today! **Space is limited, so please call the COA to reserve a spot.**



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

MORE SPECIAL PROGRAMS

UKULELE CLASSES (STRUMMING)

Mondays, May 13 - June 17 • 1:00 - 2:00 PM
\$45 / 5 Weeks (No class May 27)

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.**



PRIDE FILM SERIES

Tuesdays, June 11 - June 25 • 1:00 - 3:00 PM

In celebration of Pride month, join us for one or all of these critically-acclaimed movies that center LGBT older adults! As always, we'll serve fresh popcorn! **Call us to reserve your seat!**



Milk (R), 2009

Sean Penn delivers a superb, Oscar-winning performance in this story of famed gay-rights activist & politician Harvey Milk.

Swan Song (R), 2021

A retired hairdresser Pat escapes his small-town nursing home after learning of his former client's dying wish for him to style her final hairdo. Pat embarks on a comical and bitter-sweet odyssey across town to confront the ghosts of his past.

Supernova (R), 2020

Head to the English countryside with pianist Sam (Colin Firth) and writer Tusker (Stanley Tucci) as they embark on their final road trip, visiting friends, family and places from their past. Final because one of them has been diagnosed with early-onset dementia. The setting is lovely, and Firth and Tucci bring expected but no less satisfying charm and sorrow to their performances as the longtime couple.

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. **Registration is helpful but not required.**



TECHNOLOGY SUPPORT

We have two options for help with relatively simple issues that can be tackled in an hour or less. Please keep in mind, these are volunteers, not experts! Both options are by appointment.



PEER TECH SUPPORT

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 for info and an appointment at 508-430-7550 x1.**



TECH SUPPORT BY CAPE COD TECH

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 hardware problems and depending on the issue, they'll provide a recommendation for getting the issue resolved. **Appointments available Thursday mornings—call the COA to schedule.**

BIG SCREEN MOVIE DAY

Watch a movie on our big screen, with fresh popcorn!
Register to reserve your seat: Call 508-430-7550 x2!

"The Holdovers" PG13 (2023)

Drama/Comedy

Friday, May 17 • 1:00 PM

A curmudgeonly instructor (Paul Giamatti) at a New England prep school remains on campus during Christmas break to babysit a handful of students with nowhere to go. He soon forms an unlikely bond with a brainy but damaged troublemaker, and with the school's head cook, a woman who just lost a son in the Vietnam War.

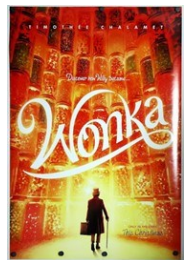


"Wonka" PG (2023)

Fantasy/Musical

Friday, June 21 • 1:00 PM

Wonka is a prequel film that tells the story of how Willy Wonka (Timothee Chalamet) became the famous fantasy chocolatier. But before shaking up the chocolate industry and making a name for himself as a confectionery genius, the ambitious young creator had to defy all odds. As a result, Willy transformed his wildest dreams into reality with a bold vision, determination, and unexpected help from new friends.



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

...& MORE

NEW! COA CRANBERRY COACH OUTINGS

Beginning in May, the COA will be organizing half-day outings on our Cranberry Coach to various types of locations throughout the Cape, just for fun and enrichment. Here are the details on how to sign up and what to expect:



- Capacity is limited to 12 people.
- Being ambulatory **or** riding with a caretaker is required.
- All riders must sign a Town "Hold Harmless Waiver."
- After the primary trip, if time permits and the majority agrees, the van will stop for ice cream at a local shop.
- All purchases—at any stops, e.g., markets and ice cream shops—are your responsibility. We are exploring future subsidized trips through the Friends of HCOA.
- The van will leave from the COA, and we ask that you meet there on time. Those who cannot travel to the COA can be picked up at home about a half hour before the departure time. Please request this at the time of registration.
- **Registration is required for all trips and will be by lottery.** The registration period will last one week. You may register as an individual or as a pair/couple. The following Monday, we will randomly select registrants until all 12 spots are filled. We will then notify everyone of their status.

