



Harwich Community Center Newsletter

January/February 2017

Town Offices Closed on Jan. 2nd & Jan 16th and February 20, 2017

VOLUNTEER BREAKFAST FRIDAY, FEBRUARY 27th RSVP TODAY!

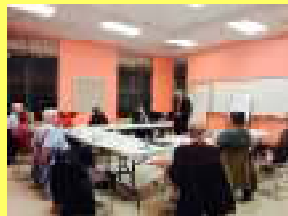


CONGRATULATIONS GALE BARNES!!

A New Year and New beginnings starting with our very own Executive Assistant, Gale Crowell, who was married on November 5th, 2016 to Bruce Barnes. Gale has been with the Town of Harwich 20 years this year!! We are very lucky to have her and couldn't be happier for the newlyweds-Congratulations to the new Mrs. Gale Barnes!!

HEALTH CARE PROXY AND M.O.L.S.T. FORMS ARE INSIDE NEWS-LETTER. Please complete these forms with guidance from family and your Primary Care Physician and if you have any questions contact the Outreach Dept. at 430-7551.

FOCUS GROUP The COA held a very successful Focus Grp. on Dec.5th to learn about what additional activity programs the residents of Harwich would like to see at the Council on Aging. The consensus from attendees was socialization was key to all activities. See inside for a brief survey. Bring the survey back or send it back and take a chance to win a gift certificate for 5 Sr. Dining Program Meals at the COA. Thank you in advance for your input-it is very important to us! AND...one of the ideas that came out of the Focus Grp. was to have a Genealogy Class.



GENEALOGY CLASS-Instructor: Robbin Kelley



Date: Wednesday, January 18, 2017 **Time:** 9:30 a.m. **Place:** COA

Learn helpful hints to find your ancestors using online and local resources. Beginning your research can be daunting and Robbin will walk you through step by step resources to assist in making the process easier. Handouts will be provided.

SOCIAL SECURITY VSD MACHINE IS HERE!!

The COA received a Video Service Delivery machine (VSD) from Social Security, that will have a **live person** answer a screen face to face with you beginning once a month, by appt. on one Monday a month. You may access your benefits, ask questions, have a Social Security Card replaced, ask for a copy of your benefits page to be sent to you, sign up for disability benefits....all **at the COA** and they will send you anything you request. This is to provide convenient assistance and to avoid travel to Hyannis! Simply call 508-430-7550 to make your appt. today.

Council on Aging Staff

Executive Director

Barbara-Anne Foley
508-430-7550 ext. 10

Executive Assistant

Gale Barnes
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: Dan Eldredge

& Gerald Golia

COA Fax Number

508-430-7530

Travel Phone

508-430-4710-ONLY FOR
TRAVEL CALLS PLEASE!

Senior Dining Site

508-430-7550

Harwich Community Center

508-430-7568

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 many of you know, after twenty plus years with the Harwich Police Department, Donna Tavano has entered a new chapter in her life, RETIREMENT. You may be wondering who will be taking over her role at the Police Department with elder services. Not to fret, I, Amy Walinski, will be taking on a new role as the elder affairs liaison. A little information about me; I am going on my 10th year with the Harwich Police Department. Within the Harwich Police Department; I am a Field Training Officer, am on both the interview committee and the background investigation committee, a bike patrol officer, a domestic violence advocate and now the elder affairs liaison. I am a wash ashore and have lived on the Cape for about 18 years. I am looking forward to my new position, within the police department, working closely with the Council on Aging and helping the elderly population of Harwich.

There have been questions about the recent appearance of the blue ribbons around town. Local resident, and wife of State Trooper Steven Culver, Robin Culver went to the Board of Selectmen to ask permission to put up the ribbons. On Saturday, November 12, 2016, the blue ribbons were put up around town in support of the men and women in law enforcement. Members of the Massachusetts State Police (MSP) Wives Association, Harwich town officials and residents of Harwich placed blue ribbons across the community. The Massachusetts State Police Wives is a recently formed group that has set a goal of tying blue ribbons in all 351 towns and cities in Massachusetts. The group was originally formed after the March 16, 2016 death of Massachusetts State Trooper Thomas L. Clardy. Trooper Clardy was tragically struck from behind, in Charlton on I-90, in a motor vehicle accident. MSP Wives Association has grown into a state wide movement. The hope of the group is to "go Blue" to show support for our police in the wake of the difficulties the police have faced across the country this year.

A winter storm in New England can range from moderate snowfall over a few hours to a Nor'easter, bringing blizzard conditions with blinding wind-driven snow that lasts several days. The winter season presents many challenges for seniors, who are statistically more prone to hypothermia, driving accidents due to severe conditions, home fires, and injuries resulting from falls. While many families look forward to upcoming holidays and the beauty of winter, concerns for a senior loved one's well-being can cause undue stress.

The key to enjoying a safe and healthy winter is being prepared for many of the common issues. Stock up on essential items like medication, non-perishable food items, and water (have enough to last you for at least 72 hours). Keep flashlights and blankets readily available should the power go out, and pre-arrange to have a friend or loved one check on you from time to time. Keep all your supplies in an easy to carry kit that you can use at home or take with you in case you have to evacuate.

"This is my wish for you: peace of mind, prosperity through the year, happiness that multiplies, health for you and yours, fun around every corner, energy to chase your dreams, joy to fill your holidays!" - D.M. Dellinger



Amy

Notes from the Outreach Office-Kevin Grunwald, Social Services Coord.

"An optimist stays up to see the New Year in. A pessimist waits to make sure the old one leaves." [Bill Vaughan](#)

Welcome to Winter and 2017: Well whether you see yourself as an optimist or a pessimist, 2016 is behind us and the New Year is here. We were fortunate last year due to a very strong El Nino current on the west coast to have a milder winter than normal, with a few late season storms in the month of March. Last year I took part in a "polar bear plunge" for the first time, and plan on celebrating New Year's Day 2017 in the same way. I'm not a believer in "bucket lists", but I was interested in starting the year in a memorable way and that certainly qualified. Check with me on January 3 to see if I've thawed out yet! However you choose to welcome the New Year, it's important to be ready for the impact of winter weather including preparation for power outages, snow removal and medical concerns. If you would like assistance in reviewing your winter preparedness plan please contact one of the COA staff to do that.

Food Programs: "Food Insecurity" (the state of being without reliable access to a sufficient quantity of affordable, nutritious food) is something that many seniors experience and are often reluctant to admit to. The COA attempts to address this issue through several programs including the monthly "Brown Bag" food program, bi-monthly government food deliveries, assistance with SNAP (Food Stamp) applications, and weekly Cranberry Coach trips to the Food Pantry. Many people tell me that they are reluctant to participate in these programs because they don't want to take anything away from someone who has a greater need, but the fact is that if you qualify then these programs are there for you. Programs vary in terms of eligibility and application requirements, so please contact Kevin at 508 430-7551; extension 12 for additional information.

Fuel Assistance: We will continue to accept applications for the Fuel Assistance program, which operates from Nov. 1 through April 30. To apply call the COA Outreach office at 508 430-7551 to schedule an appointment with Kevin or Rick. There is a fair amount of documentation that is needed for the application, and if you call we can send you a list of all of the documents that you'll need. Approval for Fuel Assistance may qualify you for other discounted utility rates.

Men's Breakfast: In November we had a very meaningful Veteran's Day presentation by Jim Rapolt about the aircraft carrier Intrepid, and in December Chris Menard, the new director of the Family Pantry of Cape Cod provided an inspiring presentation on the work of the pantry. Our next breakfasts are scheduled for January 13 and February 10, and we hope to have some of our newly elected officials joining us. Breakfast is from 9:00-10:00 AM, and while there is no charge, please contact Kevin at 430-7551 ahead of time to register. Donations to the COA are gratefully accepted!

