

Harwich Community Center Newsletter

SEPTEMBER 2017

Town Offices will be Closed on September 4th
for Labor Day



WELCOME TO JUDI WILSON and MARIE CARLSON

Welcome to both Judi Wilson and Marie Carlson! Judi joins us as our new Director of the Council on Aging. Judi joins us after working in the same capacity for the Town of Orleans. Judi is a vibrant, caring professional who should be a very welcome addition to our staff. Marie Carlson is the new Executive Assistant for the Council on Aging. Marie comes to us from the Building department and has worked for the Town of Harwich for many years! We have also filled out our roster of Van Drivers with the departure of Dan Eldridge who was so treasured by promoting Gerry Golia up to the 20 hour position and welcome aboard Kathleen Skipper to the 15 hour a week position. Kathleen comes to us after years at the CCRTA. I do wish to extend my thanks to Remi Thibodeau who normally is our per diem driver who has stepped up this past summer to fill in for the vacancies. I do also wish to extend my warmest appreciation to all the Council on Aging Board Members, Staff and Patrons for being so helpful during this summer of transitions. I would be remiss if I did not thank Carolyn Carey of the Community Center and Jamie Goodwin of Channel 18 and their respective staffs for being supportive of this "rookie" Acting Council on Aging Director during this summer. They made my time down here very enjoyable and they were tremendously helpful. We as an organization are appreciative of the spirit of cooperation.

Sincerely,

Christopher Clark

Town Administrator/Summer of 2017 Acting Council on Aging Director

We wish to express our deepest condolences to the family and friends of Adrienne Johnson, Immediate Past Chair of Council on Aging.



Marie Carlson above



VOLUNTEER



Community Center Director

Carolyn Carey 508-430-7568

Recreation Dir. Eric Beebe
508-430-7553

Channel 18 Director Jamie Goodwin 508-430-7569

Council on Aging Staff

Director Judi Wilson

508-430-7550 ext. 10

Executive Assistant

Marie Carlson

508-430-7550 ext. 11

Social Services Coord.

Kevin Grunwald

508-430-7551 ext. 12

Town Nurse, Susan Jusell

508-430-7505

Outreach Asst./Volunteer Coordinator, Rick Anderson & for Medical Rides:

508-430-7550 ext. 13

Cranberry Coach COA Van

508-241-1566

Van Drivers: Gerald Golia,

Remi Thibodeau,

COA Fax Number

508-430-7530

Senior Dining Site

508-430-7550

Meals on Wheels

508-430-1991

To cancel a Meal from

"Meals on Wheels" call

508-394-4630 ask for the

Nutrition Dept. telling them you live in Harwich.

BLUE LIGHT SPECIAL



By Amy Walinski , Elder Affairs Liaison-Harwich Police Dept.

As we transition from summer into fall the next couple weeks are the perfect time to explore Cape Cod. The weather's still warm, it's not as crowded, and there's still tons to do, often at a fraction of the price it costs during the height of the season.

Another idea for something to get involved in this fall is the Harwich Citizens Police Academy. This year marks the 21st session of the Harwich Citizens Police Academy to begin September 7, 2017 and will run each week ending November 9, 2017. The academy will meet each Thursday evening from 6pm—9pm.

The Citizens Police Academy is designed to provide citizens with a working knowledge of the police department. The classes are a combination of classroom instruction as well as practical instruction. A three hour ride along with a police officer is offered for each academy participant. Classes are instructed by various department members who are trained in particular areas of law enforcement. The classes include, but are not limited to the following topics:

- Criminal and Constitutional Law
- Police Dispatch
- Investigations / Detective Division Operation
- Traffic Law and Crash Investigation
- Drug Interdiction
- Sobriety Testing, Operating Under the Influence
- Crime Scene
- Bicycle, ATV and Motorcycle Patrol
- Domestic Violence
- Use of Force and Firearms
- Defensive Tactics
- Patrol Procedures
- Sex Offender Management
- Community Policing
- Elder affairs
- Police Chaplain program
- Joint Operations with the Harwich Fire Department

Applications for the academy are available at the Harwich Police Department, the Harwich Community Center or at Brooks Free Library. Class size is limited to 25 and fills quickly, so apply early!

**Questions can be directed to Lt. Kevin Considine at (508) 430-7542 X5521
or by email at kconsidine@harwichpolice.com**

I hope to see some of you at the Citizens Police Academy this fall.



Notes from the Outreach Office — Kevin Grunwald, Social Services Coordinator



Where Did Summer Go?: Hopefully when you read this you will have started your recovery from what has probably been a hectic two months. The traffic, the long lines, the crowded parking lots and well-meaning guests are all part of the price we pay for living in this beautiful part of the world. Fortunately we know that September and October can be a glorious time to be here, and with the shrinking crowds we can begin to enjoy that special time without all of the hassle that comes with summer.

In July forty people attended the first Death Café held at the Harwich COA. A Death Cafe is a group directed discussion of death with no agenda. The objective is *'to increase awareness of death with a view to helping people make the most of their (finite) lives'*. It was great to see the turn-out for this first time event, and we had an open and spirited discussion. As long as interest continues we plan to hold this event every other month. In the spirit of the Death Cafe, you may want to consider completing the following statement: *"Before I die I want to _____."*

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### **Need help with prescription drug costs? Prescription Advantage may be your answer!**

By now, some of you may have reached or are getting close to the gap or "donut hole" with your Medicare Prescription Drug Plan (Part D). In 2017, you fall into the Medicare Part D gap when the negotiated **retail** cost of your medications reach \$3,700. Once in the gap you are now responsible for 40% of the negotiated retail cost for brand name medications and 51% for generics. Prescription Advantage, which is a state-run program, can assist you in this gap and/or put a cap on your out-of-pocket cost for medications. Eligibility is based on **income only** and there is **no asset limit!** If you are a **Massachusetts resident and eligible for Medicare, the income limits are:**

Age 65 or over- \$60,300 or less for a single person or \$81,200 or less for a married couple.

Under age 65 and disabled- \$22,673 or less for a single person or \$30,531 or less for a married couple.

There is **no charge** for joining Prescription Advantage if you have an annual income at or less than \$36,180 for a single person or \$48,720 for a married couple. However, there is a \$200 per person annual enrollment fee for those with higher incomes. You may also join if you are 65 years or older and **not eligible for Medicare**. If you are not eligible for Medicare, Prescription Advantage will be your primary prescription drug plan and there is **no income limit**. Call Prescription Advantage today to enroll on the phone. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say **2**. You may also apply on line by going to [www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org).

Medicare also has a program, called "Extra Help", which can assist with the cost of your Medicare Part D plan's premium, deductible and co-pays. This application can be completed online at [www.socialsecurity.gov](http://www.socialsecurity.gov) or at your local Social Security Office. For more information on these programs or assistance with any Medicare issue, contact the COA at 430-7550 to make an appointment with one of the SHINE (Serving the Health Insurance Needs of Everyone) Counselors. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs.

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Fuel Assistance: The Fuel Assistance program will be starting soon, and some of you may have already received a renewal application. Applications will be available to new applicants starting later in September after we have received training. We are unable to process applications on a walk-in basis, so please call the Outreach Office at 430-7551 to schedule an appointment once you receive your renewal application. There are a number of documents that you will need to verify income and expenses, and we cannot process your application without all of the required documentation. Look for more detailed information to follow, including the start date to process applications.

Buried In Treasures: The Harwich Council on Aging will be offering its third "Buried In Treasures" support group sponsored by the Cape Cod Hoarding Task Force, starting later this month. "Buried In Treasures" is a structured program that offers assistance to individuals who have difficulty with hoarding and clutter in their homes. The group meets for 15 sessions over the course of 20 weeks. There is no fee to participate, although the Buried In Treasures book is required. If you are interested in participating in this support group please contact Kevin at 430-7551.

