

Town of Harwich COUNCIL ON AGING NEWS

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

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



November/December 2021

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

HAPPY HOLIDAYS

At the COA, we're looking forward to sharing this holiday season with you! Read on for details on programs and services we're organizing or partnering with other groups to offer!

THANKSGIVING FOOD BASKETS

With the generous help of Lower Cape Outreach Council, the COA will be distributing Thanksgiving baskets to seniors in need containing complete turkey dinners to cook at home. Each frozen turkey is accompanied by stuffing, potatoes, cranberry sauce, veggies, and more. Don't want to make a turkey? You can order a basket with just the fixings! Baskets will be delivered by volunteers on a date to be determined closer to Thanksgiving, usually the Saturday morning before the holiday. *You must be home for the delivery.* Sign up by Wednesday, November 17th by calling 508-430-7550.

As always, we can also take grocery orders for delivery from the Family Pantry for Harwich seniors—see page 5 for details. Frozen turkeys will be available through the Pantry while supplies last.

HOLIDAY GIFTS FOR ISOLATED SENIORS

Do you know a senior in Harwich who doesn't have many family or friends in the area to check on them or bring them holiday cheer? The COA has a small holiday outreach program to reach the most isolated older adults in our community. Please let us know if there's someone you know who you think should be included. We'll do our best to reach as many people in Harwich as possible. Each year, we deliver cranberry breads that are donated by the Kiwanis, as well as holiday gifts—either through a program called Santa for a Senior, or through generous donations made by community members. To make a referral, please call 508-430-7550 or email COA Social Services Coordinator Julie Witas at jwitas@town.harwich.ma.us.

HOLIDAY MEALS AT THE COA

Chef Linda St. Pierre will be preparing special feasts for both Thanksgiving and the Winter Holidays!

- **Thanksgiving—Thursday, November 18th**, a Turkey Dinner with all the fixings! Sign ups begin Monday, November 8th
- **Winter holiday—Thursday, December 16th**, a Roasted Pork Dinner with all the fixings! Sign ups begin Monday, December 6th.

Both meals will have a capacity of 70 and will be filled on a first come, first serve basis. Folks who do not attend the Thanksgiving meal will be given priority for the winter holiday meal. We can seat up to 40 people onsite and have another 30 meals available for grab & go or delivery!

DIRECTOR'S DIALOGUE



As we approach the holiday season and the close of 2021, I find myself struggling to wrap my mind around the enormity of the last year. While many of my thoughts and feelings are too jumbled to put clearly into words, one thing I am sure of is my overwhelming sense of gratitude.

These last few months have been a true gift. As anyone who's walked through the COA in recent days can surely attest, our office and activities have been filled with reconnection, passion, and joy. Hearing the sound of laughter pass down hallways, around corners, and bouncing through offices has brought me a level of happiness I didn't know I was missing until it returned. I owe you all so much for carrying this love and joy with you and for sharing it with the world around you!

Before writing this column, I reread what I wrote this time last year. We had vaccines in the making, but not yet approved, and months away from being rolled out to the general public. We were seeing case surges and confronting a holiday season defined by precautions and isolation. We had hope for significant improvements, but were still living with tremendous anxiety. While COVID is still certainly a part of our lives, it is incredible how far we've come!

As a last note of gratitude, I'm excited to officially introduce you all to Kate Seeley who's joined our staff as a temporary Administrative Assistant. She started as a volunteer in July and transitioned to her staff position in September (seamlessly, at that!). She's played a critical role, both in allowing us to scale up our programs and in spreading laughter and joy! If you haven't had the chance to meet her yet, I hope you'll stop in soon!

Happiest holidays to you all,
Emily Mitchell

INSIDE!

| | |
|--|---------|
| Special Programs..... | p. 2 |
| Other Programs and Services | pp. 3-5 |
| Lunch Program Details | p. 6 |
| Transportation | p. 7 |
| Councils on Aging Serving Together (COAST) | p. 8 |
| Town Updates and Events | p. 9 |
| Outreach News | p. 10 |
| Health News..... | p. 11 |
| Health and SHINE News | p. 12 |
| Volunteer News | p. 13 |
| Friends' News..... | p. 14 |
| Caregiver & Community Resources | p. 15 |