Men's Book Group: The Men's Book group is continuing to grow, meeting on the second Friday of every month in the Playroom at the Community Center immediately following breakfast. We have had some stimulating discussions, and recently read Playing for Pizza by John Grisham, and Angela's Ashes by Frank McCourt. For January we are reading Last Man Standing by David Baldacci. All books chosen are available at Brooks Free Library, and many are available as audio books. Please join us from 10-11, even if you haven't read the book. We welcome your suggestions for new books to read!

Happy Holidays to All!

Kevin

Community Center JANUARY & FEBRUARY Events

| Date | Time | Event |
|----------------------------------|---|--|
| January 3rd | 11:00-12:00 noon | Take Back Your Health |
| January 4th AND Feb. 1st | 6:00-7:30 p.m. | Dad's Support Group |
| January 5th | 7:00 -9:30 p.m. | Anything But Bridge |
| January 7th | 1:00-4:00 p.m. | Conservation Trust Talk: "The Terns of Cape Cod" |
| January 11th | 7:00-8:30 p.m. | Compassionate friends Group |
| January 14th | 1:00-4:00 p.m. | Conservation Talk: "The History of the Cape Cod National Seashore" |
| January 17th | 10:00-3:00 p.m. | American Red Cross Blood Drive |
| January 21st | 12:00-4:00 p.m. 9:30-10:00-3:00 p.m. | Harwich Artists: Live Demonstration Cranberry Rug Hooking Front Porch Rug Hooking |
| January 23rd & February 27th | 6:00-8:30 P.M. | WILPF |
| January 28th | 1:00-4:00 p.m. | Conservation Trust Talk: "Whale Disentanglement" |
| January 30th & February 27th | 1:45-3:30 p.m. | Women's Book Club |
| February 4th | 1:00-4:00 p.m. | Conservation trust Talk: "Tracking Snowy Owls" |
| February 7th February 9th | 10-11:30 p.m. 7:00 p.m. 5:00- Hours to be announced | Sight Loss Support Group Kiwanis Meeting Cape Cod Healthcare Blood Drive |
| February 11th & February 25th | 1:00-4:00 p.m. 1:00-4:00 p.m. | Conservation Trust Talks: "Life of the River Otter" & "Eco-Restoration in Harwich port" |
| February 18th | 2:00-4:00 p.m. & 10:00-2:00 p.m. | Harwich Artists (live demonstration) & Cranberry Rug Hooking |

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

Jan. 9th Ritchie Bern- Guitar & Singing

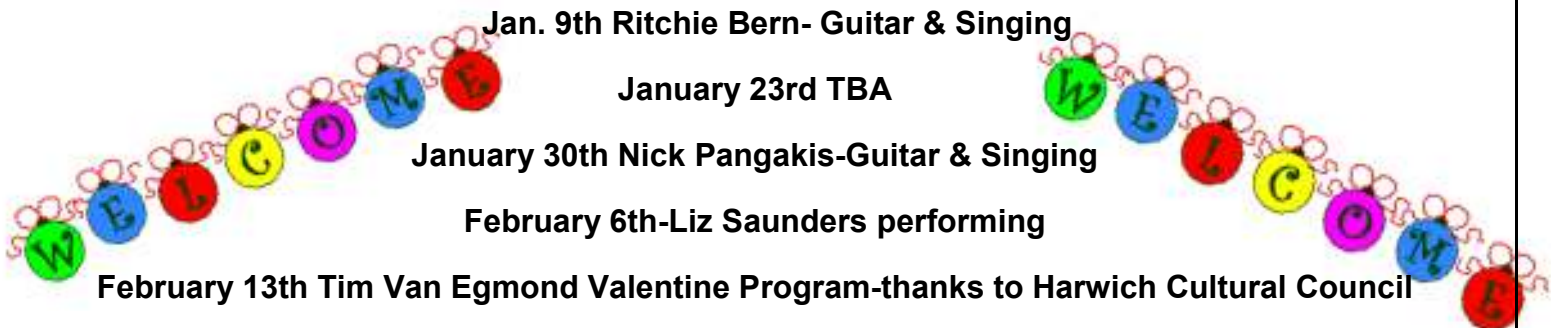
January 23rd TBA

January 30th Nick Pangakis-Guitar & Singing

February 6th-Liz Saunders performing

February 13th Tim Van Egmond Valentine Program-thanks to Harwich Cultural Council

Feb 27th Ritchie Bern-Guitar & Singing



S.H.I.N.E. NEWS: Can I change my Medicare Plan after Open Enrollment?

Even though Medicare's Annual Open Enrollment ended on 12/7/2016 (that's the period in which you can change your Medicare Part D Drug Plan or Medicare Advantage Plan –Part C) you may still have some options:

For those with Medicare Parts A and B (Original Medicare): You can add a Medicare Supplement (Medigap Plan) at any time of the year in Massachusetts. If you already have a Massachusetts Medigap Plan, you can upgrade, downgrade or end your coverage at any time during the year. If you missed your initial period to sign up for Medicare Part A (hospital) and/or Medicare Part B (medical) now is the time. Then general open enrollment period for Medicare A and B is January 1 –March 31 with an effective date of July 1st. Please call or visit your local Social Security office.

For those with a Medicare Advantage Plan (HMO or PPO): Between **January 1st and February 14th**, you can drop your Medicare Advantage Plan, effectively switching back to Original Medicare. You will be able to join a Medicare Prescription Drug Plan (Part D) at this time and you may also add a Medicare Supplement (Medigap Plan).

For Prescription Advantage members or if you are getting "Extra Help" paying for prescription drugs: You can change your prescription plan during the year outside of the Annual Open Enrollment.

Five Star Special Enrollment Period (SEP)- You can join a 5 Star Part D drug plan or a 5 star Medicare Advantage plan once during the year outside of the annual open enrollment period. The following have 5 star ratings from Medicare (all Tufts Medicare Advantage HMO plans, Blue Cross Blue Shield Medicare Advantage HMO plans and Blue Cross Blue Shield Part D plans).

Other Special Enrollment Periods: You might qualify for an exception that allows you to enroll in a Part C Medicare Advantage Plan or a Part D Prescription Drug Plan during the year. Examples may include moving in or out of your plan's service area, ending employer insurance, becoming eligible for or losing MassHealth coverage.

How can SHINE help you? State certified SHINE counselors are trained regarding the enrollment rules that may apply to your personal situation and your personal coverage choices. SHINE counselors are happy to talk with you at any time of the year and they can analyze your needs and compare available plans to find you the most comprehensive coverage at the best price for you. Please call the COA at 508-430-7550 to make an appointment with a SHINE counselor.

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: **Friday, January 13th & Friday Feb. 10th from 8:30 a.m.-3:00 p.m. and Tuesday, Jan. 31st 8:30-11:30 Wednesday, Feb. 22nd & from 8:30 a.m.-11:30 a.m.** Gift Certificates are available and make a nice gift for a friend/family member. For appointments call 508-430-7550. today. **As of Jan. 1st home visits will be \$55.**



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.

WANT TO DISCOVER YOUR TREASURED MEMORIES AND WRITE YOUR MEMOIR?

"Come join the adventure as, together, we write our personal memoirs for our family archives." There is still room in the class which will be held on **Tuesdays, from 10-11a.m. in room 5 Jan. 10, 17, 24, 31, Feb. 7 and 14th.** There is no cost for this six-week workshop! The Instructor is Nicole Muller. Please call 508-430-7550 to pre-register.