Men's Breakfast and Book Club: We've had some wonderful guests recently including Steve Englert and some of his players from our own Harwich Mariners baseball team. In August the Cape Cod Classics Car Club brought some of their vintage vehicles for us to admire. The crowd continues to grow, and this is a lot of fun! Breakfast is from 9:00-10:00 AM, and while there is no charge, donations to the Harwich Council on Aging are appreciated to support all of our programs and services. The Men's Book group meets in the Playroom at the Community Center, immediately following breakfast from 10-11. We have recently read a wide range of books, including The Finest Hours, a recent movie set in Chatham. All books chosen are available at Brooks Free Library. Please join us, even if you haven't read the book, and we welcome your suggestions for new books to read! Please contact Kevin at 430-7551 ahead of time to register for these events.

Welcome to the Death Café

Let's talk about death

While at first blush this may sound like a depressing topic, we are excitedly planning on hosting our first Death Café here at the Council on Aging on:

Tuesday, September 26
2PM-4PM

A Death Café is a group directed discussion of death with no agenda. The objective is *'to increase awareness of death with a view to helping people make the most of their (finite) lives'*. Using the café model so typical of European public life — ***complete with cake, and tea or coffee being served*** — it's a way to simply have a conversation about something that many people don't know how to talk about.

A death café is a place for people to come with their questions, their curiosity, their wish to find out how other people are thinking about death. The discussion typically runs the gamut of topics, from conversations about burial versus cremation to reminiscences — both positive and negative — of the deaths of loved ones, and to concern about how to discuss wishes for a memorial service with one's children.

[This is a discussion group rather than a grief support or counseling session]

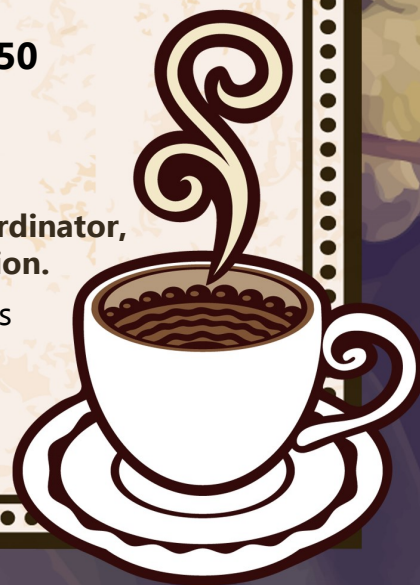
We encourage you to take a risk and explore this unique event!

Register now by calling **508-430-7550**

Admission is FREE!

Kevin Grunwald, Social Service Coordinator,
will be facilitating this discussion.

If you have any questions
you can reach him at:
508-430-7551



\$5.00 SUPPER CLUB ENTERTAINMENT LINE UP! CALL 508-430-7550 TO PRE-REGISTER TODAY!



**September 4th: No Supper Club,
Building Closed for Labor Day**

September 11th: Harry French performs

September 18th: Brian Kelly on Guitar



September 25th: No Supper Club instead Simulcast of Lecture on "Being Mortal"

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## **WOMEN'S BREAKFAST**



The Women's Breakfast will be held at **9:00 a.m. on September 22, 2017 which is the Fourth Friday of the Month in the Multi-Purpose Room** here at the Community Center. Typically this event will be on the Third Friday but in September we have the Harwich Cranberry Festival on September 15, 2017. The Breakfast will be made here by the our own Chef Linda and served by COA Volunteers.

**Please pre-register by the Friday, September 15th by calling 508-430-7550.**

There is no charge for this Breakfast and all are welcome. Each month will have a different speaker on a variety of topics. If you are able to Volunteer to help set up and serve at these breakfasts, please call Rick Anderson Volunteer Coordinator. at 508-430-7550 ext 13.

On **Friday September 22, 2017**, Emily Milan, Assistant Director of Brooks Library will join the Women's Breakfast to present some new programs that the Library will be offering to Seniors. The classes will be on the First Tuesday of the Month Sept. 5th, 2017 at 2:00pm. Space is limited so be sure to sign up by calling 508-403-7550. (See Description on Library Page of Newsletter)

The past Women's Breakfast on *Friday July 28, 2017* featured Cris Menard from the Family Pantry who spoke of their efforts to feed the hungry. We do wish to thank the Woodlands staff for the breakfast including the cooks Matt and Chris along with Joan Barth their Community Outreach Director. On *Friday August 18th* Joan Burritt of the Woodlands will be available to discuss Assisted Living Facilities in general to enhance the knowledge of participants.



### **\*\*Brooks Library Program Description\*\***

**Internet Basics :** This class is a general introduction to the internet. The lesson covers the most basic terminology attendees will need when beginning to use the internet. Other topics covered include learning to identify types of websites, and how to navigate through them. Attendees will also receive a brief introduction to search engines that covers how to find them, use them, and evaluate search results. The goals for this class are: 1) For attendees to leave knowing the basic parts of a web browser, 2) For attendees to be able to differentiate between a search engine results list, a website, and a web page, and 3) For attendees to feel confident in their ability to navigate between pages on their preferred browser

## COA offered its first "Take A Sail" On Pleasant Bay in August (Scheduled for August 18, 2017)



Pleasant Bay Community Boating scheduled an afternoon of sailing on Pleasant Bay to members of the Harwich Council on Aging. Hopefully this will become a regular summertime excursion. The details include the Cranberry Coach leaves the Community Center by noon and will be returning later in the afternoon. While this is a free event, you must submit a medical form and waiver prior to registration. Access to the boats is a little challenging, and you will have to be able to walk down a ramp that is approximately 140 feet long that pitches down to a floating platform. Once you negotiate that, this proves to be a fun excursion. **If you have any questions please contact Kevin at (508) 430-7551.** We look forward to seeing you on the water!

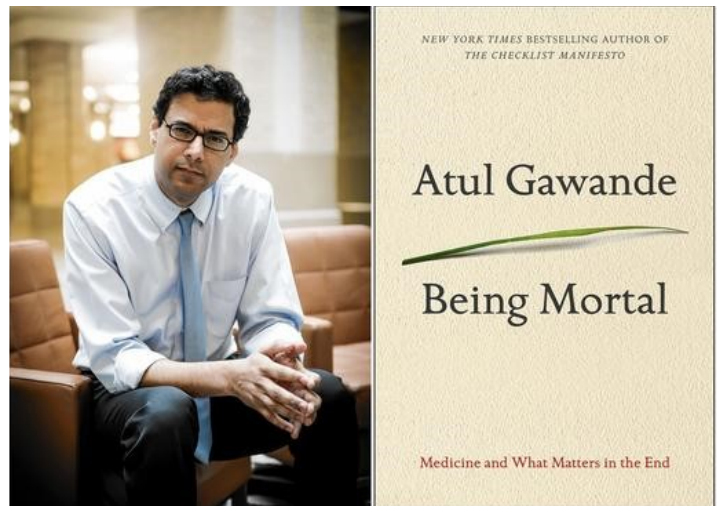
**Dr. Atul Gawande's Simulcast from the Boston Public Library. He is the Best Selling Author of the book "Being Mortal"; tentatively rescheduled from last winter to Sept. 25. Co-hosted by the Harwich Council on Aging**

**September 25, 2017  
at 4:30 p.m.**

**Location:** Harwich Community Center,  
100 Oak Street, Harwich, MA.

Nauset Neighbors will be holding 3 watch parties to view the simulcast-one of which will be held here at the **Harwich Community Center**. Dr. Gawande is the author of the best seller "**Being Mortal**" which examines his experiences as a surgeon, as he confronts the realities of aging and dying in his patients and in his family, as well as the limits of what he can do. These watch parties will be open to the general public.

**For more information and to R.S.V.P, contact Kevin Grunwald at 508-430-7550**



## Don't Ignore Your Medicare Mail!

It's that time of year! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you will receive information from your plan by the end of September. Please understand and save this information regarding changes in your plan for 2018. During Medicare Open Enrollment (Oct 15 - Dec 7), you may change your insurance plan for next year. SHINE counselors can help you understand your plan changes, as well as other options you may have. There will be group presentations... and/or you may schedule a phone or in-person appointment.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. **To schedule a SHINE appointment, please call your senior center at (508) 243-8721.**

**Call early to receive a pre-enrollment form and make that appointment...  
and bring your Medicare and insurance cards and complete list of your medications.**

**DO NOT WAIT UNTIL IT'S TOO LATE!**





## SHINE NEWS: When Can You Enroll in a Medigap (Supplement) Plan?



Medigap (supplement) plans provide extra protection beyond Medicare by filling in some of the “gaps” in Medicare coverage. In Massachusetts, the insurance companies allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan (HMO, PPO). Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month.