SPECIAL PROGRAMS

VETERANS' LUNCHEON

Tuesday, November 16th, 11:30 AM-12:30 PM

In honor of Harwich veterans, the Friends of the Harwich Council on Aging is sponsoring a Grab & Go luncheon. COA Chef Linda St. Pierre is preparing a home cooked chicken parmesan over ziti with a side salad, garlic bread, and patriotic dessert. **Registration is required and is open to Harwich Vets—** call the Friends at 508-432-5050 or send an email to FriendsofHarwichCOA@gmail.com. Registration opens Friday, November 5th, and is capped at 70. ***Thank you to all who have served!***

NEW: JILL'S EXERCISE CLASS

Fridays, 9:30-10:30 AM, November 19—January 14
(No class the Friday after Thanksgiving, Christmas Eve, or New Year's Eve)

Join Jill Brown, Certified Personal Trainer, for a low impact seated exercise class that includes balance work, stretching, strength training, cardiovascular exercise, yoga and meditation all in one! All fitness levels are welcome.

Preregistration is required and opens Friday, November 5th, at 9 AM. Sign up for 1 class or all 6! Call the COA at 508-430-7550.

Capacity is capped at 15. Cost: \$8/class

Participants must sign in and pay at the COA reception area for each class.

NEW: TAI CHI QIGONG CLASS

Wednesdays, 1:30-2:15 PM, December 1—January 26

Practiced for the same reasons as Tai Chi, QiGong (Chi-Gong) is a more simple way of cultivating our life-force energy to improve health and overall well-being. Rather than learning a sequence of postures, Qigong is done mostly in a stationary position, either standing or sitting. The orchestrated movements are easy to follow, and among the many benefits, practice helps promote relaxation, stress reduction, and improved circulation. Studies have shown practitioners have less anxiety and there are positive effects on bone and cardiovascular health. No special equipment is necessary, and prior experience is not required.

There is no ongoing commitment required to attend this class—each class will be unique and can be taken as a standalone activity.

Preregistration is required. Registration for the first class will begin on Wednesday, November 17th, at 9 AM, by phone only. For subsequent classes, please register no later than the preceding Friday.

Capacity is capped at 12. Cost: \$10/class

SENIOR FIT

Senior Fit with Charlie Abate is taking a brief pause for the holidays. The next 6 week session will begin January 19th!

Wednesdays & Fridays, 9:15 AM-10:15 AM, Jan 19—Feb 25

Senior Fit is a total body fitness workout especially designed for seniors who want to remain active. The workout is safe and relaxed (any work done on the floor is optional). This class fuses stretching, toning, calisthenics, and movement exercises into a dozen unique musical routines that are easy to follow, energizing, and loads of fun! If you plan to do any floor work, please bring your own mat.

The class will run twice per week for six weeks. Participants should plan to attend all 12 classes.

Cost: \$45 for 12 classes; payment due on or before first class

Procedures:

Masks are required except when you are at your individual work station (the chair/mat where you will be completing your exercises). Please wear masks when checking in, entering the gymnasium, and when exiting the class.

You **must** sign in with COA staff in the COA reception area prior to each class. **Designated check in time will be 9-9:15 AM on class days.** You'll be given a color-coded card of the day to bring to the gymnasium to show that you have checked in.

Preregistration is REQUIRED

Capacity for the class is capped at 60 participants. Of the 60 slots, 50 are reserved for Harwich residents.

For this session only, priority will be given to folks on the waitlist from the September/October session. COA staff will contact people on the waitlist between December 22 and 29.

General registration will open on Wednesday, December 29th, at 9 AM. Open slots will be filled on a largely first come, first serve basis, with consideration to the following factors:

- Priority will be given to individuals who commit to attending all 12 classes.
- For non-residents, priority will be given to individuals with longevity in the class in consultation with Charlie.

We are accepting registrations by phone only and ask that you call only to register yourself or someone you act as a caregiver for. If we're unable to answer your call, please leave a message with your name, phone number, town of residence, and expressing your interest in Senior Fit. We will honor the timestamp of your message and return your call.

The COA will keep a waitlist, but folks on the waitlist will not be given priority for future sessions; their waitlist status is only relevant if participants drop out from this session.