EXERCISE PROGRAMS

MINDFUL YOGA BY KATHIE MARIN

Mindful Yoga Classes by Kathie Marin will be held at the Harwich Community Center, **Friday mornings: 9:00-10:15 a.m., January 6, 13, 20, 27, and Feb. 3 and 10th and the cost is \$8.00 per class.** 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 krmarin@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.** **The next session is January 4 to February 10 and next session is February 22 to March 31. Fee (\$38) per 6 week session.** 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. **Tues.'s 6:00-7:00 pm and Saturdays 8:30-9:30 a.m.. Fee: 12 lessons for \$96.00**

BALANCE BOOSTERS CLASS

Join COA Director, Barbara-Anne Foley for the Balance Boosters Class on Tuesdays and Fridays for one hour, throughout the year in **6 week sessions, from 9:30-10:30. January 17, 20, 24, February 3, 7, 10, 14, 17, 21, and 28th. Fee: \$20 for 10 sessions 2 days a week-that's \$2 a class-can't beat the price! RSVP to 508-430-7550.** 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 to 508-430-7550 to register.

HATHA YOGA WITH MICHELE INSLEY

Hatha yoga classes offered throughout the year and welcome all levels. Postures and stretches are used in combination with the breath and humor to stretch the muscles, strengthen joints, improve balance and have fun! Participants are encouraged to develop proper alignment in the poses and cultivate a calm mind. Each class ends with a long relaxation. Classes are currently being offered every **Tuesday, Thursday & Saturday, from 9-10:30am and will begin again January 3rd** at the Harwich Community Center. **COST=\$15 per session, \$60 for 6 sessions.** For more information or to inquire about classes, please contact Michele Insley, E-RYT500 at micheleinsley@gmail.com or 508-360-7227.

30/30 CLASS

Tuesdays/Thursdays 5:00 – 6:00 PM Multi-purpose room. One hour of total body fitness! 30 minutes of low-impact aerobics to music followed by 30 minutes of weights, balance, and floor work. Easy to follow, adaptable to multi-levels, join anytime. Classes are ongoing. For more information to contact Michele email her at su-sangh@comcast.net

MARY ANN DEMELLO-AEROBICS/EXERCISE BALL

Burn fat with 25 Minutes of low-impact-aerobics and 25 minutes of great abdominals and resistance training using the Exercise Ball! **Tuesdays at 8:30 a.m.-9:30 a.m. and Thursdays at 9:30 a.m.-10:30 a.m.** The cost is \$8.00 per class or 2 classes for \$14 and it is pay as you go. Call Mary Ann at 774-994-0061 for questions. about her personal training or her classes.

JANUARY 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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| 2. | 3. Chicken Drumsticks with Mashed Potato & Vegetable | 4. Bubba Burger with Brie & Onions, Lettuce & Tomato & Chips | 5. Hot Roast Beef Sandwich with Potato & Vegetable | 6. Tuna Roll with Chowder & Chips |
| 9. Supper Club Baked Haddock Potato & Vegetable with Linda's Homemade Chowder Ritchie Bern on Guitar | 10. Macaroni & Cheese with Salad | 11. Linda's Homemade Pizza & Salad | 12. Turkey Rueben Sandwich with Chips & Pickle | 13. Men's Breakfast NO LUNCH TODAY |
| 16. CLOSED-MARTIN LUTHER KING DAY | 17. Vegetable Lasagna with Salad & Bread | 18. Quiche with Fresh Fruit Salad | 19. Stuffed Peppers with Salad | 20. Grilled Salmon with Potato & Vegetable |
| 23. Supper Club Stuffed Turkey Breast, Pot & Veg Geno Sings Sinatra | 24. Hot Pastrami & Swiss with Soup & Chips | 25. Taco Boat with Rice | 26. Chicken-A-La-King | 27. Grilled Cheese & Tomato Soup with Chips |
| 30. Supper Club Pork Roast with potato & vegetable Nick Pangakis on Guitar | 31. Pasta & Meat Sauce with Salad | | | |
| | | | | |

FEBRUARY 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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| | | 1.Grilled Chicken with Caesar Salad & Roll | 2.Hot Chicken Sandwich with Potato, Vegetable & Gravy | 3.Fish Sandwich with French Fries & Coleslaw |
| 6.SUPER CLUB Meatloaf with Mashed Potato & Vegetable & Roll Liz Saunders performs | 7.Stuffed Shells with Salad & Bread | 8.Roast Beef Sandwich with Lettuce & Tomato, Chips & Coleslaw | 9.Chicken Salad Sandwich with Chips & Pickle | 10. Men's Breakfast NO LUNCH TODAY |
| 13.SUPPER CLUB Scallops with Rice & Vegetable Tim Van Egmund Valentine Program | 14.Crabmeat Salad with Chowder & Chips | 15.Oriental Chicken with Wild Rice & Vegetable | 16.Potted Beef over Mashed Potato & Vegetable | 17. Spinach Pie with Salad |
| 20.CLOSED-PRESIDENTS DAY | 21.Chicken Alfredo with Salad | 22.Pizza & Salad | 23.Pulled Pork Sandwich with Coleslaw & Chips | 24. VOLUNTEER BREAKFAST NO LUNCH TODAY |
| 27.SUPPER CLUB Orange Chicken with Rice & Vegetable Ritchie Bern Guitar | 28.Butternut Squash Soup with Salad & Quiche | | | |

BREAKFAST AT WINGATE OF HARWICH-JOIN US!!

HARWICH—Wingate Senior Healthcare of Harwich will host a Harwich Council on Aging (COA) breakfast on **Friday, Jan. 27th at 8 a.m. and Friday, Feb. 24th 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. **Diane C. Thibodeau is a Reiki Master Teacher** who is offering an abbreviated 20- minute treatment. Next Reiki Clinic will be on **Tuesdays, January 24th & February 14th** by appt. 9-11:40 a.m. and . **NEW: "There will be availability for two people at one time to be treated. Tables will be set up and an additional practitioner will be available. 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 **Thurs.'s. Jan. 12th and March 16th 1-3 p.m.** To schedule your appt. with Marcia 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, 10:30-12 pm, **Dates: Jan. 4th & 18th. and Feb. 1st and 15th.** 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: Jan. 9th Market Basket Jan. 23rd Cape Cod Mall & KMart Jan. 30th WalMart Feb. 6th Dennisport Dollar Store, Job Lot & Buckies Feb. 13th Housing Fair at COA Feb. 27th Market Basket **January 2nd & 16th and Feb. 20th No Van Service Town Offices are Closed**

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

Wednesdays: Senior Dining Program and Stop & Shop in 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.

MASSACHUSETTS MEDICAL ORDERS for LIFE-SUSTAINING TREATMENT

(MOLST) www.molst-ma.org



Patient's Name _____

Date of Birth _____

Medical Record Number if applicable: _____

INSTRUCTIONS: Every patient should receive full attention to comfort.

- This form should be signed based on goals of care discussions between the patient (or patient's representative signing below) and the signing clinician.
- Sections A–C are valid orders only if Sections D and E are complete. Section F is valid only if Sections G and H are complete.
- If any section is not completed, there is no limitation on the treatment indicated in that section.
- The form is effective immediately upon signature. Photocopy, fax or electronic copies of properly signed MOLST forms are valid.