In Massachusetts, there are two Medigap plans, Core and Supplement 1. The Core plan pays some of the co-pays and co-insurance for Medicare covered services, while the Supplement 1 covers all the deductibles, co-insurance and co-pays for these services. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs.

**Please call the COA at 508-430-7550 to schedule an appointment with a SHINE counselor.**

### OVEREATERS ANONYMOUS MEETING AT THE COMMUNITY CENTER

**Mondays from 2:00-3:00 p.m. and again on Thursdays from 10:00-11:00 a.m.**

OA is a fellowship of men & women from all walks of life who meet in order to help solve a common problem—compulsive overeating. The only requirement for membership is a desire to stop eating compulsively. All are welcome!

**For more information, contact Maryanne Houle at (508) 243-8721**



### FOOT CARE CLINICS WITH BETTY BRADY

The COA Foot Clinics are by appt. only and the fee is \$35. The dates for the upcoming clinics are: **Thursday, Sept 7th from 8:30AM-3PM, and Wednesday, Sept 27th from 8:30AM-12PM.** Gift Certificates are available and make a nice gift for a friend/family member.

For appointments call 508-430-7550 today. **Home visits are \$55.**



### PEDI-CARE WITH JANET TINNEY

Janet Tinney of Pedi-Care Services, LLC will be offering **Pedicare services by appointment on Tuesday, September 19, 2017 from 11:00 to 3:00 in Room 1** of the Council on Aging side of the Community Center. The appointment slots will be 30 minutes in length and the services include care by RN, toenail trimming and filing, smoothing of corns and calluses, massage, opportunity to identify foot problems and referrals if necessary. This service is an addition to our current offering.

### CRIBBAGE IS FUN

**The Thurs. afternoon Cribbage Group will continue year round at the Harwich Council On Aging at 1 PM. Open to all, beginners, novices, and skilled. Fun for all and a great way to meet New friends. To sign up please call (508) 430-7550 or drop in. Contact Rick Anderson, Volunteer Coordinator for more info.**

### BRIDGE II WITH NANCY BLEZARD

**Mondays, 1PM-3PM - \$35 for a 6 Week Session**

Bridge classes are held in 6 week sessions. Classes include improving your Bridge skills using conventions. The play of the hand is also a part of this class. You can simply show up for this program, no pre-registration is required. For more information, contact Nancy at **508-432-6203.**



CAPE COD HEALTHCARE

Nicholas G. Xiarhos Blood Donor Center

WHAT'S DONATED HERE, STAYS HERE.

# BLOOD DRIVE

Thursday, September 21<sup>st</sup>

11 am – 5 pm

Harwich Community Center

100 Oak Street

Get a gift card for Cumberland Farms when you donate!!!



A new way to give back...the Cape Cod Healthcare blood mobile.

[www.capecodhealth.org/give-blood](http://www.capecodhealth.org/give-blood)

508-86BLOOD (508-862-5663)

Like us on Facebook: [www.facebook.com/capecodbloodcenter](http://www.facebook.com/capecodbloodcenter)

**Every pint of blood donated to us stays on Cape Cod to serve your community and save the lives of your family, friends and neighbors.**



## EXERCISE PROGRAMS



### MINDFUL YOGA BY KATHIE MARIN

Mindful Yoga Classes by Kathie Marin will be held at the Harwich Community Center, **Friday mornings: 9:00-10:15AM, Sept 1st, 8th, 22nd & 29th. The cost per class is \$8.00.** Hatha yoga postures and stretches are done sitting in a chair and also standing. Emphasis is placed on meditation, bringing awareness to the present moment and connecting the breath to the movement of the body. Contact the instructor to sign up: Kathie Marin at [kmarin@msn.com](mailto:kmarin@msn.com) or call 508-430-8623.

### SUPERFIT AND SENIORFIT WITH CHARLIE ABATE

Every **Wed. and Fri.** Charlie offers a total body fitness program. He fuses stretching, hand weights, calisthenics, and movement exercises into a dozen unique musical routines that are easy to follow, invigorating, and loads of fun. You'll revitalize all your major muscle groups while you move and groove to the beat of the best music. Best of all you'll love your growing confidence and stamina. Pick the level that suits you best: **SUPERFIT 8:30-9:30 am** is a powerful hour that includes floor work on mats. For a slower, gentler workout with no work done on the floor, you'll love **SENIORFIT 9:30-10:30 am.** **Charlie's next session: Begins Sept. 6th.** Register now to reserve a space by contacting Charlie at 508-432-0370. Also ask how you can try out a free demo class.



### EXERCISE CLASS WITH JILL BROWN:

Jill is a Certified Personal trainer who specializes in Weight Mgmt., low impact exercise, and overall well being. **Thursdays 6PM-7PM and Saturdays 8:30AM-9:30AM. Fee: 12 lessons for \$96.00**

### BALANCE BOOSTERS CLASS

Join Harwich Town Hall Nurse Susan Jusell for the Balance Boosters class on **Tuesday at 9:30AM & Thursday at 2:30PM for a one hour class, 6 week sessions. Fee: \$24 for 12 sessions, 2 days a week.** That's \$2 a class, can't beat the price! **Next session will be starting on Sept 5th & will run through Oct 12th.** One hour of stretching safely while seated in a chair using your own body, wooden dowels, foam balls, and paper plates. You will feel great without being winded, warm up without feeling sweaty, and give your body the stretching it needs to maintain balance and flexibility. **Call 508-430-7550 to register.**

### HATHA YOGA WITH MICHELE INSLEY



**When: Tues, Thurs & Sat, 9AM-10:30AM Cost: \$15 per Session, \$60 for 6 Sessions**

Kripalu yoga teacher, Michele Insley, RYT 500, offers classes for all levels. Postures and stretches are used in combination with the breath to stretch the muscles, strengthen joints, and improve balance. Participants are encouraged to develop proper alignment in the poses and cultivate a calm mind. Each class ends with a long relaxation.

**For more information or to inquire about classes, please contact Michele Insley at [micheleinsley@gmail.com](mailto:micheleinsley@gmail.com) or 508-360-7227.**

## **THE PILATES SCHOOL has 2 classes AT THE HARWICH COMMUNITY CENTER**

**FOOT FIT:** Wednesdays & Fridays 9:30 a.m. \$15 per class. Instructor: Carolina Alcantara

Do you droop? Does standing make you want to sit? Are you friends with your feet? Using the concepts of Pilates, learn to align, lengthen and strengthen your spine from a strong base of support. Good for all ages, the class is designed to help you sit taller, stand straighter and move better on happier feet, with tips for daily practice. Bring a mat to class.

**PILATES MAT:** Wednesdays and Fridays 8:30 a.m. \$20 per class. Instructor: Carolina Alcantara. Pilates improves: Posture, Flexibility, Strength & Attitude.