Tuesday, May 14 - Cape Abilities Farm Tour

Enjoy a visit to Cape Abilities Farm in Dennis! The farm offers organic and local food, flowers, gifts, art and more, and most importantly, cultivates a diverse & inclusive community for people of all abilities. You'll enjoy the garden center and tour the greenhouses full of beautiful annuals & perennials, 1500 tomato plants, cucumbers and lettuce which is grown hydroponically. We'll depart the COA at 12:30pm and return at approximately 3:15-3:45pm. **Registration: Mon 5/6—Fri 5/10.**

Wednesday, May 29 - Wellfleet Farmers Market

The Wellfleet Farmers Market is quite impressive for the Outer Cape. If you're a foodie, it's definitely the place to be! Artisan handmade goods can also be found there. We'll depart the COA at 9:00am & return around 11:30am-12:00pm. **Registration: Mon 5/13—Fri 5/17.**

Thursday, June 27 - Bass River Farmers Market

This farmers market is a bit smaller, but still worth a visit. Join us for a morning of shopping for fresh produce, homemade goods, and more. It's a great opportunity to use your SNAP benefits! We'll depart the COA at 9:30am & return approx. 11:30am-12:00pm. **Registration: Mon 6/10—Fri 6/14.**

Note: Outings are operating on a trial basis; long-term status is TBD.

GAME TIME

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

June 6: 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! We won't be playing in May but join us in June for Family Feud! **Please call the COA to register.**

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



MEXICAN TRAIN DOMINOES

Wednesdays • 1:00 - 2:30 PM



CHESS

Thursdays • 9:30 - 11:30 AM



CRIBBAGE

Fridays • 1:00 - 2:30 PM

ANNUAL TOWN MEETING INFO

This year's Annual Town Meeting (ATM) is scheduled for Monday, May 6, 2024 starting at 7:00 PM at the Harwich Community Center. It is expected that the Meeting will extend into a second night (to Tuesday, May 7). The ATM Warrant with recommendations is available on the Town website or via the Town Clerk.

Some years, the COA has provided transportation to the ATM. It is currently unclear whether we will be able to do so, but it does look likely. If transportation is provided, two options for a return trip home would likely be offered:

- 1) Depart from the Community Center at 9:30pm.
- 2) Depart from the Community Center when the ATM ends for the night (approx. 11:30pm at latest, most likely).

If you are in need of transportation to the Meeting, please call our office at 508-430-7550 x1. We will have confirmed our plans by the time the newsletters are delivered.

FITNESS PROGRAMS

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

Wed & Fri, April 24 - June 5 (registration closed)

Wed & Fri, June 7 - July 24 • 9:15 - 10:15 AM

Note: No class on July 3 & 5

Jill Brown, Certified Personal Trainer, teaches a total body workout fusing stretching, toning, calisthenics, and movement exercises. No floor work in this session. Capacity: 30

Registration is required and will open at 9am on Thursday, May 16. 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. (Voicemails left before 9AM will not be honored.) You may only register for yourself + up to 1 other person.

JILL'S EXERCISE CLASS - \$8/CLASS

Mondays, May 6 - June 3 • 11:30 AM - 12:30 PM

Wed & Fri, June 7 - 28 • 10:30 - 11:30 AM

Note: No class on May 27

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, April 29 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: 30 people.

STAY ACTIVE & THRIVE - \$28/4 WEEKS

Session 1: Thursdays, May 9 - 30 • 9:30 - 10:30 AM

Session 2: Thursdays, June 6 - 27 • 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. **Registration is required and opens Thursday, May 2 for Session 1 and Thursday, May 30 for Session 2.** Capacity: 15 people.

Note: Another session of Jill's Senior Workout will be scheduled for July 24-August 30. Registration priority for the July/August session will be given to those who do not make it into the June/July session.

TAI CHI: BEGINNER- \$18/CLASS

Tuesdays & Fridays, Ongoing • 11:15 AM - 12:15 PM

Tai Chi is a "meditation in motion" exercise that can help improve balance and core strength, bring improvement to flexibility and hand-eye coordination, and provide a mind-body connection as a source of stress relief. Many recent studies have documented the benefits of Tai Chi. Classes will incorporate stretching warm-ups, QiGong breathing exercises, and an exploration of Traditional Chinese Medicine concepts for healing and vitality. Come begin your Tai Chi journey with our instructor A.Jay Zahn, a long-time practitioner of Tai Chi, QiGong, and related martial arts and meditation. **Registration is helpful, but not required.**

TAI CHI: INTERMEDIATE - \$18/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 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. Email or call with questions.**



QI GONG CLASS - \$18/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. **Drop in class. For questions, email or call the COA.**

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

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. **Please call the COA to register.**



CHAIR YOGA

Fridays, 11:00 AM - 12:00 PM

Session 1: May 3 - 31 • Session 2: June 7 - 28

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 Friday, April 26 for Session 1 & Friday, May 31 for Session 2.** Capacity: 30 people.