| | | |
|--|--|--|
| A Mark one circle → | CARDIOPULMONARY RESUSCITATION: for a patient in cardiac or respiratory arrest <input type="radio"/> Do Not Resuscitate <input type="radio"/> Attempt Resuscitation | |
| B Mark one circle → Mark one circle → | VENTILATION: for a patient in respiratory distress <input type="radio"/> Do Not Intubate and Ventilate <input type="radio"/> Intubate and Ventilate <input type="radio"/> Do Not Use Non-invasive Ventilation (e.g. CPAP) <input type="radio"/> Use Non-invasive Ventilation (e.g. CPAP) | |
| C Mark one circle → | TRANSFER TO HOSPITAL <input type="radio"/> Do Not Transfer to Hospital (unless needed for comfort) <input type="radio"/> Transfer to Hospital | |
| PATIENT or patient's representative signature D <i>Required</i> Mark one circle and fill in every line for valid Page 1 | Mark one circle below to indicate who is signing Section D: <input type="radio"/> Patient <input type="radio"/> Health Care Agent <input type="radio"/> Guardian* <input type="radio"/> Parent/Guardian* of minor Signature of patient confirms this form was signed of patient's own free will and reflects his/her wishes and goals of care as expressed to the Section E signer. Signature by the patient's representative (indicated above) confirms that this form reflects his/her assessment of the patient's wishes and goals of care, or if those wishes are unknown, his/her assessment of the patient's best interests. *A guardian can sign only to the extent permitted by MA law. Consult legal counsel with questions about a guardian's authority. <input checked="" type="radio"/> Signature of Patient (or Person Representing the Patient) _____ Date of Signature _____ Legible Printed Name of Signer _____ Telephone Number of Signer _____ | |
| CLINICIAN signature E <i>Required</i> Fill in every line for valid Page 1 | Signature of physician, nurse practitioner or physician assistant confirms that this form accurately reflects his/her discussion(s) with the signer in Section D. <input checked="" type="radio"/> Signature of Physician, Nurse Practitioner, or Physician Assistant _____ Date and Time of Signature _____ Legible Printed Name of Signer _____ Telephone Number of Signer _____ | |
| Optional Expiration date (if any) and other information | This form does not expire unless expressly stated. Expiration date (if any) of this form: _____ Health Care Agent Printed Name _____ Telephone Number _____ Primary Care Provider Printed Name _____ Telephone Number _____ | |

SEND THIS FORM WITH THE PATIENT AT ALL TIMES.

HIPAA permits disclosure of MOLST to health care providers as necessary for treatment.

Patient's Name: _____ Patient's DOB _____ Medical Record # if applicable _____

| | | | |
|---|---|--|--|
| F Mark one circle → Mark one circle → Mark one circle → Mark one circle → Mark one circle → | Statement of Patient Preferences for Other Medically-Indicated Treatments | | |
| | INTUBATION AND VENTILATION | | |
| | <input type="radio"/> Refer to Section B on Page 1 | <input type="radio"/> Use intubation and ventilation as marked in Section B, but short term only | <input type="radio"/> Undecided <input type="radio"/> Did not discuss |
| | NON-INVASIVE VENTILATION (e.g. Continuous Positive Airway Pressure - CPAP) | | |
| | <input type="radio"/> Refer to Section B on Page 1 | <input type="radio"/> Use non-invasive ventilation as marked in Section B, but short term only | <input type="radio"/> Undecided <input type="radio"/> Did not discuss |
| | DIALYSIS | | |
| | <input type="radio"/> No dialysis | <input type="radio"/> Use dialysis <input type="radio"/> Use dialysis, but short term only | <input type="radio"/> Undecided <input type="radio"/> Did not discuss |
| ARTIFICIAL NUTRITION | | | |
| <input type="radio"/> No artificial nutrition | <input type="radio"/> Use artificial nutrition <input type="radio"/> Use artificial nutrition, but short term only | <input type="radio"/> Undecided <input type="radio"/> Did not discuss | |
| ARTIFICIAL HYDRATION | | | |
| <input type="radio"/> No artificial hydration | <input type="radio"/> Use artificial hydration <input type="radio"/> Use artificial hydration, but short term only | <input type="radio"/> Undecided <input type="radio"/> Did not discuss | |
| Other treatment preferences specific to the patient's medical condition and care _____ _____ _____ | | | |

| | | |
|--|---|---|
| PATIENT or patient's representative signature G Required Mark one circle and fill in every line for valid Page 2. | Mark one circle below to indicate who is signing Section G: <input type="radio"/> Patient <input type="radio"/> Health Care Agent <input type="radio"/> Guardian* <input type="radio"/> Parent/Guardian* of minor | |
| | Signature of patient confirms this form was signed of patient's own free will and reflects his/her wishes and goals of care as expressed to the Section H signer. Signature by the patient's representative (indicated above) confirms that this form reflects his/her assessment of the patient's wishes and goals of care, or if those wishes are unknown, his/her assessment of the patient's best interests. <i>*A guardian can sign only to the extent permitted by MA law. Consult legal counsel with questions about a guardian's authority.</i> | |
| | Signature of Patient (or Person Representing the Patient) _____ Legible Printed Name of Signer | Date of Signature _____ Telephone Number of Signer |
| CLINICIAN signature: H Required Fill in every line for valid Page 2. | Signature of physician, nurse practitioner or physician assistant confirms that this form accurately reflects his/her discussion(s) with the signer in Section G. Signature of Physician, Nurse Practitioner, or Physician Assistant _____ Legible Printed Name of Signer | |
| | | Date and Time of Signature _____ Telephone Number of Signer |

Additional Instructions For Health Care Professionals

- Follow orders listed in A, B and C and honor preferences listed in F until there is an opportunity for a clinician to review as described below.
- Any change to this form requires the form to be voided and a new form to be signed. To void the form, write VOID in large letters across both sides of the form. *If no new form is completed, no limitations on treatment are documented and full treatment may be provided.*
- Re-discuss the patient's goals for care and treatment preferences as clinically appropriate to disease progression, at transfer to a new care setting or level of care, or if preferences change. Revise the form when needed to accurately reflect treatment preferences.
- The patient or health care agent (if the patient lacks capacity), guardian*, or parent/guardian* of a minor can revoke the MOLST form at any time and/or request and receive previously refused medically-indicated treatment. **A guardian can sign only to the extent permitted by MA law. Consult legal counsel with questions about a guardian's authority.*

MASSACHUSETTS HEALTH CARE PROXY

YOUR BIRTH DATE

____/____/____

1. I, _____, residing at _____
(Principal -- PRINT your name)

(Street)

(City or Town)

(State)

appoint as my Health Care Agent: _____
(Name of person you choose as Agent)

of _____
(Street) (City/town) (State) (Phone)

(**OPTIONAL:** If my Agent is unwilling or unable to serve, then I appoint as my Alternate Agent:

_____, of _____
(Name of person you choose as Alternate Agent)

(Street)

(City/town)

(State)

(Phone)

2. My Agent shall have the authority to make all health care decisions for me, including decisions about life-sustaining treatment, subject to any limitations I state below, if I am unable to make health care decisions myself. My Agent's authority becomes effective if my attending physician determines in writing that I lack the capacity to make or to communicate health care decisions. My Agent is then to have the same authority to make health care decisions as I would if I had the capacity to make them **EXCEPT** (here list the limitations, if any, you wish to place on your Agent's authority):

I direct my Agent to make health care decisions based on my Agent's assessment of my personal wishes. If my personal wishes are unknown, my Agent is to make health care decisions based on my Agent's assessment of my best interests. Photocopies of this Health Care Proxy shall have the same force and effect as the original and may be given to other health care providers.

3. **Signed:** _____

Complete only if Principal is physically unable to sign: I have signed the Principal's name above at his/her direction in the presence of the Principal and two witnesses.

(Name)

(Street)

(City/town)

(State)

4. **WITNESS STATEMENT:** We, the undersigned, each witnessed the signing of this Health Care Proxy by the Principal or at the direction of the Principal and state that the Principal appears to be at least 18 years of age, of sound mind and under no constraint or undue influence. Neither of us is named as the Health Care Agent or Alternate Agent in this document.