**Beginners encouraged-call now to pre-register: 508-432-2111**



# September 2017

## Senior Dining Program Menu



Please call 430-7550 for reservations by 11am the day prior to the meal you want to attend & for any cancellations. **Menu items subject to change by COA Chef.**

**Lunches are \$3 for Harwich residents and \$4 for Non residents.**

**Supper Club is \$5 for residents and \$6 for Non Residents**

| MONDAY                                                                                      | TUESDAY                                                       | WEDNESDAY                                                | THURSDAY                                                        | FRIDAY                                                 |
|---------------------------------------------------------------------------------------------|---------------------------------------------------------------|----------------------------------------------------------|-----------------------------------------------------------------|--------------------------------------------------------|
|                                                                                             |                                                               |                                                          |                                                                 | 1.<br>Chicken Caesar Salad with Roll.                  |
| 4.<br><b>COMMUNITY CENTER CLOSED FOR LABOR DAY</b>                                          | 5.<br>Veggie Lasagna with Salad & Roll                        | 6.<br>Fish Sandwich with French Fries & Coleslaw         | 7.<br>Egg Salad Roll with Coleslaw & Chips                      | 8.<br>Men's Breakfast<br><b>NO LUNCH</b>               |
| 11. Supper Club<br>Stuffed Shells with Salad & Garlic Bread<br><b>Harry French performs</b> | 12.<br>Meatloaf with Mashed Potatoes & Vegetable              | 13.<br>Pulled Pork Sandwich with Coleslaw & French Fries | 14.<br>Chicken Alfredo                                          | 15.<br>Tuna Roll with Chips & Pickle                   |
| 18. Supper Club<br>Chicken with Mashed Potatoes & Veggie<br><b>Brian Kelly on guitar</b>    | 19.<br>Chili Boat with Roll                                   | 20.<br>Pizza & Salad                                     | 21.<br>Bubba Burger with Bacon, Lettuce, Tomato, & French Fries | 22.<br>Pasta with Meatballs & Salad                    |
| 25.<br><b>NO SUPPER CLUB</b><br>instead<br><b>Simulcast of Lecture on "Being Mortal"</b>    | 26.<br>Roast Beef Club Sandwich, with French Fries & Coleslaw | 27.<br>Oriental Chicken & Rice                           | 28.<br>Taco Boat with Rice                                      | 29.<br>Chicken Salad Roll with French Fries & coleslaw |
|                                                                                             |                                                               |                                                          |                                                                 |                                                        |



### **BREAKFAST AT WINGATE OF HARWICH-JOIN US!!**

**HARWICH**—Wingate Senior Healthcare of Harwich will host a Harwich Council on Aging (COA) breakfast on **Friday, September 22th at 8 a.m. with a speaker at each.** These breakfasts are **FREE** and open to the public. For more information or to reserve your space, please call **508-430-1717**. WINGATE is located at 111 Headwaters Drive just off Route 124. (Formerly EPOCH of Harwich).



### **Reiki & Zero Balancing Treatments**

Reiki is a Japanese word meaning universal life energy. Reiki addresses the imbalances in the body. It is a method of hands-on treatment that gently and powerfully promotes good health and well-being. Reiki can alleviate pain and stress, promote restful sleep, healing and relaxation. One of the greatest benefits may be the opportunity to let go and enjoy the peace of being nurtured and cared for. Reiki Practitioners are offering an abbreviated 20 minute treatment. There will be availability for two people at one time to be treated. Tables will be available, as well as chairs, as preferred. "**Couples are welcome.**" **Zero Balancing** with **Marcia Moeder**, a powerful body-mind therapy that uses skilled touch to address the relationships between energy and structures within the body; **Thursdays, Sept. 14th 1PM-3PM, Oct 12th 1PM-3PM, & Nov. 9th 1PM-3PM.**

To schedule your appt. with Marcia please call 508-430-7550.

### **ALZHEIMER'S SUPPORT GROUP FOR PATIENTS AND FAMILIES**



**The Alzheimer's Family Support Center of Cape Cod** and the Harwich Council on Aging are partnering to offer our Alzheimer's Caregiver Support Group on the first & third Wednesdays of the month, 10:30AM-12PM, **Dates: September 6th & September 20th.**

An activity group for people with cognitive impairment will run concurrently, to allow all to attend. These groups are being offered **FREE OF CHARGE**, thanks to the generous support of the "Remembery Walk Fund" & the Alzheimer's Family Support Center of Cape Cod. Caregiver support group facilitator: Fran Lavin, RN. For more info, to sign up for the group, or to find out more about their free services, contact the **Alzheimer's Family Support Center (508) 896-5170.**



### **CRANBERRY COACH VAN SCHEDULE**

**MONDAYS ARE SUPPER CLUB NIGHT SERVING AT 5:00 P.M.**

**Mondays: September 4th—Labor Day Holiday.**

**September 11th** Market Basket

**September 18, 2017** Patriot Square & Movies.

**September 25th** Trader Joe's & Christmas Tree Shop Plaza

**Tuesdays:** Senior Dining Program & Shaw's in afternoon.

**Wednesdays:** Senior Dining Program and Stop & Shop in the afternoon

**Thursdays:** Senior Dining Program & Stop & Shop & Harwich Food Pantry.

**Fridays:** Senior Dining Program and Current Events at Brooks Library

The Cranberry Coach will transport to and from any COA Program as well as bring Volunteers to COA to work. All **Monday Trips must have a minimum of 6 to make the trip.** Call 508-241-1566. You must call by the day before to make your reservation for the van for any program.



## EMERGENCY PREPAREDNESS TIPS

### What Families Need To Do In The Event Of An Emergency

One of our main goals is to ensure that our residents and visitors are well informed and properly prepared, particularly where evacuation or sheltering in place is concerned.

- ♦ Create a plan to shelter in place. Create a Plan to Get Away,. Assemble an Emergency Supply Kit. Know Your resources. Talk with your neighbors NOW about how you can all work together!
- ♦ If it is a Hurricane, make sure you have someone in place NOW who can move outdoor or lawn furniture for you to a safe place BEFORE the storm arrives.

**EMERGENCY SUPPLY KIT:** You can use your C.A.P.E. Bag (Carry All Personal Essentials) for these Emergency Kit items. If you do not yet have a CAPE Bag-come to the COA and pick one up.



\*Flashlight and Radio with Batteries, Fuel for a Generator (If you own one), Full Tank of Gas in your car, Cell Phone and Charger, 5 Days supply of food and water (1 Gallon of Water Per Person/Per Day), 1 Week Supply of Medication, Pet Food, Water and Supplies, Basic 1st Aid Kit. You can add later; Undergarments, Pajamas, book, ipad/tablet/laptop with charging cords.

**Harwich Fire non-Emergency Line 508-430-7546 Emergency Line 911**

**Harwich Police Non-Emergency Line 508-430-7541 Emergency Line 911**

**Harwich Community Center 430-7568 Harwich Council on Aging 508-430-7550**

**NSTAR [www.nstar.com/800592-2000](http://www.nstar.com/800592-2000)**

**National Grid 800-465-1212. To report a Power outage and this line also provides you with updates and expected restoration.**

**Harwich Water Department has a self registration on their website that will sign you up to receive emergency alerts including water main flushing and other weather emergency items.**

**[http://www.harwichwater.com/forms/voice\\_broadcast\\_system.php](http://www.harwichwater.com/forms/voice_broadcast_system.php)**

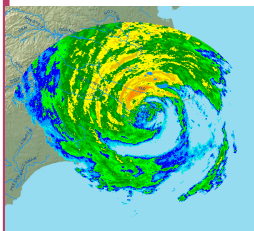
**Do you have an updated File of Life? Come to the COA and pick one up!**

**The COA maintains a list of people who have self identified that they want to be called if we have severe enough weather that the shelters open up. If you are phoned and have lost power, you are given the choice to be transported to a local Nursing and Rehab facility or Assisted Living for safety until the weather event is over. You are not charged for this it is a free community service. 508-430-7550.**



## MASSACHUSETTS ALERTS

Join the thousands of Massachusetts Residents who receive EMERGENCY ALERTS and critical information about disasters and public safety incidents on their Smart Phones. Massachusetts Alerts provides emergency notifications and public safety information based on your location, proximity to an event or incident, and the preferences you select. Find out more information and how to download the app to your Smartphone at <http://www.mass.gov/eopss/agencies/mema/massachusetts-alerts.html> The Harwich COA Director did this herself and has found it quite helpful!



Hurricane season officially started June 1st, and now is the time to prepare in case Mother Nature pays us an unwelcomed visit. You can find detailed preparedness information on the National Weather Service's Website: <http://www.nhc.noaa.gov/prepare/ready.php> and at FEMA's ready.gov site for hurricanes: <http://www.ready.gov/hurricanes>.

To prepare for a hurricane, here are some of the following measures to take to protect you and your family

Build an Emergency Kit and make a Family Communication Plan. (If I asked you for your children's telephone numbers without being allowed to look at your Smart Phone for your contacts, would you know it? **Print out your list of contacts in your phone!**)

Learn where your local Shelters are (Harwich Cape Tech and Dennis Yarmouth High School are the closest to us) . Make sure before leaving you have secured your property (don't leave lawn furniture out if you can move it as it may become projectiles into windows of your home or worse-that of a neighbor!