OTHER PROGRAMS & SERVICES

TALENT SHOW

Wednesday, December 29th, 1 PM

Come one, come all—shower singers, table drummers, ball room dancers, margin doodlers, ukulele students, secret poets—artists of any variety, show us your talent!



This is the first ever Harwich COA Talent Show and we need your help to make it memorable. Set your New Year's resolution to adding more creativity and more bravery to your life, and then get a jump start by joining us on stage! If you're just not ready yet, that's okay too—just don't forget to join us in the audience!

Sign up any time until Friday, December 17th!

WALK & TALK WEDNESDAYS with Susan Fraser

Wednesdays, 11-11:30 AM

This program is generously offered in partnership with the Harwich Recreation Department and will be led by Susan Frasier. This is an invitation to start walking right in the Community Center gymnasium at your own pace in safe setting while you meet new friends and have fun! No registration required and participation is **FREE**. For more info, call the COA!

BEGINNER TAI CHI

This session is a continuation of the Beginner Tai Chi class that began in September. Current members have priority, but there is space for a few more participants to join in!

Learn the many physical and spiritual benefits of practicing Tai Chi. Also known as "moving meditation," Tai Chi can help improve balance, core strength, flexibility, and provide a mind-body connection as a source for stress release. Participants will learn the easy Tai Chi Eight Form, a basic sequence of movements open to all ages and abilities. No special equipment or previous experience is necessary.

Mondays & Thursdays, 11:30 AM-12:30 PM, Dec 6—Jan 31

Capacity capped at 12. Cost: \$15/class

Preregistration is required. Participants must sign in and pay each class day with a COA staff member in the COA reception area.

MAH JONGG

Tuesdays

Morning Group: 9:30 AM—12:30 PM

Afternoon Group: 1:00 PM—4:00 PM

This is a weekly group that gathers to play Mah Jongg. There are no lessons, but all levels of play are welcome. This group will be capped at 12 players.



SUPPORT GROUP FOR WOMEN WHO LIVE ALONE

4 Sessions: Wednesdays 1-2:30 PM

Nov 17, Dec 1, 8, 15 (Please plan to attend all)

Support groups are offered as a space where individuals can come together to share their experiences in a way that helps you feel understood and less alone. This group is offered for women who live alone and have limited family support in the area.

The group will be capped at 25 and led by COA Social Services Coordinator Julie Witas. Masks will be required.

Registration required—call the COA at 508-430-7550 or email Julie Witas at jwitas@town.harwich.ma.us

CAPTION CALL INFORMATION SESSION

Tuesday, November 19th, 10 AM-12 PM

Drop by to learn about CaptionCall. CaptionCall is part of a federally funded program designed to help qualified individuals with hearing loss use the phone with confidence by transcribing what the incoming caller is saying. Through this program, the captioning service, phone or mobile app, delivery, and customer support are all provided free of charge.

This is a drop by event—you may come by at any point during the scheduled program timeframe.

BIG SCREEN MOVIE DAY

"Little Women" (Rated PG)

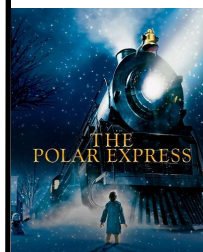
Friday, November 19th, 1 PM

The 2019 film adaption of the novel by Louisa May Alcott, a coming-of-age period drama about the four March sisters—Jo, Meg, Amy, and Beth—in 19th century Concord, MA. A timeless story with a great cast!



"Polar Express" (Rated G)

Friday, December 17th, 1 PM



The story of a young boy who is invited aboard a train to the North Pole on Christmas Eve. While he initially doubts the magic of Christmas, his journey proves that the wonder of life never fades for those who believe.

Registration is required—call the COA at 508-430-7550!

...& MORE

WELLNESS & BLOOD PRESSURE CLINIC

Town Nurse Susan Jusell, RN **NO COST**

Thursdays 9:30 AM-12:00 PM, by appointment

Meet with the nurse to have your blood pressure taken, ask health related questions, or discuss your health needs. Visits occur in the Community Center's "Center Room" (formerly called the "Play Room"). To schedule an appointment, call the COA at 508-430-7550.

LEGAL ASSISTANCE (In Person)

Attorney Michael Lavender **NO COST**

Wednesdays November 24, December 22

Do you have a legal question? Schedule a free half-hour consultation with attorney Michael Lavender, who specializes in elder law. In-person appointments are now being scheduled. Call the COA at 508-430-7550.