In our presence, on this _____ day of _____, 20 ____

Witness #1 _____ Witness #1 _____
(Signature) (Signature)

Name (print) _____ Name (print) _____

Address: _____ Address: _____

5. Statements of Health Care Agent and Alternate Agent (OPTIONAL)

Health Care Agent: I have been named by the Principal as the Principal's **Health Care Agent** by this Health Care Proxy. I have read this document carefully, and have personally discussed with the Principal his/her health care wishes at a time of possible incapacity. I know the Principal and accept this appointment freely. I am not an operator, administrator or employee of a hospital, clinic, nursing home, rest home, Soldiers Home or other health facility where the Principal is presently a patient or resident or has applied for admission. Or if I am a person so described, I am also related to the Principal by blood, marriage, or adoption. If called upon and to the best of my ability, I will try to carry out the Principal's wishes.

(Signature of **Health Care Agent**) _____

Alternate Agent: I have been named by the Principal as the Principal's **Alternate Agent** by this Health Care Proxy. I have read this document carefully, and have personally discussed with the Principal his/her health care wishes at a time of possible incapacity. I know the Principal and accept this appointment freely. I am not an operator, administrator or employee of a hospital, clinic, nursing home, rest home, Soldiers Home or other health facility where the Principal is presently a patient or resident or has applied for admission. Or if I am a person so described, I am also related to the Principal by blood, marriage, or adoption. If called upon and to the best of my ability, I will try to carry out the Principal's wishes.

(Signature of **Alternate Agent**) _____

* * * * *

Model Health Care Proxy form developed by a Task Force of the following organizations:

Boston University Schools of Medicine and Public Health:

Law, Medicine, and Ethics Program
Deaconess ElderCare Program
Hospice Federation of Massachusetts
Massachusetts Bar Association
Massachusetts Department of Public Health
Massachusetts Executive Office of Elder Affairs
Massachusetts Federation of Nursing Homes
Massachusetts Health Decisions

Massachusetts Hospital Association
Massachusetts Medical Society
Massachusetts Nurses Association
Medical Center of Central Massachusetts
Suffolk University Law School:
Elder Law Clinic
University of Massachusetts at Boston:
The Gerontology Institute
Visiting Nurse Associations of Massachusetts

HARWICH COUNCIL ON AGING CALENDAR JANUARY 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| <p>2</p> <p><u>HAPPY NEW YEAR EVERYONE!!</u></p>  | <p>3 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's & the Ball 9:00 Free Hearing Screenings- Barbara Eaton 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 10-12 Sight Loss Support Grp. 11-12 Take Back Your Health 11-1 50+. Volleyball-Gym 11:30 Sr. Dining Program 1:00 Legal Services-Elizabeth Lynch, Esq by appt 1-4:00 Open Game Rm 5:00 30/30 Fitness 6:00 Exercise Class with Jill Brown</p> | <p>4 9:00 Walking Club Brooks Park 8:30-9:30 Superfit with Charlie 9:30-12 Wellness Clinic Town RN 9:30-10:30 Seniorfit with Charlie 9:30 COA BOARD MTG 10:30-12 Caregiver Support Grp Call Alzheimer's Family Support Ctr 508-896-5170 11:30 Sr. Dining Program 1:00 Legal Services with Tom Kosman, Esq. by appt. 1-4:00 Open Game Rm & Gym 1/2 2-4:00 "Buried in Treasures" grp-with Kevin Grunwald 6-7:30 Dad's Support Group Van Stop & Shop Market pm.</p> | <p>5 Stop & Shop COA Van 7:00 Walking Club-Gym 9:00 Yoga with Michele 9:30 Mary Ann's Ex's & the Ball 10-11 Overeaters Anonymous 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program 1:00 Cribbage Game 2:00 Harwich Family Food Pantry 1-4:00 Game Room Open 5:00 30/30 Fitness 7-9:30 pm Anything but Bridge</p> | <p>6</p> <p>9:00 Walking Club- Brooks Park 9-12 S.H.I.N.E. Counseling 9:00 Mindful Yoga with Kathie 10-11:30 Blood Pressure Clinic RN-Bayada Nursing 11-1:00 50+ Volleyball-Gym 11:30 Senior Dining Program 1-4:00 Game Room Open 2:00 Current Events Brooks Library Sun. Jan 8th Champagne Brunch @ the Dennis Inn to benefit Alzheimer's Family Support Ctr. Of Cape Cod in Brewster Call 508-896-5170 to RSVP.</p> |
| <p>9</p> <p>7:00 Walking Club-Gym 9:00 Walking Club Brooks Park 1-4:00 Open Game Rm & Gym 1/2 2-3:00 Overeaters Anonymous 5:00 Supper Club-Ritchie Bern Guitar & Singing COA Van-Market Basket</p> | <p>10</p> <p>7:00 Walking Club-Gym 8:30 Mary Ann's Ex's & the Ball 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 10-11 Memoir Writing Class with Nicole 11-1 50+. Volleyball-Gym 11:30 Sr. Dining Program 1-4:00 Open Game Rm 5:00 30/30 Fitness 6:00 Exercise Class with Jill Brown</p> | <p>11</p> <p>8:30-9:30 Superfit with Charlie 9:00 Walking Club Brooks Park 9:30-12 Wellness Clinic Town RN 9:30-10:30 Seniorfit with Charlie 10:00 Friends of Harwich COA Board Mtg. 11:30 Sr. Dining Program 1-4:00 Open Game Rm & Gym 1/2 2-4:00 "Buried in Treasures" grp. With Kevin Grunwald Van-Stop & Shop Market pm. 7-8:30 Compassionate friends grp.</p> | <p>12 Stop & Shop COA Van 7:00 Walking Club-Gym 9:00 Yoga with Michele 9:30 Mary Ann's Ex's & the Ball 10-11 Overeaters Anonymous 10:30-12 Open Tennis-Gym 11:30 Sr. Dining Program 1:00 Cribbage Game 1-3:00 Zero Balancing with Marcia Moeder, R.N. by Appt. only 1-4:00 Game Room Open 2:00 Harwich Family Food Pantry 5:00 30/30 Fitness</p> | <p>13</p> <p>8:30-3:30 Betty Brady's Foot Care Clinic by Appt. 9:00 Walking Club- Brooks Park 9:00 MEN'S BREAKFAST followed by Men's Book Club 9-12 S.H.I.N.E. Counseling 9:00 Mindful Yoga with Kathie 10-11:30 Blood Pressure Clinic RN-Wingate Nursing & rehab. 11-1:00 50+ Volleyball-Gym NO Senior Dining Program 1-4:00 Game Room Open 2:00 Current Events Brooks Library</p> |