Have Your C.A.P.E. Bag ready to go if you will be transported by the Cranberry Coach COA Van to the Tech School or to a local Nursing/Rehab./Assisted Living facility temporarily.

**Don't forget about your pets!** Check out Cape Cod D.A.R.T. at [www.capecoddart.org](http://www.capecoddart.org) for complete details. If you go to a shelter, bring a crate for your animal, 5 days of food and water, poop bags, a photo I.D. of your pet, any medications your pet may take, the name/business card of your Veterinarian, Keep up to date copies of your pet's vaccines, and medical records.

## MEDICAL EQUIPMENT FOR SENIORS

The Harwich Council on Aging has medical equipment and supplies for senior Harwich residents. We have walkers, shower seats, commode seats, rolators, crutches, canes, incontinent supplies, and wheelchairs are available.

**All equipment is free!**

**Wheelchairs and rolators require a deposit of \$25.00 and have a strict 30 day time limit for use.**



**Please feel free to stop in and pick up whatever you need between the hours of 8:30AM-4PM, Monday through Friday.**



## UPCOMING LIBRARY PROGRAMS for COA around Technology



### Overview

The library would like to offer bi-weekly Device Advice sessions at the COA. This activity would take place in the small room across from the main desk at the COA on Tuesday mornings, and last for one hour (time to be determined). Once a month, a special program will be held in place of Device Advice. Special programs focus on one topic at a time and are presented in an informal lecture format followed by a Q&A. The special programs the library intends to offer are based on the highest attended and/or most requested classes at the library over the past year. Registration will be required and will be coordinated by the COA utilizing a form to be provided by the library (see sample below). We will coordinate with the Community Center Director to secure a repeating timeslot in one of the meeting rooms.

### Program Schedule

- Internet Basics - **September 5, 2017 at 2:00 pm** (Please call **508-430-7550** to reserve your spot)
- Email Basics - October (Anticipated for First Tuesday of Month at 2:00 pm)
- Facebook Basics - November

**Internet Basics** : This class is a general introduction to the internet. The lesson covers the most basic terminology attendees will need when beginning to use the internet. Other topics covered include learning to identify types of websites, and how to navigate through them. Attendees will also receive a brief introduction to search engines that covers how to find them, use them, and evaluate search results. The goals for this class are: 1) For attendees to leave knowing the basic parts of a web browser, 2) For attendees to be able to differentiate between a search engine results list, a website, and a web page, and 3) For attendees to feel confident in their ability to navigate between pages on their preferred browser.

**Email Basics** : This class serves as a basic introduction to email. Class will cover how email works, identify common providers, and offer tips on creating a new email account with a strong password. The lesson will include a tour of a generic inbox (Gmail), how to compose and send an email, and how to add a contact. The goals for this class are: 1) For attendees to understand the basic terminology associated with their inbox and email, and 2) For attendees to feel confident composing and deleting emails.

**Facebook Basics** : This lesson will cover the basics of the website version of Facebook. The lesson will include account creation and take attendees on a tour of three major areas on Facebook: profile, messages, and feed. If time allows, attendees will learn how to reply to a post. The goals of this class are for attendees to: 1) Understand what a Facebook Profile is, 2) Understand how Social Media can be used to stay in touch with relatives and friends, and 3) To know the difference between public and private posts.

## Donate your gently used Halloween costumes for kids in need!



The Harwich Community Center along with Youth Recreation and the Council on Aging are once again collecting "gently used" Halloween costumes for our Third Annual Costume Donation Drive!

**If you have any costumes or costume accessories you have no more use for, drop them off at the Community Center front desk.**

***Kids can pick out their costumes on Oct 20th, 5PM-8PM.***

***\*\*Everything will be free!!\*\****

## **BOOKS ON WHEELS**



"Can't get to the library? Love to Read? Try Books on Wheels. This is a free delivery program sponsored by the Friends of the **Brooks Free Library**, and is a long running program designed to bring the library to Harwich residents who are unable to come to our building. The need may be long-term or temporary. We deliver 2 times each month, and call before each delivery to check on your needs for that week. In addition to requesting books, you may also enjoy DVD's. Along with delivering your new items, we also pick up your prior delivery. You tell us what types of books and the authors you enjoy, as well as how many items you would like delivered. It's easy. It's fun. It's Free. We would love to hear from you. To sign up or have any questions you may have answered, just call the Brooks Library - 508-430-7562.

## **HAVE YOU HAD YOUR HOME SAFETY ASSESSMENT DONE YET?**



This program is a joint venture with the Harwich Council on Aging and the Harwich Fire Department. 2 Staff come to your home with clipboard in hand and a safety assessment checklist that includes smoke detectors and carbon monoxide detectors. We also check for Fall Prevention items such as scatter rugs and flashlights and how your snow removal is taken care of. This is a free service and can be done by calling the COA for an appointment at 508-430-7550. When you call, please have ready your name, address, phone and approx. age of your home. If we have batteries or detectors that will work in your home that have come through the grant we will use them. If not, and you want to purchase them, that works as well. The Fire Association purchases items in bulk that we could sell to you at cost. This is a donation check made payable to the Harwich Fire Association which is tax deductible. **The next available Assessment dates will be in the Fall of 2017.** All appt.'s are 1 hour and begin at 9:00 and the last appt. is at 12 noon.

## **NUTRITION & DIET SUPPORT GROUP**

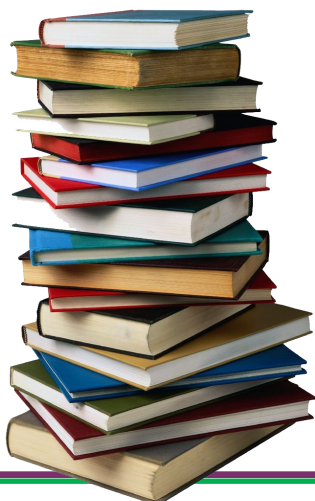


- Want to watch your Weight for \$0.25 a visit?
- Learn what's important on Food Labels?
- Not Diet, but Eat Well, Eat Healthy.?
- Then come and join us!
- It works, and it's fun!


## **How to Self-Publish Your Book**

A program presented by the Harwich Council on Aging on **Thursday, September 21st at 11AM**, in Room #4 at the Harwich Community Center. Mr. Henry Quinlan, a publisher for over 40 years, will present this **FREE** program.