LEGAL ASSISTANCE—Remote

Attorney Katie Wibby **NO COST**

Monday November 1

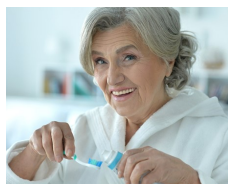
Schedule a free half-hour consultation with Katie Wibby, Senior Attorney for South Coastal Counties Legal Services. Katie's appointments will be back to in person at the COA beginning in November. If you would prefer a remote appointment, please let us know when you call to schedule—Katie is happy to accommodate those requests. Call the COA at 508-430-7550.

MOBILE DENTAL CLINIC

Fridays November 19 & December 17

Preventative dental services are available again at the Community Center! Mobile Dental Hygiene Services offers dental cleanings, exams, fluoride treatments, denture care, and education. Services are free to anyone with MassHealth Standard/Medicaid. They offer affordable rates for individuals without dental insurance.

To schedule an appointment, contact Mobile Dental Hygiene Services directly at 508-827-6725 or smiles@mobiledentalhygiene.com



COA BOARD OF DIRECTORS

The Council on Aging Board of Directors meets monthly on the first Wednesday of every month at **10 AM**. All meetings are open to the public.

Next meetings: November 3, December 1

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

FOOTCARE CLINIC

With Autumn Knight—Nov 3 & 17, Dec 1 & 15

With Dr. Cecilia Moore—Nov 23, Dec 28



Certified podiatry providers offer a general assessment of your feet and will trim, file, clean, and reduce thickening of nails, smooth corns & calluses, and massage your feet. Appointments are available 9:00am-3:00pm at the COA for \$45. Please call the COA at 508-430-7550 to schedule your appointment.

JAN/FEB PREVIEW: MEMOIR WRITING

Tuesdays, 1:30-2:30 PM, Jan 4—Mar 1 (skip Feb 22)

Memoir writing group facilitated by COA Social Services Coordinator Julie Witas. We will provide a copy of the book, "An Oral History: Preserve Your Family's Story" which contains writing prompts. By the end of the course, you will have completed the course and recorded the outline of a simple memoir! Each week, you will fill out approximately 20 pages of the book, and then choose a 5 to 10-minute selection to read to the group. The group is limited to 6 participants. Due to the limited class size, we ask that you only sign up if you are able to attend all 8 sessions. Registration required—call 508-430-7550.

A NOTE ON BALANCE BOOSTERS

There will be no Balance Boosters in November and December. Classes will resume in January and run for the remainder of the winter. The classes will be held on Tuesday mornings and early Thursday afternoons. Specific dates and times will be determined and included in the January/February edition of the newsletter. Sue wishes you all a joyful holiday season and can't wait to see you in the new year!

VETERAN'S ASSISTANCE

NEW HOURS Veterans Service Officer Shawney Carroll is available from her Harwich office on Wednesdays from 1 PM to 4 PM and Thursdays 9 AM to 4 PM to assist Veterans, as well as surviving spouses, with claims, VA healthcare, VA pensions, MGL Chapter 115 low income benefits, and more. Shawney can be reached by phone at 508-778-8740 (Hyannis office) or 508-430-7510 (Harwich office) or by email at capevso2@comcast.net.

UPDATE ON SOCIAL SECURITY APPTS

The Hyannis Social Security office remains closed to the public, and their staff continues to work remotely. SSA is offering their full range of services by phone. To speak to the SSA, call 866-467-0440. Website: www.ssa.gov

...& MORE

CALL FOR NEW PROGRAMS

We're hoping to introduce some new programs here at the COA and we need your help.

Do you have a special interest, skill, certification, or knowledge that you'd like to share or explore with others? A new hobby or lifelong passion? We'd love to hear about it! We're looking to add both one time programs and recurring activities, ranging from games, presentations, skill-building, discussion groups, fitness programs, and anything in between!

Contact Emily to discuss your ideas and learn about the process of getting a new program up and running: call 508-430-7550 or email emitchell@town.harwich.ma.us.