HARWICH COUNCIL ON AGING JANUARY 2017 CALENDAR PG 2

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| 16 MARTIN LUTHER KING JR. DAY ALL TOWN OFFICES ARE CLOSED | 17 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's & the Ball 9:00 Nutrition & Diet Support 9:00 Yoga with Michele 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:30 Balance Boosters 10-11 Memoir Writing Class with Nicole 11-1 50+. Volleyball-Gym 11:30 Sr. Dining Program 1-4:00 Open Game Rm 5:00 30/30 Fitness 6:00 Exercise Class with Jill Brown | 18 8:30-9:30 Superfit with Charlie 9:00 Walking Club Brooks Park 9:30-12 Wellness Clinic Town RN 9:30 Genealogy Class with Robbin Kelley 9:30-10:30 Seniorfit with Charlie 10:30-12 Caregiver Support Grp Call Alzheimer's Family Support Ctr 508-896-5170 11:30 Sr. Dining Program 1-4:00 Open Game Rm & Gym 1/2 2-4:00 "Buried in Treasures grp. With Kevin Grunwald Van-Stop & Shop Market pm. | 19 Stop & Shop COA Van 7:00 Walking Club-Gym 9:00 Yoga with Michele 9:30 Mary Ann's Ex's & the Ball 10-11 Overeaters Anonymous 11:30 Sr. Dining Program 1:00 Cribbage Game 1-4:00 Open Game Rm 2:00 Harwich Family Food Pantry 5:00 30/30 Fitness | 20 8:30-9:30 Superfit with Charlie 9:00 Walking Club Brooks Park 9-12 S.H.I.N.E. Counseling 9:00 Mindful Yoga with Kathie 9:30 Balance Boosters with Barbara-Anne 9:30-10:30 Seniorfit with Charlie 10-11:30 Blood Pressure Clinic R.N. with Bayada Nursing 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 2:00 Current Events Brooks Library |
| 23 7:00 Walking Club-Gym 9:00-12:00 Social Security Machine Live by Appt. NEW! 9:00 Walking Club Brooks Park 1-4:00 Open Game Rm & Gym 1/2 2-3:00 Overeaters Anonymous 5:00 Supper Club-Geno Sings Sinatra COA Van-Cape Cod Mall & Kmart 6-8:30 pm WLPF Grp. | 24 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's & the Ball 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Reiki with Diane Thibodeau 9:00 Yoga with Michele 9:30 Balance Boosters with Barbara-Anne 10-11 Memoir Writing Class with Nicole 11-1 50+. Volleyball-Gym 11:30 Sr. Dining Program 1-4:00 Open Game Rm 5:00 30/30 Fitness 6:00 Exercise Class Jill Brown | 25 8:30-9:30 Superfit with Charlie 9:00 Walking Club Brooks 9:30-12 Wellness Clinic-Town RN 9:30-10:30 Seniorfit with Charlie 11:30 Sr. Dining Program 1-4:00 Open Game Rm & Gym 1/2 Stop & Shop Market pm Van | 26 Stop & Shop COA Van 7:00 Walking Club-Gym 9:00 Yoga with Michele 9:30 Mary Ann's Ex's & the Ball 10-11 Overeaters Anonymous 11:30 Sr. Dining Program 1:00 Cribbage Game 1-4:00 Open Game Rm 2:00 Harwich Family Food Pantry 5:00 30/30 Fitness | 27 8:00 Wingate Breakfast-FREE 8:30-9:30 Superfit with Charlie 9:00 Walking Club Brooks Park 9-12 S.H.I.N.E. Counseling 9:00 Mindful Yoga with Kathie 9:30-10:30 Seniorfit with Charlie 10-11:30 Blood Pressure Clinic R.N. with Wingate of Harwich 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 2:00 Current Events Brooks Library |
| 30 7:00 Walking Club-Gym 9:00 Walking Club Brooks Park 1-4:00 Open Game Rm & Gym 1/2 1:45-3:30 Women's Book group 2-3:00 Overeaters Anonymous 5:00 Supper Club-Guitarist Nick Pangakis performs COA Van- WalMart | 31 7:00 Walking Club-Gym 8:30-11:30 Betty Brady's Foot Clinic 8:30 Mary Ann's Ex's & the Ball 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 10-11 Memoir Writing Class with Nicole 11-1 50+. Volleyball-Gym 11:30 Sr. Dining Program Students from Spain join us today for lunch 1-4:00 Open Game Rm 5:00 30/30 Fitness 6:00 Exercise Class Jill Brown | | | |

HARWICH COUNCIL ON AGING CALENDAR FEBRUARY 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| <p>6 7:00 Walking Club-Gym 9:00 Walking Club Brooks Park 1-4:00 Open Game Rm & Gym 1/2 2-3:00 Overeaters Anonymous 5:00 Supper Club-Liz Saunders COA Van-Dennisport-Dollar Store, Job Lot and Buckies</p> | <p>7 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's & the Ball 9:00 Free Hearing Screenings-Barbara Eaton 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 9:30 Balance Boosters with Barbara-Anne 10-11 Memoir Writing Class with Nicole 10-11:30 Sight Loss Support Grp. 11-12 Take Back Your Health 11-1 50+. Volleyball-Gym 11:30 Sr. Dining Program 1:00 Legal Services-Elizabeth Lynch, Esq by appt 1-4:00 Open Game Rm 5:00 30/30 Fitness 5-7 Kiwanis Mtg 6:00 Exercise Class with Jill</p> | <p>8 8:30-9:30 Superfit with Charlie 9:00 Walking Club Brooks Park 9:30-10:30 Seniorfit with Charlie 9:30-12 Wellness Clinic Town RN 10:00 Friends of Harwich COA Board Mtg. 11:30 Sr. Dining Program 1-4:00 Open Game Rm & Gym 1/2 Van-Stop & Shop Market pm</p> | <p>9 Stop & Shop COA Van 7:00 Walking Club-Gym 9:00 Yoga with Michele 9:30 Mary Ann's Ex's & the Ball 10:30-12 Open Tennis-Gym 10-11 Overeaters Anonymous 11:30 Sr. Dining Program 1:00 Cribbage Game 1-4:00 Game Room Open 2:00 Harwich Family Food Pan-try 5:00 30/30 Fitness Cape Cod healthcare blood Drive Time TBA</p> | <p>10 8:30-9:30 Superfit with Charlie 9:00 Walking Club- Brooks Park 9:00 MEN'S BREAKFAST followed by Men's Book Club 9-12 S.H.I.N.E. Counseling 9:00 Mindful Yoga with Kathie 9:30 Balance Boosters with Barbara-Anne 9:30-10:30 Seniorfit with Charlie 10-11:30 Blood Pressure Clinic RN-Wingate of Harwich Nursing 11-1:00 50+ Volleyball-Gym 12:00 Current Events Brooks Library 1--4:00 Game Room Open</p> |
| | | <p>1 8:30-9:30 Superfit with Charlie 9:00 Walking Club Brooks Park 9:30-12 Wellness Clinic Town RN 9:30-10:30 Seniorfit with Charlie 9:30 COA BOARD MTG 10:30-12 Caregiver Support Grp Call Alzheimer's Family Support Ctr 508-896-5170 11:30 Sr. Dining Program 1:00 Legal Services with Tom Kosman, Esq. by appt. 1-4:00 Open Game Rm & Gym 1/2 2-4:00 "Buried in Treasures grp. With Kevin Grunwald 6-7:30 Dad's Support Group Van Stop & Shop Market pm</p> | <p>2 Stop & Shop COA Van 7:00 Walking Club-Gym 9:00 Yoga with Michele 9:30 Mary Ann's Ex's & the Ball 10:30-12 Open Tennis-Gym 10-11 Overeaters Anonymous 11:30 Sr. Dining Program 1:00 Cribbage Game 2:00 Harwich Family Food Pan-try 1-4:00 Game Room Open 5:00 30/30 Fitness</p> | <p>3 8:30-9:30 Superfit with Charlie 9:00 Walking Club- Brooks Park 9:00 Mindful Yoga with Kathie 9-12 S.H.I.N.E. Counseling 9:30-10:30 Seniorfit with Charlie 9:30 Balance Boosters with Barbara-Anne 10-11:30 Blood Pressure Clinic RN-Bayada Nursing 11-1:00 50+ Volleyball-Gym 11:30 Senior Dining Program 2:00 Current Events Brooks Free Library 1-4:00 Game Room Open</p> |