**Please RSVP by phone at (508) 430-7550  
on or before September 20th.**





| Monday                                                                                                                                                                                                                                                                                                            | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>4</b></p> <p><b>BUILDING CLOSED</b></p>                                                                                                                                                                                 | <p><b>5</b></p> <p>7:00AM Walking Club-Gym</p> <p>8:30AM Mary Ann's Exercise</p> <p>9:30AM <b>Free Hearing Screenings Barbara Eaton</b></p> <p>9:00AM Nutrition &amp; Diet Support</p> <p>9AM-12PM Mah Jongg</p> <p>9AM-12PM S.H.I.N.E. Counseling</p> <p>9:00AM Yoga with Michele</p> <p>9:30AM <b>Balance Boosters</b></p> <p>10:00AM Sight Loss</p> <p>11AM-1PM, 50+ Volleyball-Gym</p> <p>11:30AM Sr. Dining Program</p> <p>1:00PM <b>Legal Services-Elizabeth Lynch, Esq by appt</b></p> <p>7:00PM Insight Meditation</p> <p>7:00PM Ukulele Group</p>                                       | <p><b>6</b></p> <p>8:30AM Pilates Mat Class</p> <p>8:15AM Superfit with Charlie</p> <p>8:30AM Walking Club Brooks Park</p> <p>9:30AM Footfit Class</p> <p>9:30-12 <b>Wellness Clinic Town RN</b></p> <p>9:30AM Seniorfit with Charlie</p> <p>9:30AM <b>Clutterer's Anonymous</b></p> <p>9:30AM COA Board Mtg.</p> <p>10:00AM Wednesday Stitchers</p> <p>10:30AM Alzheimer's Support</p> <p>11:30AM Sr. Dining Program</p> <p>2:30PM Men's 55+ Basketball</p> <p>5:45PM Dad's Support</p>  | <p><b>7</b></p> <p><b>Stop &amp; Shop COA Van</b></p> <p>8:30-2:30 <b>Betty Brady's Foot Care Clinic by Appt.</b></p> <p>7:00AM Walking Club-Gym</p> <p>8:30AM-10:45AM Line Dance</p> <p>9:00AM Yoga with Michele</p> <p>9:00AM Mary Ann's Exercise</p> <p>10AM <b>Overeaters Anonymous</b></p> <p>10:30-12 Open Tennis-Gym</p> <p>11:30AM Sr. Dining Program</p> <p>1:00PM <b>Cribbage Game</b></p> <p>2PM Harwich Family Food Pantry</p> <p>2:30PM <b>Balance Boosters</b></p> <p>6:00PM Exercise Class with Jill</p>                        | <p><b>8</b></p> <p>8:30AM Pilates Mat Class</p> <p>8:30-9:30AM Superfit with Charlie</p> <p>8:30AM Walking Club Brooks Park</p> <p>9:00AM <b>Men's Breakfast followed by Men's Book Club</b></p> <p><b>NO Senior Dining Program</b></p> <p>9AM-12PM S.H.I.N.E. Counseling</p> <p>9:00AM <b>Mindful Yoga, Kathie</b></p> <p>9:30AM Footfit Class</p> <p>9:30-10:30AM Seniorfit, Charlie</p> <p>10-11:30 <b>Blood Pressure Clinic RN-Wingate Nursing &amp; rehab.</b></p> <p>11AM-1PM 50+ Volleyball-Gym</p> <p>1:00PM Men's 55+ Basketball</p> <p>1:00PM <b>COA Bicycle Group meets at Brooks Pk if weather permits</b></p> <p>2:00PM Current Events Brooks</p> |
| <p><b>11</b></p> <p>7:00AM Walking Club-Gym</p> <p>8:30AM Walking Club Brooks Park</p> <p>8:30AM-10:45AM Line Dance</p> <p>10:00AM Quilt Bank</p> <p>1PM-3PM Bridge with Nancy</p> <p>2PM-3PM <b>Overeaters Anon.</b></p> <p>5:00 Supper Club-Harry French Performs</p> <p><b>COA Van-Market Basket Store</b></p> | <p><b>12</b></p> <p>7:00AM Walking Club-Gym</p> <p>8:30AM Mary Ann's Exercise</p> <p>9:30AM <b>Free Hearing Screenings-Barbara Eaton</b></p> <p>9:00AM Nutrition &amp; Diet Support</p> <p>9AM-12PM Mah Jongg</p> <p>9AM-12PM S.H.I.N.E. Counseling</p> <p>9:00AM Yoga with Michele</p> <p>9:30AM <b>Balance Boosters</b></p> <p>10:00AM Parkinson's Support</p> <p>11AM-1PM, 50+ Volleyball-Gym</p> <p>11:30AM Sr. Dining Program</p> <p>1:00 <b>Legal Services-Elizabeth Lynch, Esq by appt</b></p> <p>5:00PM Circuit Fitness</p> <p>7:00PM Insight Meditation</p> <p>7:00PM Ukulele Group</p> | <p><b>13</b></p> <p>8:30AM Pilates Mat Class</p> <p>8:15AM Superfit with Charlie</p> <p>8:30AM Walking Club Brooks Park</p> <p>9:30AM Footfit Class</p> <p>9:30-12 <b>Wellness Clinic Town RN</b></p> <p>9:30AM Seniorfit- Charlie</p> <p>9:30AM <b>Clutterer's Anonymous</b></p> <p>10:00AM Wednesday Stitchers</p> <p>10:00 <b>Friends of Harwich COA Board Mtg.</b></p> <p>11:30AM Sr. Dining Program</p> <p>12:30PM Men's 55+ Basketball</p> <p>6:30PM Compassionate friends grp.</p> | <p><b>14</b></p> <p><b>Stop &amp; Shop COA Van</b></p> <p>7:00AM Walking Club-Gym</p> <p>8:30AM-10:45AM Line Dance</p> <p>9:00AM Yoga with Michele</p> <p>10:00AM Parkinson's Support</p> <p>10-11AM <b>Overeaters Anon.</b></p> <p>10:30AM-12PM Open Tennis</p> <p>11:30AM Sr. Dining Program</p> <p>1:00PM <b>Cribbage Game</b></p> <p>1PM-3PM <b>Zero Balancing with Marcia Moeder</b></p> <p>2PM Harwich Family Food Pantry</p> <p>2:30PM <b>Balance Boosters</b></p> <p>5:00PM Circuit Fitness</p> <p>6:00PM Exercise Class with Jill</p> | <p><b>15</b></p> <p>8:30 Walking Club- Brooks Park</p> <p>9-12 S.H.I.N.E. Counseling</p> <p>10-11:30 <b>Blood Pressure Clinic RN-Wingate Nursing &amp; rehab.</b></p> <p>11-1:00 50+ Volleyball-Gym</p> <p>1:00 <b>COA Bicycle Group meets at Brooks Pk if weather permits</b></p> <p>2:00 Current Events Brooks</p> <p><b>*CRANBERRY FESTIVAL*</b></p>                                                                                                                                                                                                                                                                                                        |

# Harwich Council on Aging Event Calendar

# September 2017

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Open Game Room, MON—FRI, 1PM-4PM