PHARMACY ASSISTANCE

Monday—Friday NO COST



COA staff or volunteer will pick up your prescription medication and bring it to your home if the following conditions are met: (1) Rx is filled at CVS, Shaws, or Stop & Shop in Harwich, and (2) No copay is due (we cannot pay for medication on your behalf, even if you are willing to reimburse). To make a request, call Julie at 508-430-7550. ***Shaws and Stop & Shop now offer flexible payment options. Call Julie to discuss!**

MEDICAL EQUIPMENT LOANS

Durable medical equipment is available for loan to Harwich residents (canes, walkers, commodes, shower seats, wheelchairs, etc.). Loans to non-Harwich residents are limited to items that we have in abundance.

We spray all returned equipment with disinfectant. However, we are not able to guarantee that it is fully sanitized.

Come into the COA any time Monday through Friday, 9:30 AM to 3 PM, to drop off or pick up equipment.

Please only donate or return equipment that is clean and in good condition. Further, we cannot accept equipment that requires power or non-durable medical supplies (bandages, medications, ointments, opened packages of briefs, etc.)

For more info or to request equipment, call 508-430-7550.

GROCERY ASSISTANCE

Call to schedule

NO COST



If you are trying to avoid the grocery store, we can help! Read this section for details, then contact the COA: **508-430-7550** or jwitas@town.harwich.ma.us.

The COA can pick up and deliver groceries from the Family Pantry at no cost. The Family Pantry offers a full range of groceries, including perishables such as milk, eggs, meats, bread, and produce. The Pantry provides a "Shopping List" of their available items, and your selections are made from this list.

How to Order:

1. Call or email the COA to request a copy of the current Family Pantry Shopping List.
2. When you have your selections ready, call the COA to give your order over the phone. We accept orders every day of the week, and hold them to be filled on the next scheduled delivery day. You must place your order no later than Monday at 3 PM for Tuesday delivery (Friday if Monday is a holiday).
3. We submit orders to the Family Pantry, where a volunteer will gather and bag up the groceries for each order.
4. COA staff or volunteer picks up the groceries from the Pantry and delivers them to your home. We will leave the bags right outside your front door (you must be home at the time of delivery). **Deliveries are made Tuesdays between 1-3 PM.**



The COA also keeps a small supply of non-perishable basics onsite for urgent needs. If you know someone who needs help today, please call us! 508-430-7550.

FUEL ASSISTANCE APPLICATIONS

The Fuel Assistance Program runs November 1st-April 30 every year, and appointments are available at the COA now. (Walk-ins not accepted for fuel assistance applications.) Call 508-430-7550 to schedule an appointment with Social Services Coordinator Julie Witas.

LUNCH PROGRAM DETAILS

LUNCH PROGRAM

We recognize that folks looking to take advantage of our COA meal program are coming with different needs, interests, and comfort levels. We're working to provide options that work for everyone!



Dining Onsite and Grab & Go

For every meal, we'll offer the option to dine onsite or take your meal as a "grab & go".

For folks dining in, we'll offer seating at round tables with a maximum of four people per table. All components of the meal – the meal itself, beverages, condiments, and utensils – will be individually served by kitchen staff and volunteers; nothing will be offered communally or buffet style.

For folks who would like to enjoy a delicious meal prepared by Chef Linda, but aren't comfortable or interested in group dining, we'll offer a grab & go option. This option will include the same meal being served onsite, but packaged in a to-go container for you to take home. Grab & go meals must be picked up during the onsite dining timeframe. They will be packed, labeled, and laid out in the same room as seated dining (typically the Multi-purpose Room).

Meals will be available Monday through Friday, from 11:30 AM to 12:30 PM. For folks dining in, please arrive in time to be seated at 11:30 AM. For folks taking meals to go, you may arrive any time in the one hour lunch window. **We have a strict capacity of 45 meals per day** (including both onsite and grab & go meals).

Preregistration is required. If you have not signed up in advance, we will have to turn you away. Similarly, if you sign up for a meal, please make sure you attend. If you're unable to attend, we request that you cancel your reservation a minimum of 24 hours (more notice is appreciated!) in advance to allow someone else to attend in your place and to ensure food does not go to waste. Repeated failure to attend a lunch reservation may result in suspension from this service. Please note, we understand emergencies happen! If you're unable to attend due to an emergency, this will not count against your lunch program eligibility.