| HARWICH COUNCIL ON AGING FEBRUARY 2017 CALENDAR PG 2 | | | | |
|---|--|---|---|--|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| <p>13 10-12 HOUSING SUMMIT II (see inside house flyer for details) 7:00 Walking Club-Gym 9:00 Walking Club Brooks Park 1-4:00 Open Game Rm & Gym 1/2 2-3:00 Overeaters Anonymous 5:00 Supper Club-Tim Van Egmond Valentine Program- sponsored by the Harwich Cultural Council Program! COA Van Housing Summit</p> | <p>14 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's & the Ball 9:00 Nutrition & Diet Support 9:00 Yoga with Michele 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:30 Balance Boosters with Barbara-Anne 10-11 Memoir Writing Class with Nicole 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 1-4:00 Open Game Rm 5:00 30/30 Fitness 6:00 Exercise Class with Jill Brown</p> | <p>15 9:00 Reiki with Diane Thibodeau 9:00 Walking Club Brooks Park 9:30-12 Wellness Clinic Town RN 10:00 Friends of Harwich COA Board Mtg. 10:30-12 Caregiver Support Group Call Alzheimer's Family Support Ctr 508-896-5170 11:30 Sr. Dining Program 1-4:00 Open Game Rm & Gym 1/2 5Van-Stop & Shop Market pm</p> | <p>16 Stop & Shop COA Van 7:00 Walking Club-Gym 9:00 Yoga with Michele 9:30 Mary Ann's Ex's & the Ball 10-11Overeaters Anonymous 1:30 Sr. Dining Program 1:4:00 Open Game Rm 2:00 Harwich Family Food Pantry 5:00 30/30 Fitness</p> | <p>17 9:00 Walking Club Brooks 9-12 S.H.I.N.E. Counseling 9:30 Balance Boosters with Barbara-Anne 10-11:30 Blood Pressure Clinic R.N. with Bayada Nursing 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 2:00 Current Events Brooks Library</p> |
| <p>20 PRESIDENT'S DAY-ALL TOWN OFFICES ARE CLOSED</p> | <p>21 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's & the Ball 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 9:30 Balance Boosters with Barbara-Anne 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 1-4:00 Open Game Rm 5:00 30/30 Fitness 6:00 Exercise Class with Jill Brown</p> | <p>22 8:30 Walking Club Brooks Park 8:30-9:30 Superfit with Charlie 8:30-11:30 Betty Brady's Foot Clinic 9:00 Walking Club Brooks Park 9:30-10:30 Seniorfit with Charlie 9:30-12 Wellness Clinic Town RN 11:30 Sr. Dining Program 12:30-3:00 Legal Services with Michael Lavender, Esq. by Appt 1-4:00 Open Game Rm & Gym Van-Stop & Shop Market pm</p> | <p>23 Stop & Shop COA Van 7:00 Walking Club-Gym 9:00 Yoga with Michele 9:30 Mary Ann's Ex's & the Ball 10-11Overeaters Anonymous 11:30 Sr. Dining Program 1:00 Cribbage Game 1-4:00 Open Game Rm 2:00 Harwich Family Food Pantry 5:00 30/30 Fitness</p> | <p>24 8:00 Wingate Breakfast 8:30-9:30 Superfit with Charlie 9:00 Walking Club Brooks pk 9-12 S.H.I.N.E. Counseling 9:30 volunteer Breakfast RSVP is required 9:30-10:30 Seniorfit with Charlie No senior dining today 10-11:30 Blood Pressure Clinic R.N. with Wingate Nursing 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 1-4:00 Open Game Rm 2:00 Current Events Brooks Library</p> |
| <p>27 7:00 Walking Club-Gym 9:00 Walking Club Brooks Pk 9:00-12:00 Social Security Machine Live by Appt. NEW!! 1-4:00 Open Game Rm & Gym 1/2 2-3:00 Overeaters Anonymous 5:00 Supper Club-"Ritchie Bern -Guitar. COA Van-Market Basket</p> | <p>28 7:00 Walking Club-Gym 8:30 Mary Ann's Ex's & the Ball 9:00 Nutrition & Diet Support 9-12 Mah Jongg 9-12 S.H.I.N.E. Counseling 9:00 Yoga with Michele 9:30 Balance Boosters with Barbara-Anne 11-1 50+ Volleyball-Gym 11:30 Sr. Dining Program 1-4:00 Open Game Rm 5:00 30/30 Fitness 6:00 Exercise Class with Jill Brown</p> | | | |

RICK'S VOLUNTEER CORNER



As we start a new year I want to thank all of the volunteers who have contributed so much to the success of The Harwich Council On Aging this past year. In appreciation we are inviting all volunteers to a Volunteer Appreciation Breakfast to be held on **Friday, February, 24th at 9:30 a.m.** here at the Community Center. Please call (508) 430-7550 and let us know you are coming **no later than Feb. 17th.**

We continue to have volunteer needs in the following areas:

Desk Receptionist, afternoon and fill-in shifts, Greeters, Travel Desk, and Medical Drivers. Please call (508) 430-7550 ext 13 to let me know if you would like to take part in the rewarding experience of volunteering.

We are pleased to welcome our NEW volunteers, **Stephanie Marques**, COA Desk Receptionist , Dining Aide and Food Delivery, **Ernie Crabtree**, Food Delivery and Medical Driver, **Tina Callahan**, Dining Aide and Assisting Town Nurse, **Lynn Littlefield**, Medical Driver and Assisting Town Nurse, **Deborah Mahew**, Dining Aide and COA Desk Receptionist, **Lin Crabtree**, Food Delivery and Emergency Management.



Our featured volunteer for this issue is Pee Wee Lusher, (AKA Linda's right hand), Pee Wee has been volunteering with us since May of 2015 and is expert in her duties as Senior Dining Program Aide.

She can always be counted on to be there when you need her, and consistently goes above and beyond to make the dining experience **special for all**. Our sincere thanks and gratitude to you Pee Wee!



Greeter-Answers questions about the COA and assists in medical equipment loan program.

Dining Room Aide-Setting up, serving and clean up.

Travel Desk Assistant-Makes reservations for local, regional and out of country tours.

Medical Appointment Driver-Assists seniors in getting to medical appointments in the local area.

Friendly Visitor-Provide companionship to socially isolated or home-bound seniors.

Rick Anderson, Volunteer Coordinator, Phone (508) 430-7550 Ext. 13. Email randerson@town.harwich.ma.us.



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!
- We meet every **Tuesday mornings at 9:00 AM** at the Harwich Community Center. For more information call Ginny O'Halloran at 508-430-1909.

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.



THE PILATES SCHOOL has 2 classes AT THE HARWICH COMMUNITY CENTER

FOOT FIT: Wednesdays & Fridays 9:30 a.m. \$20 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

DO YOU KNOW ABOUT CHAPTER 59 S5K? PROPERTY TAX WORK OFF PROGRAM?

If you are age 60 or over this program offers seniors to work for the community. Applicants must be the assessed owner as of January 1st. In exchange, the Town can provide residential property exemption of **up to \$1,000 per year!!** If you are physically unable to do this work yourself, the law allows a family member to do the 100 hours total of work for you. **AND...** if you income qualify for this program you **ALSO** income qualify for an additional **Clause 41C Senior Exemption additional \$1,000.** Gross receipts (Income) in 2016 must be less than \$24,849 if single and \$37,274 if married. Whole estate (Assets) less the value of the home except for the value of any portion which exceeds three dwelling units and produces income cannot exceed \$40,652 if single and \$55,897 if married. If you are interested in this program, please contact the Town of Harwich Assessor's Office at 508-430-7503 and tell the receptionist you want to find out more information about either or both of these exemptions.

Once you have been income qualified by the Assessor's Office for the Sr. Tax Work Off Program, you should then give the COA Director, Barbara-Anne Foley a call, who will request a C.O.R.I. Form to be completed by you (Criminal Offender Record Information), along with a short application form. After both of these forms are complete, Barbara-Anne will work with Town Department Heads to place you based on the department needs and your background and skill set. This program is a win-win for both you and the Town of Harwich. All of the Sr. Tax Workers have told us they very much enjoy their work, feel like they are contributing back to the town, and of course appreciate the exemption as well.