| Monday                                                                                                                                                                                                                                                                                                                                                                                                             | Tuesday                                                                                                                                                                                                                                                                                                                                                                                             | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                     | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>18</b><br>7:00AM Walking Club-Gym<br>8:30AM Walking Club Brooks Park<br>8:30AM-10:45AM Line Dance<br><b>9:00-12:00 Social Security Machine Live by Appt.!!</b><br>10:00AM Quilt Bank<br>10:30AM Adult Tennis<br>12:30PM Men's 55+ Basketball<br>1PM-3PM Bridge with Nancy<br>2PM-3PM Overeaters Anon<br>5:00 Supper Club Brian Kelly on Guitar<br><b>COA Van-Patriot Square &amp; Movies</b>                    | <b>19</b><br>7:00AM Walking Club-Gym<br>9:00AM Nutrition & Diet Support<br>9:00AM Mary Ann's Exercise<br>9:00AM Yoga with Michele<br>9AM-12PM Mah Jongg<br>9AM-12PM S.H.I.N.E. Counseling<br><b>9:30 Balance Boosters</b><br>10:00AM Parkinson's Support<br>11AM-1PM 50+ Volleyball-Gym<br><b>11:00AM Pedit-care</b><br>11:30AM Sr. Dining Program<br>5:00PM Circuit Fitness<br>7:00PM Ukulele Club | <b>20</b><br>8:30AM Pilates Mat Class<br>8:15-9:30 Superfit with Charlie<br>8:30AM Walking Club Brooks Park<br><b>9:30AM-12PM Wellness Clinic Town RN</b><br><b>9:30AM Clutterer's Anonymous</b><br>9:30AM Footfit Class<br>9:30-10:30 Seniorfit with Charlie<br>10:00AM Wednesday Stitchers<br>10:30-12 Caregiver Support Grp Call Alzheimer's Family Support Ctr 508-896-5170<br>11:30AM Sr. Dining Program | <b>21</b><br>Stop & Shop COA Van<br>7:00AM Walking Club-Gym<br>8:30AM-10:45AM Line Dance<br>9:00AM Yoga with Michele<br>9:00AM Mary Ann's Exercise<br>10:00AM Parkinson's Support<br>10AM-11AM Overeaters Anon<br>10:30AM Adult Tennis<br><b>11:00AM How to Self-Publish COA</b><br>11:30AM Sr. Dining Program<br><b>11AM-5PM Blood Drive Outside</b><br>1:00PM Cribbage Game<br>2:00PM Harwich Family Pantry<br><b>2:30PM Balance Boosters</b><br>5:00PM Circuit Fitness<br>6:00PM Exercise Class with Jill | <b>22</b><br>8:30AM Pilates Mat Class<br>8:30-9:30 Superfit with Charlie<br>8:30AM Walking Club Brooks Park<br>9AM-12PM S.H.I.N.E. Counseling<br><b>9:00AM Mindful Yoga with Kathie</b><br><b>9:00AM Women's Breakfast R.S.V.P.</b><br>9:30AM Footfit Class<br>9:30-10:30 Seniorfit with Charlie<br>10-11:30 Blood Pressure Clinic R.N. with Bayada Nursing<br>11AM-1PM 50+ Volleyball-Gym<br>11:30AM Sr. Dining Program<br>1:00PM Men's 55+ Basketball<br><b>1:00 COA Bicycle Group meets at Brooks Pk if weather permits</b><br>2:00 Current Events Brooks Library                                                      |
| <b>25</b><br>7:00AM Walking Club-Gym<br>8:30AM Walking Club Brooks Park<br>8:30AM-10:45AM Line Dance<br>9:00AM Mary Ann's Exercise<br>10:00AM Quilt Bank<br>10:30AM Adult Tennis<br>12:30PM Men's 55+ Basketball<br>1PM-3PM Bridge with Nancy<br>2PM-3PM Overeaters Anon.<br><b>NO SUPPER CLUB</b><br><b>Simulcast of lecture on "Being Mortal"</b><br><b>COA Van Trader Joes &amp; Christ-mas Tree Shop Plaza</b> | <b>26</b><br>7:00AM Walking Club-Gym<br>9:00AM Nutrition & Diet Support<br>9AM-12PM Mah Jongg<br>9AM-12PM S.H.I.N.E. Counseling<br>9:00AM Yoga with Michele<br><b>9:30AM Balance Boosters</b><br>11AM-1PM 50+ Volleyball-Gym<br>10:00AM Parkinson's Support<br>11:30AM Sr. Dining Program<br><b>2PM-4PM COA Death Café</b><br>5:00PM Circuit Fitness<br>7:00PM Ukulele Club                         | <b>27</b><br>8:30AM Pilates Mat Class<br>8:30AM-12PM Betty Brady's Foot Clinic<br>8:30AM Walking Club Brooks Park<br><b>9:30AM-12PM Wellness Clinic Town RN</b><br><b>9:30AM Clutterer's Anonymous</b><br>9:30AM Footfit Class<br>10:00AM Wednesday Stitchers<br>11:30AM Sr. Dining Program<br><b>12:30-3:00 Legal Services with Michael Lavender, Esq. by Appt</b>                                           | <b>28</b><br>Stop & Shop COA Van<br>7:00AM Walking Club-Gym<br>8:30AM-10:45AM Line Dance<br>9:00AM Yoga with Michele<br>9:00AM Mary Ann's Exercise<br>10:00AM Parkinson's Support<br>10AM-11AM Overeaters Anon.<br>10:30AM Adult Tennis<br>11:30AM Sr. Dining Program<br>1:00 Cribbage Game<br>2:00PM Harwich Family Pantry<br><b>2:30PM Balance Booster</b><br>5:00PM Circuit Fitness<br>6:00PM Exercise Class with Jill                                                                                    | <b>29</b><br>8:00AM Musical Wingate Breakfast<br>8:30AM Pilates Mat Class<br>8:30AM Walking Club Brooks Park<br>8:30-9:30 Superfit with Charlie<br>9AM-12PM S.H.I.N.E. Counseling<br><b>9:00AM Mindful Yoga with Kathie</b><br>9:30AM Footfit Class<br>9:30-10:30 Seniorfit with Charlie<br>10-11:30 Blood Pressure Clinic R.N. with Wingate of Harwich<br>11AM-1PM 50+ Volleyball-Gym<br>11:30AM Sr. Dining Program<br>1:00PM Men's 55+ Basketball<br><b>1:00AM COA Bicycle Group meets at Brooks Pk if weather permits</b><br><b>2:00PM Loss &amp; Healing Writing Workshop</b><br>2:00PM Current Events Brooks library |

**\*\*HAPPINESS IS VOLUNTEERING\*\***



- **Friendly Visitor**-Provide companionship to seniors who are isolated and have limited contact with family and friends.
- **Desk Receptionist**-Respond to calls, make appointments, answer questions in person and on the phone.
- **Greeter**-Answers questions about the COA and assists in the medical equipment loan program.
- **Medical Drivers**-Drive seniors to medical appointments in the local area.
- **Dining Room Aide**-Set up, serving and clean up for our luncheon and supper club programs.

**Monday mornings are made brighter by Irene!**

A word cloud with a white background. The words are arranged in a roughly circular shape. The largest words are 'volunteers' (green), 'Thank You' (blue), and 'community' (blue). Other prominent words include 'love' (blue), 'celebrate' (blue), and 'hands on' (blue). Smaller words include 'service', 'nonprofit', 'youth group', 'skills program', 'change', 'compassion', 'senior', 'vibrant', 'honor', 'action', 'business', 'society', 'volunteerism', 'build', 'hope', 'diverse', 'family', 'thinks', 'heart', 'prosperous', 'difference', 'retired', 'mission', 'corporate', 'traditional', 'emergency', and 'friends'. The colors are primarily green and blue, with some words in black.



# 5th Annual Wildlands Music & Art Stroll

**Saturday, September 9th (1PM-4PM)**

**\*\*5th Annual Wildlands Music & Art Stroll Park  
at Monomoy Regional High School \*\***

Join the Harwich Conservation Trust on Saturday, Sept 9<sup>th</sup>, from 1PM-4PM for their 5<sup>th</sup> annual 'Wildlands Music & Art Stroll.' The HCT is excited to host this unique community event once again!

**Event admission is a suggested donation of \$5 per person.**



Stroll HCT's 66-acre Robert F. Smith Cold Brook Preserve and watch as the Guild of Harwich Artists paints 'en plein air' while listening to local musicians play jazz, classical, and folk music on the original "piano in the woods" as well as guitar, clarinet, and other instruments. Ice cream will be available for sale provided by The Local Scoop!

Park at the Monomoy Regional High School (75 Oak Street, Harwich) and board one of the courtesy shuttle buses for the 5-min. ride to the Wildlands Music & Art Stroll in Harwich Port. It will be fun!



## 3-Walk Series: Explore the Native Lands of Monomoyick Territory

Sponsored by Harwich Conservation Trust (HCT), Chatham Conservation Foundation, and Orleans Conservation Trust, join 12<sup>th</sup> generation Cape Codder Todd Kelley and native Nipmuc/Wampanoag Marcus Hendricks for a fascinating series of walks describing the natural landscapes of three specific locations within the centuries old Monomoyick Territory. Explore the historic stories that transpired on each of these lands at the time of European first contact. Consider the lives of the First People and how dramatically their lives and the land itself were influenced and altered during this brief window of time in the seventeenth century.

**Cost:** \$45.00 for the series (if you join one or all three walks, it's a one-time fee of \$45.00)

**Advance registration (payment) is required. Space is limited. Please register at [www.harwichconservationtrust.org](http://www.harwichconservationtrust.org)**

**Directions will be emailed with registration (payment) confirmation.**

**Saturday, September 9th,  
10AM-12PM**

RAIN DATE: Sunday, Sept. 10th,  
same time West Chatham

**Samuel de Champlain  
at Seaquanset 1606**

Walk the barrier beach at Ragged Neck and learn about Champlain's arrival to Stage Harbor in 1606. Consider the story of how this area was named Port Fortune by the Europeans for their "good fortune" of being helped by the natives to reach safe harbor and make ship repairs. But then consider how that port of good luck quickly became identified as "Place of Mishapenstance". Also learn how the seasonal lives of the First People at Seaquanset earned this body of water the name Stage Harbor.

**Saturday, September 16th,  
10AM-12PM**

RAIN DATE: Sunday, Sept. 17th,  
same time East Harwich

**Tisquantum and Bradford at Monomoy Bay 1622**

Explore the land once known as Captain Jeethro's farm and visit the feasting site overlook that Squanto and Bradford likely visited when they came into Pleasant Bay to negotiate for corn in 1622. Learn how this area was the seat of the greater Monomoyick Homeland and how it held onto this ancient legacy up through the last unbroken blood-line of Hosey Stephen (d. 1800) and her husband Micah Rafe (d. 1816).