BALANCE BOOSTERS

Tuesdays, June 11 - July 16 (no 6/25) • 10:30 - 11:15 AM

Thursdays, June 6 - July 11 (no 7/4) • 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 Tuesday, May 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:** 25 people per class. **Cost:** Free! (Voluntary donations accepted to offset the cost of supplies)

LINE DANCING CLASSES - \$45/5 WEEKS

Mondays, May 13 - June 17

Note: No class on May 27

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 • 3:00 - 4:00 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 • 2:00 - 3:00 PM

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

Registration Details (Both Classes)

Registration is required and opens **Wednesday, May 1 at 9AM.** Capacity: 15 people per class.

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.**



FOOTCARE CLINIC - \$45/\$50

Autumn Knight: Weds, May 1 & 15, June 5 (\$50)

Janet Tinney: Weds, May 22 & June 26 (\$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).**



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."

SERVICES

LEGAL ASSISTANCE

Wednesdays, May 22 & June 26 • 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, May 14 • 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.**

SIGHT LOSS SERVICES SUPPORT GROUP

Tuesdays, May 7 & June 4 • 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.**

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.**

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.**

SOCIAL SECURITY APPOINTMENTS

Mondays, May 13 & June 10 • 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.**

COA BOARD OF DIRECTORS

The next Council on Aging Board of Directors meetings are:
Weds, May 15, 2024 & Weds, June 26, 2024 at 10:00 AM

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. 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**. 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 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 May lunches opens on April 16, and for June lunches on May 15, 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.**

At 12:30pm, leftover lunches will be made available for sale.

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. We track the lunches you attend/pick up and then produce an “invoice” at the end of the month showing a suggested donation amount. If you are unable to pay the suggested amount, you can talk to us to come up with a lower per-meal rate, or simply pay the amount you feel is appropriate. **More details about donations are available in the office. Look for the orange handout.**

QUESTIONS? OR WANT TO SIGN UP? CALL 508-430-7550 x2!

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

- Clients with documented **Health Needs** or **Financial Needs** will be prioritized for Grab & Go Meals.
- Please ask the office for details on exactly what documentation you need to submit to meet this criteria.
- Once you have submitted the appropriate documentation for “priority” status, to ensure that we are able to accommodate you, you still must submit your 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 if Grab & Go is at full capacity!

MAY - Registration opened Tuesday, April 16

Wed 5/1	Sausage & pepper sub	
Thu 5/2	Mac & cheese	
Fri 5/3	Egg salad sandwich	
Mon 5/6	Chef Larry's choice! (See lunch registration form for details)	
Tue 5/7	Grilled cheese & bacon w/tomato soup	
Wed 5/8	BLT pasta salad	
Thu 5/9	Chicken stew	
Fri 5/10	NO LUNCH - MEN'S BREAKFAST	(Call to register by 5/8 at 3pm)
Mon 5/13	Chef Larry's choice! (See lunch registration form for details)	
Tue 5/14	Pasta & meatballs	
Wed 5/15	Tuna melt	(Registration opens for June at 11:30am)
Thu 5/16	Chicken fajita	
Fri 5/17	Hot dog & beans	
Mon 5/20	Chef Larry's choice! (See lunch registration form for details)	
Tue 5/21	Chicken alfredo	
Wed 5/22	Roast beef with potato & veg	
Thu 5/23	Ham w/scalloped potato & veg	
Fri 5/24	NO LUNCH - WOMEN'S BREAKFAST	(Call to register by 5/22 at 3pm)
Mon 5/27	COA CLOSED - MEMORIAL DAY	
Tue 5/28	NO LUNCH (Chef vacation)	(“Priority” lunch reservation forms due)
Wed 5/29	NO LUNCH (Chef vacation)	
Thu 5/30	NO LUNCH (Chef vacation)	
Fri 5/31	NO LUNCH (Chef vacation)	