To Our Housing Summit II

Date: Monday, February 13, 2017

Time: 10:00-12:00

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

Phone: For more information and to R.S.V.P. by February 6th: 508-430-7550

Topics to be covered:

- Harwich Council on Aging Social Services
- Legal Issues -Elder Law Attorney
- Senior Property Tax Exemptions
- Community Development Partnership
- Housing Assistance Corporation
- Elder Services of Cape Cod & the Islands
- Cape Cod 5 Cents Savings Bank
- Wingate of Harwich & Brewster including Assisted Living
- Pine Oaks Village Senior Housing
- Jack Conway Real Estate
- De-Cluttering/Downsizing
- Veteran's Information
- Senior Care Options

FOCUS GROUP SURVEY-PLEASE RETURN TO COA RECEPTION DESK OR SEND TO HARWICH COA c/o BARBARA-ANNE FOLEY 100 OAK ST. HARWICH, MA 02645

Below are the program ideas that came from our Focus Group. We would like you to rate them according to your preference and if it is a program you personally would attend not just that you think it is a good idea. The other difficulty is pleasing all with a correct day and time. Next to each program we will also have morning, afternoon or evening-these are defined by morning=9:00-11:00, afternoon=1:00-4:00 and evening = 5:00-8:00 p.m. Please Circle your answers.

- 1) Women's Breakfast-not likely to attend; somewhat likely to attend; most likely will attend. Morning, Afternoon or Evening.
- 2) Intergenerational (High School) Speaker Series 1hr. i.e.. M.D. Speaker to talk about conditions or diseases that Adults are interested in and students may have Grandparents with and both generations want to learn more about the disease or topic. somewhat likely to attend; most likely will attend. Morning, Afternoon or Evening.
- 3) Learn to play chess-classes. Somewhat likely to attend; most likely will attend. Morning, Afternoon or Eve.
- 4) Would you like to have a Travel Club where the COA Van goes to fun destinations i.e. field trips like a Museum and lunch, or a trip to the cooking demonstration at Whole Foods in Hyannis on Wednesdays? Somewhat likely to attend; most likely will attend. Morning, Afternoon or Evening.
- 5) Learn to play Mah Jongg. somewhat likely to attend; most likely will attend. Morning, Afternoon or Evening.
- 6) Learn CPR and First Aid to assist with our family and grandkids. somewhat likely to attend; most likely will attend. Morning, Afternoon or Evening.
- 7) Fun Entertainment type of Movies. somewhat likely to attend; most likely will attend. Morning, Afternoon or Evening.
- 8) History/Documentary type of Movies: i.e. "Victory at Sea". somewhat likely to attend; most likely will attend. Morning, Afternoon or Evening.
- 9) T.V. Series in segments i.e Downton Abbey. somewhat likely to attend; most likely will attend. Morning, Afternoon or Evening.
- 10) Armchair travel-Train Trips, travelogues...see countries you may never get to see up close and feel like you are there. somewhat likely to attend; most likely will attend. Morning, Afternoon or Evening.
- 11) Saturday **Evening** Pizza & a contemporary Movie.
- 12) Art History classes. somewhat likely to attend; most likely will attend. Morning, Afternoon or Evening.
- 13) Downsizing course-"how do I get money for my antiques?". somewhat likely to attend; most likely will attend. Morning, Afternoon or Evening.
- 14) Have you ever wanted to learn how to play an instrument like a guitar or flute, etc. and never did? Or perhaps you did and it was years ago and you'd like to start up again? Would you like to have instrument playing lessons? somewhat likely to attend; most likely will attend. Morning, Afternoon or Evening.
- 15) Did you ever want to learn how to do your Genealogy for low cost or free? somewhat likely to attend; most likely will attend. Morning, Afternoon or Evening.
- 16) Would you like to participate in a cooking group/club? somewhat likely to attend; most likely will attend. Morning, Afternoon or Evening.
- 17) Would you like to learn and play card and board games: Rummy Cube, Dominoes, Legos, somewhat likely to attend; most likely will attend. Morning, Afternoon or Evening.

Travel Page Harwich COA

| | | |
|-----------------------------|---|---|
| Saturday, January 28, 2017 | "Something Rotten" show in Boston. Set in 1595 Shakespeare & 21st Century Broadway. | \$135 Includes Motorcoach, Orchestra Seating for 2:00 matinee. Gratuities for tour escort and driver. |
| Saturday, February 11, 2017 | "The Curious Incident of the Dog in the Nighttime" play in Providence. Won 2015 Tony Awards including Best Play. Simon Stephens adaptation of Mark Haddon's best selling novel. | \$118 includes Motorcoach, Orchestra seating tickets for 1:00 pm. Gratuities for tour escort and driver. |
| Thursday, March 16, 2017 | "Lion King" Tony Award winning Musical in Providence , R.I. | \$109 Includes Motorcoach Orchestra Seating for the 1:00 p.m. Matinee. Gratuities for tour escort and driver. |
| Saturday, March 25, 2017 | "42nd Street" Broadway Musical. In Providence, R.I. | \$120 Includes Motorcoach, Orchestra Seating for the 2:00 p.m. Matinee. Gratuities for tour escort and driver. |
| Saturday, May 6, 2017 | "Chicago" in Providence. Winner of 6 Tony Awards and 2 Oliver Awards & a Grammy Award! | \$125 Includes Motorcoach, Orchestra Seating for the 2:00 p.m. Matinee. Gratuities for tour escort and driver |
| Saturday, June 3, 2017 | "Riverdance" in Providence | .\$122 Includes Motorcoach, Orchestra Seating for the 2:00 p.m. Matinee. Gratuities for tour escort and driver. |



Please join us for the

Alzheimer's Family Support Center

Champagne Brunch R.S.V.P. to 508-896-5170

Celebrating two years of service to the Cape community



Sunday, January 8, 11:30 am

Dennis Inn • 25 Scarsdale Rd.



Friends of the Harwich Council on Aging



Mission: To Support the Harwich Council on Aging, in ways not available by Town budget and to provide for Senior needs and programs.

A Non-Profit 501C3

Membership dues, donations, bequests, fundraisers support this mission.

Jan/Feb 2017

Dear Friends,

I wrote in the last newsletter, the Friends' Board has been working diligently to put together a multi-pronged effort to help Harwich's seniors in five important areas:

Socialization opportunities Medical Equipment and Other Needs

Nutrition Transportation Emergency Assistance

If we think about it, the five areas above capture both obviously critical ones, and some that are more subtle. Emergency assistance is clearly essential in Harwich, which has a high proportion of seniors, many with health and financial issues. On the other hand, Socialization opportunities may, at first blush, appear less vital. Yet, as many know, folks that suffer from few, positive interactions with family and friends, and do not, or cannot, join knitter's groups, bridge groups, play pickleball, yoga, or other activities that allow for person-person interactions, can become depressed, estranged from those around them, and become house-ridden. More to come on these 5 important areas.

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

I hope you enjoyed the last days of 2016 and will survive (thrive?) the occasionally ugly weather of January & February. May our winter contain at least little mild weather!

Jack Brown, FHCOA President

Membership Form 2017-2018

Checks Payable: FHCOA **Attn: Andrea Terney, Treasurer**
100 Oak Street, Harwich, MA. 02645

Member: _____ Annual/Individual: \$5.00 _____

Member: _____ Lifetime/Individual: \$40.00 _____

Address: _____ Phone: _____

Email: _____

Additional Donation Appreciated: \$ _____

Designated for: Minibus Operation _____

Senior in Need Support _____

Board of Directors

Jack E. Brown, Chairman

Andrea Terney- Treasurer

JoAnne Brown, Secretary

Richard Waystack

Nicole Muller

Council on Aging Board

Adrienne Johnson -Chair

Joe Johnson-Vice Chair

Ralph Smith

Lee Culver

Michael Smith

Richard Waystack

James Mangan

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.

Office of Elder Affairs

provided by the Executive

The Harwich Council on Aging newsletter printing is made possible with a Grant

"In any moment of decision, the best thing you can do is the right thing, the next best thing is the wrong thing, and the worst thing you can do is nothing." - Theodore Roosevelt

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