**Saturday, September 23rd,  
10AM-12PM**

RAIN DATE: Sunday, Sept. 24th,  
same time South Orleans

**Pompomo and the Legend of Paw Wah Pond 1643**

Walk the short trail at Paw Wah Point and learn how this area became known as Portanimituc just after the Nauset Purchase of 1643. We will discuss the historic and social significance of Portanimituc as it emerged as the last native community stronghold east of the Bass River. Intertwined in this story is the life of Pompomo and the "Legend of Paw Wah's Pond", through which, we will consider the First People's perspective on relationship and responsibility to community, the land itself, and all

# September 22 is Falls Prevention Awareness Day!!

Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs.

However, falling is not an inevitable result of aging. Through practical lifestyle adjustments, evidence-based falls prevention programs, and clinical-community partnerships, the number of falls among seniors can be substantially reduced.



## The Challenge

According to the U.S. Centers for Disease Control and Prevention:

- One-fourth of Americans aged 65+ falls each year.
- Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.
- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- Falls result in more than 2.8 million injuries treated in emergency departments annually, including over 800,000 hospitalizations and more than 27,000 deaths.
- In 2013, the total cost of fall injuries was \$34 billion.
- The financial toll for older adult falls is expected to increase as the population ages and may reach \$67.7 billion by 2020.

Falls, with or without injury, also carry a heavy quality of life impact. A growing number of older adults fear falling and, as a result, limit their activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness.

## What to do when you fall

**(A) Don't panic. Remain Where you are,** and move your limbs slowly to check if you've injured yourself. Do not try to get up in you are in severe pain or unable to move your limbs. Call for someone to help instead.

**(B) Slowly bend one knee and push to roll over to your uninjured side.**

**(C) Move into a side-seated position using your arms for support.**



**(D)**

**(D) Slowly get into a crawling position on all fours, and crawl towards the nearest bed or chair.**

**(E) Carefully place both hands onto the chair or bed and prop yourself into a kneeling position.**

**(F)**

**(F) Use your arms and legs to push yourself into a half-stand.**

**(G) Turn your body slowly and sit on the bed or chair to rest. Do not stand or walk straight away.**

**(G)**



# **\*\*Falls Prevention Awareness Day\*\***

Every **13 seconds**, an older adult is seen in an emergency department for a fall-related injury. Falls can take a serious toll on older adults' quality of life and independence.

**Many falls are preventable. Stay safe with these tips!**

## **Take Control of Your Health: 6 Steps to Prevent a Fall**

**1**

### **Find a good balance and exercise program**

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.



**2**

### **Talk to your health care provider**

Ask for an assessment of your risk of falling. Share your history of recent falls.



**3**

### **Regularly review your medications with your doctor or pharmacist**

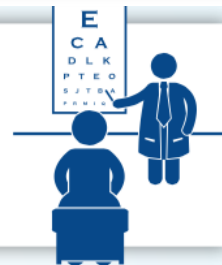
Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



**4**

### **Get your vision and hearing checked annually and update your eyeglasses**

Your eyes and ears are key to keeping you on your feet.



**5**

### **Keep your home safe**

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



**6**

### **Talk to your family members**

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.



**ncoa**  
National Council on Aging

**To learn more, visit [ncoa.org/FallsPrevention](http://ncoa.org/FallsPrevention).**



## **\*\*Falls Prevention Awareness Day\*\***

### **Debunking the Myths of Older Adult Falls**



**Leaves**  
are supposed  
to fall.  
**People** aren't.

Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the power to reduce your risk. Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall. Every year on the first day of fall, we celebrate National Falls Prevention Awareness Day to bring attention to this growing public health issue. To promote greater awareness and understanding here are 10 common myths—and the reality—about older adult falls:

#### **Myth 1: Falling happens to other people, not to me.**

**Reality:** Many people think, "It won't happen to me." But the truth is that 1 in 3 older adults—about 12 million—fall every year in the U.S.

#### **Myth 2: Falling is something normal that happens as you get older.**

**Reality:** Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

#### **Myth 3: If I limit my activity, I won't fall.**

**Reality:** Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

#### **Myth 4: As long as I stay at home, I can avoid falling.**

**Reality:** Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

#### **Myth 5: Muscle strength and flexibility can't be regained.**

**Reality:** While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls.

#### **Myth 6: Taking medication doesn't increase my risk of falling.**

**Reality:** Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

#### **Myth 7: I don't need to get my vision checked every year.**

**Reality:** Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses. For those with low vision there are programs and assistive devices that can help. Ask your optometrist for a referral.

#### **Myth 8: Using a walker or cane will make me more dependent.**

**Reality:** Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

#### **Myth 9: I don't need to talk to family members or my health care provider if I'm concerned about my risk of falling. I don't want to alarm them, and I want to keep my independence.**

**Reality:** Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.

#### **Myth 10: I don't need to talk to my parent, spouse, or other older adult if I'm concerned about their risk of falling. It will hurt their feelings, and it's none of my business.**

**Reality:** Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, finding a fall prevention program in the community, or setting up a vision exam.



100 OAK STREET, HARWICH, MASSACHUSETTS 02645

SEPTEMBER-OCTOBER, 2017

|                                                                              |                                                    |
|------------------------------------------------------------------------------|----------------------------------------------------|
| <b>President</b><br><b>Jack Brown</b>                                        | <b>Mini-Bus Coordinator</b><br><b>Joan McCarty</b> |
| <b>Dispatcher Coordinator: Joan McCarty</b><br><b>Office: NOT IN SERVICE</b> |                                                    |

The Friends' Board mourns the August passing of Adrienne Johnson, Immediate Past Chair of the Council on Aging. She will be sorely missed.

The Friends' Board wishes former Harwich Council on Aging Director Barbara Ann Foley, and husband John, its very best in their new endeavor - managing the Commodore Inn. Barbara Ann was deeply committed to Harwich's seniors and brought many senior-oriented programs and services to them.

And the Friends' Board wishes the new COA Director, Judith Wilson best wishes in her new role. We look forward to working with Ms. Wilson in support of our town's Seniors.

**REMINDER:** Please call 508-241-1566 to request rides on COA's "Cranberry Coach".



**You will receive a MEMBERSHIP CARD if you include a "self-addressed stamped envelope". (SASE)**

## FY2017-2018 Membership

**Annual Dues are \$5.00 per person; Life Membership dues are \$40. Use this slip. Checks must be mailed to the Membership Chair:**

Andrea Terney  
 c/o Friends of the Council on Aging.  
 100 Oak Street  
 Harwich, MA 02645

Date Paid \_\_\_\_\_

*Please make your  
 check payable to:*

*Friends of the Harwich  
 COA, Inc.*

**MEMBER #1** (Please Print)

Name \_\_\_\_\_

Mail Address \_\_\_\_\_

Town \_\_\_\_\_ Phone \_\_\_\_\_

ANNUAL DUES: \$5.00 \_\_\_\_ Lifetime Dues: \$40.00 \_\_\_\_

Donation: \$ \_\_\_\_\_

**MEMBER #2** (Please Print)

Name \_\_\_\_\_

Mail Address \_\_\_\_\_

Town \_\_\_\_\_ Phone \_\_\_\_\_

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James Mangan  
Carol Thayer—Secretary  
Joanne Lepore  
Dr. Robert Aaron

\*\*\*\*\*  
**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 those 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 nominal cost practitioners.

**Harwich Council on Aging  
Mission Statement**

The Council on Aging provides comprehensive support for Harwich's senior population, including services for socialization, information and referral, entertainment, health promotion and education. Through these services and as an advocate for seniors in the community and beyond, the COA enhances the quality of life for the town's seniors and their caregivers.

The Harwich Council on Aging newsletter printing is made possible with a Grant provided by the Executive Office of Elder Affairs

"Yesterday's the past, tomorrow's the future, but today is a gift.  
That's why it's called the present." ~ Bill Keane

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