JUNE - Registration opens Wednesday, May 15 at 11:30am

Mon 6/3	Chef Larry's choice! (See lunch registration form for details)	
Tue 6/4	Meat lasagna	
Wed 6/5	Chili	
Thu 6/6	Thanksgiving sandwich	
Fri 6/7	Grilled ham & cheese	
Mon 6/10	Chef Larry's choice! (See lunch registration form for details)	
Tue 6/11	Corn chowder & grilled cheese	
Wed 6/12	Chicken parmesan	
Thu 6/13	NO LUNCH - Join us for the Elder Abuse 'Lunch & Learn' program (see p. 3)	
Fri 6/14	NO LUNCH - MEN'S BREAKFAST	(Call to register by 6/12 at 3pm)
Mon 6/17	Chef Larry's choice!	(Registration opens for July at 11:30am)
Tue 6/18	Taco boat	
Wed 6/19	COA CLOSED - JUNETEENTH	*Note: Meals are subject to change based on ingredient availability
Thu 6/20	Mac & cheese	
Fri 6/21	Super salad	
Mon 6/24	Chef Larry's choice! (See lunch registration form for details)	
Tue 6/25	Meatloaf	(“Priority” lunch reservation forms due)
Wed 6/26	Steak & cheese	
Thu 6/27	Chicken Caesar salad	
Fri 6/28	NO LUNCH - WOMEN'S BREAKFAST	(Call to register by 6/26 at 3pm)

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) 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: May 6, 20; June 3, 17
Hyannis shopping: May 13; June 10, 24
Note Holidays: May 27

Call the COA to schedule all rides

508-430-7550 x3

24 hours notice for Cranberry Coach

4 business days for Medical Rides

NEW! "HOME TO HARWICH" PROGRAM

The Harwich COA will be offering a new transportation option for Harwich residents age 60+ who need a ride back home from Cape Cod Hospital when an emergency arises.

If Rescue personnel from Harwich Fire Department recommend that you go to Cape Cod Hospital's Emergency Room, and *you are hesitant to go because you will have no way home*, please let the Rescue staff know about your concerns, so they can connect you to our program.

Please note, this program is only intended as a last resort, for those without family/friends to help or resources for a cab ride.

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.
- Extra riders are permitted only if required due to disability.
- Limit of 2 medical rides per month. This means we are unable to provide rides 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.

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

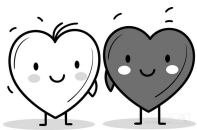
Andrea Sidoruk, LCSW
508-430-7550 x4



How to Speak the 5 Love Languages

How can knowing the five love languages strengthen your relationships with a spouse, partner or friend? Learning these languages can help with communication and understanding in personal relationships and friendships. This framework may be a healthy guideline for communication building, conflict resolution and ways to show love and respect. Dr. Gary Chapman developed this framework to describe how to use the love languages to show your partner how you care for them. He published a book in 1992, "The 5 Love Languages." Recently, the framework expanded to consider family and close relationships. The five love languages are known and defined as *words of affirmation* (positive verbal statements that display affection); *receiving gifts* (an small item to say, "I was thinking of you today."); *acts of services* (actions not gifts that say I care such as folding the laundry or having dinner ready when you arrive home.); *quality time* (spending time together doing things you both enjoy or just actively listening.); and lastly, *physical touch* (hugging, kissing, holding hands or being intimate.).

You may have a primary or secondary love language that are important to you. But what are the important gestures that are meaningful to your spouse, partner, friend, or family member? When we know which actions speak to us and make us feel loved and secure, we can ask other people for exactly what we need. Then, you learn to develop a relationship tool kit to understand and respond to what another person's love language is. More importantly, there are two sides of the love languages—giving and receiving. Remember love is more than a four-letter word and receiving what you need—consider what does the other person need.



Remember love is more than a four-letter word and receiving what you need—consider what does the other person need.

Respecting and learning your spouse's, partner's, or friend's love languages promotes selflessness, in a manner that is meaningful to them. This will help you empathize with them while making the other person feel significant and loved. In turn, you learn to put someone else's needs ahead of your own. In today's world, we sometimes forget and only think of our own needs. Research indicated that when couples were committed to understanding and practicing the love languages an increase occurred in a person's emotional intelligence promoting the ability to recognize other people's feelings. A higher emotional intelligence expands intimate connections and thoughtfulness of the world around us. What a beautiful world it would be if we all spoke these love languages?

HEALTH NEWS

HERE'S TO YOUR HEALTH

Susan Jusell, Town Nurse
508-430-7505



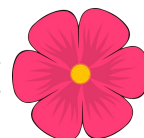
Happy Spring, Everyone!

This is a great time of year to start fresh. Are there habits you're trying to make or break? **It's never too late to start something new!** Have you heard of a keystone habit? It's when one small change helps to produce a ripple effect in a positive direction. For example, if you set a goal to take a short walk every Monday, Wednesday, and Friday, you may find out those days you sleep better, also choose to eat better because you've invested more into your health, and you feel better about yourself. If there's something holding you back, feel free to reach out to me and let's brainstorm about how to move past your obstacles.

June is *Alzheimer's and Brain Awareness* month, and there's so much we can do to improve and maintain our neurocognitive abilities, whether it's trying to sharpen our memory, process information or just help improve concentration. Staying socially engaged is very important for your brain, as is aerobic exercise. If you're not walking outside of your own hallways then let's figure out a way to help you change that. We can provide transportation to our **walking groups geared to all levels** of participation or help you get a physical therapy consult to ensure your safety and get you motivated. It's important to keep moving, to build muscle mass, maintain bone growth, and increase blood flow to the brain as you increase your heart rate. Last but not least, you've got to feed that brain! A diet largely built of fruits, vegetables, whole-grains, healthy oils, beans, and nuts will feed your brain with the healthy proteins and complex carbohydrates that will keep you on your toes!

We're very fortunate on the Cape to have the Alzheimer's Family Support Center. The AFSC's primary office is located in Brewster, in addition to a community center at the Cape Cod Mall across from the Ten Pin Eatery. They're a non-profit group with walks & fun activities coming up now that the warm weather is upon us. These locations can offer a few hours of planned respite, in addition to their outreach that includes education, counseling and so much more. **Please join them for a Dementia Awareness Program at the Holy Trinity Parish Hall on Monday, May 20 from 10-11:15am.** They are wonderful people, don't hesitate to reach out to them! You can learn more about this on their website at alzheimerscapecod.org or by calling them at 508-896-5170.

I hope you're well & please reach out to me with any kind of questions or concerns regarding your well-being. Or just come in and say "hello" at the Community Center between 4-5 pm any Monday evenings or by appointment on Wednesday mornings.



VOLUNTEER NEWS

VOLUNTEER SPOTLIGHT

2023-2024 Volunteers of the Year

We are very happy to announce our 2024 Volunteers of the Year; Mr. Bob Labrecque and Mrs. Joanne Lepore. They were honored at our semi-annual Volunteer Recognition Luncheon this past April 25 and presented the Provost Award. The Provost Award was established by the Provost Family in honor of Laurel Provost.

Mr. Bob Labrecque has volunteered with the COA for over four years. He was one of our busiest lunch delivery drivers during the pandemic and since then, we have kept him on the road as a medical driver and doing Brown Bag deliveries. He has led a rather adventurous life as a US Air Force retiree. He came to the Cape in 2004 after 11 years in Italy. He has traveled and lived around the world both as military and civilian. He always has a smile and a friendly greeting for us (often one in another language!) and says that he enjoys occupying his free time with volunteer work because it gives him a chance to give back to those in need. He also enjoys spending time with his dog Callie and engaging in his hobby of woodworking.

Mrs. Joanne Lepore has been one of our wonderful reception volunteers for over seven years. She also served a term as a COA Board member, but decided to step down about a year ago in order to pursue her other community interests. Joanne has been a Harwich resident for 45 years. "No better place than Harwich!" she says. When she's not busy helping older adults in our community, she enjoys cooking, taking Balance Boosters class here at the COA, and keeping her mind active and busy. A former dog owner herself, she loves meeting new canine friends, which works out well for her in our dog friendly office. When asked what she enjoys about helping out at the COA, Joanne says working with the young staff at the COA because it keeps her full of youthful energy.

We want to sincerely thank all of our dedicated and hard-working volunteers. Without you, we could not serve the older adults in Harwich the way we do. You make our work possible!

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.

Program Assistant (2-4 hours/week): Perfect position for a recent retiree looking to make a real difference in a friendly office environment where your contributions will be truly valued. Looking for someone with good computer skills who can assist with various tasks related to program coordination. We can shape the specific responsibilities of the position to your interests and abilities.

Craft Workshop Facilitator (2-3 hours per month, 1-3 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.

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!



**VOLUNTEER
WITH US!**

TOWN UPDATES & EVENTS

BROOKS FREE LIBRARY NEWS

Brooks Free Library: high-tech, low-tech or no-tech!

By Jennifer Pickett, Acting Assistant Director/Reference Librarian

I would like to take this opportunity to talk about one of our most basic, core services. One of the things we have been doing, and will continue to do for many years, is to help you find a book that you want to read. The way we do this, and the physical format of the 'book', has changed dramatically over the years but I wanted to just let everyone know that we help people every day at the library who don't use computers, and who don't care about our library apps for the smartphone that they don't have.

If you hear about a book you want to read, you can walk into the library and ask any staff member for help. If you don't have a library card, we can help you get one. If you have trouble hearing, or have low vision, or have mobility issues, we have alternate ways of helping you. If you can't make it to the library, you can call us. We have a books-on-wheels program for folks that can not make it to the library themselves for various reasons so we can deliver books to you at home. If you can't remember the title or the author of the book, we can still help you. We have many ways of answering those questions, and usually it is a fun mystery for us so please ask away!

If you don't know what you want to read but need help finding something (we call that Reader's advisory) we can help you browse our shelves and will ask you questions to get a better idea of what type of book might interest you. There are thousands of books on our shelves here in Harwich and with easy access to our Cape-wide and state-wide library networks, there are thousands more that we can request for you, so there is always something good to read readily available. If we request a book for you from another library, we can call you when it arrives for you (you don't have to have an email address). If you don't have a phone, you can come in and ask us if the book has arrived. We actually have patrons who visit the library almost every day and therefore ask to 'not be notified' when a requested book comes in for them as they are able to check the pick-up shelf themselves.

It is part of our core beliefs as librarians to treat everyone who uses our services or walks into our library with respect and dignity. We won't make you feel bad if you don't know how to use our online library catalog. If you want to learn how to use it we will gladly show you, but we do not want lack of technical skills to be a barrier to library services for anyone. Personally, I love learning about technology and our Reference staff in particular really do enjoy teaching our patrons how to use technology to make your life easier, but most times, there is a low-tech or no-tech solution available for core library services. We welcome you to come in or call us and let us explain the many ways we can help you find the book you need, in a format that works for you.

Brooks Free Library, 508-430-7562, Open 10am-7pm Monday-Thursday, Fri and Sat 10am-4pm

HARWICH COMMUNITY CENTER

BUILDING CLOSED

Monday, May 27: Memorial Day

Wednesday, June 19: Juneteenth

MAY EVENTS

- **Newcomers Game Night:** May 1 & 15, 6:30-9PM
- **Author/Blogger/Speaker Yvonne DeSousa:** May 1, 2PM
- **Harwich Democrats:** May 4, 10-11:30AM
- **KD Quilters:** May 6 & 20, 9AM-3PM
- **Annual Town Meeting:** May 6 – 8
- **Mother's Day Craft:** May 8, 5:30-8PM
- **Teen Job Fair:** May 9, 4:30-8PM
- **Disaster Preparedness for Pets:** May 10, 5:30-7:30PM
- **Front Porch Rug Braiding:** May 11, 10AM-3PM
- **Newcomers Club Members Meeting:** May 13, 9-11AM
- **Hydrangea Society:** May 16, 5-8PM
- **Harwich Republicans:** May 16, 5-6:30PM
- **A to Z Literacy Talk w/ Betty Trummel:** May 16, 2:30PM
- **Fairy Door Crafting:** May 17, 5:30-7:30PM
- **Shredder for Public Use:** May 18
- **Harwich Artists Art Demo:** May 18, 2-4PM
- **Cranberry Rug Hookers:** May 18, 9:30AM-1:30PM
- **Women's Club Book Group:** May 20, 2-3PM
- **Fairy Door Hunt:** May 20-24
- **Town Election:** May 21, 7AM-8PM
- **Pet First Aid:** May 23, 5:30-7:30PM
- **Military Museum Talk:** May 24, 5:30-7:30PM
- **Rocky Mountain Park Talk:** May 29, 5:30-7PM
- **Fairy Party & Movie:** May 31, 5:30PM

JUNE EVENTS

- **Harwich Democrats:** June 1, 10-11:30AM
- **KD Quilters:** June 3 & 17, 9AM-3PM
- **Newcomers Game Night:** June 5, 6:30-9PM
- **Lost Dog Prevention:** June 6, 5:30-7:30PM
- **Special Someone Dance:** June 7, 6-8PM
- **Red Cross Blood Drive:** June 13, 2-6PM (*Reservation Required*)
- **Beach Blanket Bingo:** June 14, 6-8PM
- **Front Porch Rug Braiding:** June 15, 10AM-3PM
- **Cranberry Rug Hookers:** June 15, 9:30AM-1:30PM
- **Harwich Artists Art Demo:** June 15, 1:30-4PM
- **Dennis/Harwich Lions Club Craft Fair:** June 15
- **Summer Kick-Off Ice Cream Party:** June 18, 2:30PM
- **Story Time with Therapy Dogs:** June 20, 5:30-7:30PM
- **Harwich Republicans:** June 20, 5-6:30PM
- **Kids' Bike Wash:** June 21, 1:30PM
- **Military Museum Talk:** June 21, 2:30-4:30PM
- **Harwich Climate Action:** June 22, 11AM-12PM
- **Women's Club Book Group:** June 24, 2-3PM
- **Fun Friday Games:** June 28, 5:30-6:30PM
- **Fun Friday Open Gym:** June 28, 6:30-7:30PM

FRIENDS' NEWS



Friends of The Harwich Council on Aging

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

A Message from Jim Knickman, Friends' President

Dear Friends, Donors, and Members:

50th Anniversary: The Friend's board members are excited about our organization's 50th year of programs and efforts to improve the lives of older adults in our town. We are so lucky to have such a vibrant Council on Aging whose staff frequently develops new ideas to meet the needs of our older adults. One of our roles has been to supplement the generous support our town provides for the COA so that new ideas can become actual programs. We are working on plans for a celebratory event marking the anniversary later in the year.

A Fun Excursion Coming Up: The Friends will sponsor an excursion to the Cape Symphony in Barnstable on Saturday, May 18th at 3 pm for what should be a fun music show. We will hear Greg Meyer and the acclaimed "Rocket Band" bring back the best songs of Billy Joel. Sign up soon to enjoy this final Pops concert for this season of the symphony. We have room for 11 people on our van and another 19 tickets (\$20 each) for people who can find other means to get to Hyannis. You can learn the excursion details and how to sign up at the Friends website: FriendsofHarwichCOA.org. You can sign up for one of the 30 spaces we have available by leaving a message at: **508-432-5050** or emailing: friendsofharwichcoa@gmail.com. **RSVP by April 25th if possible.**

Respite Care Related to Dementia: We are watching the discussions in Chatham about whether their town should support

a day program that would be good for people with various forms of dementia and help with some respite for families who care for these loved ones. There is another program like this in Orleans (and some Harwich residents use this program). With the number of aging residents growing quickly in our town and with cases of Alzheimer's and other types of dementia increasing very quickly across the Cape, this is an issue that is worth being aware of.

Comprehensive Planning: You might have read in the Chronicle about the work of Harwich's Comprehensive Planning Committee which has been assigned the responsibility of developing a 10-year plan for key challenges and opportunities about how our town will and should change over the next years. The committee (I should note I am a member of this committee) has been sponsoring some weekend open meetings with residents to give their ideas about the challenges Harwich should address. One key issue on the agenda is how our town should make sure older adults can live safely and affordably as they age. Join these stimulating meetings if you can. Details on described on the town's website.

Last Words: Our board would like to thank the volunteers who help us and the COA staff get things done for older adults. And we want to recognize the generosity of our "members" who financially help us be able to do the projects we help make happen.

Jim Knickman and the Friends Board: Joanne Brown, Susan Lellis, Bob Hamilton, Richard Cogan, Kathy Furey and Renee Bryden

In Honor & Appreciation of:

*Chris Joyce
Gerie Schumann*

In Memory of:

*Jack Brown
Susan Lellis*

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.

DEMENTIA: DATA & DIRECTIONS

Monday, May 20 • 10:00 - 11:15 AM

The Knights of Columbus will host the Alzheimer’s Family Support Center for a **dementia awareness program** at the Holy Trinity Parish Hall.

Is someone you love showing possible signs of dementia and you’re concerned about them? What’s the difference between normal forgetfulness, mild cognitive impairment (MCI) and the different types of dementia? Let’s talk about how to stay cognitively sharp, how to navigate help and answer questions as they arise regarding your cognitive status or that of a loved one.

The Parish Hall is located directly behind the church on route 28 in West Harwich. No reservation is needed & refreshments will be served.

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 for an appointment or information on how 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 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

Website: HarwichCOA.com
E-mail: coa@harwich-ma.gov
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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. Older adults 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.