For now, we are going to require that folks sign up for each individual meal, rather than signing up to participate on a set schedule (e.g. every Monday). You must sign up at least one week (7 days) before your desired meal. You must sign in prior to each meal (whether you're dining in person or participating in grab & go). The cost per meal is \$3 for Harwich residents, \$4 for non-residents.

Questions or looking to sign up? Give us a call – 508-430-7550!

We're planning special holiday meals for Veterans' Day, Thanksgiving, and Winter holidays—see page 1 for details!

November

| | |
|------------|---|
| Mon 11/1 | Meatballs & Pasta w/ Salad & Garlic Bread |
| Tues 11/2 | Salmon w/ Wild Rice, Vegetable, & Roll |
| Wed 11/3 | Salisbury Steak w/ Potato & Vegetable |
| Thu 11/4 | Lasagna w/ Salad & Roll |
| Fri 11/5 | Tuna Melt w/ Chips & Slaw |
| Mon 11/8 | Grilled Ham & Swiss w/ Chips & Slaw |
| Tues 11/9 | Chicken Mornay w/ Broccoli & Toast Points |
| Wed 11/10 | BLT Pasta Salad w/ Roll |
| Fri 11/12 | Egg Salad Sandwich w/ Chips |
| Mon 11/15 | Pineapple Chicken w/ Salad |
| Wed 11/17 | Beef & Broccoli over White Rice w/ Roll |
| Fri 11/18 | Baked Fish w/ Potato & Vegetable |
| Mon 11/22 | Roast Beef Sandwich w/ Soup & Chips |
| Tues 11/23 | Honey Lemon Chicken w/ Rice Pilaf & Vegetable |
| Wed 11/24 | Spinach Pie w/ Salad |
| Mon 11/29 | Grilled Cheese Sandwich w/ Soup & Chips |
| Tues 11/30 | Pasta w/ Peas and Sausage w/ Roll & Salad |

December

| | |
|------------|--|
| Wed 12/1 | Meatloaf w/ Potato & Vegetable |
| Thu 12/2 | Salami & Cheese Sandwich w/ Soup & Chips |
| Fri 12/3 | Shepard's Pie w/ Roll |
| Mon 12/6 | Chicken Salad Sandwich w/ Chips & Slaw |
| Tues 12/7 | Roast Pork w/ Potato & Vegetable |
| Wed 12/8 | Chicken Cacciatore w/ Vegetable & Garlic Bread |
| Thu 12/9 | Grilled Ham Steak w/ Potato & Vegetable |
| Fri 12/10 | Fish Sandwich w/ French Fries & Slaw |
| Mon 12/13 | Mac & Cheese w/ Salad & Roll |
| Tues 12/14 | Hot Turkey Sandwich w/ Potato & Vegetable |
| Wed 12/15 | Tuna in Creamy Sauce w/ Egg Noodles |
| Fri 12/17 | Swedish Meatballs w/ Egg Noodles & Vegetable |
| Mon 12/20 | Crabmeat Salad w/ French Fries & Slaw |
| Tues 12/21 | Ground Sirloin & Porcini Stroganoff w/ Egg Noodles |
| Wed 12/22 | Spaghetti w/ Lemon Shrimp Scampi & Roll |
| Thu 12/23 | Ham & Cheese Club w/ French Fries & Slaw |
| Fri 12/24 | Beef Stew w/ Garlic Bread |
| Mon 12/27 | Veggie Lasagna w/ Salad & Roll |
| Tues 12/28 | Chicken & Rice Casserole w/ Salad & Roll |
| Wed 12/29 | BLT w/ Chips & Slaw |
| Thu 12/30 | Bubba Burger w/ French Fries & Slaw |
| Fri 12/31 | Ham & Swiss Club w/ French Fries & Slaw |

TRANSPORTATION INFORMATION

CRANBERRY COACH

Transportation on our handicapped accessible van is available for trips to grocery stores and pharmacies, as well as to onsite COA programs, Brooks Free Library, and Town Hall.

- ♦ **Passengers are limited to maintain social distancing:**
At the time of printing, we are taking seven passengers at a time on the van. With the increase to seven passengers per trip, we have less flexibility to accommodate longer trips or multiple stops—we appreciate your understanding.
- ♦ You must make a reservation **at least one day ahead**. The more notice, the better!
- ♦ Most trips are scheduled for 9:00 am or 1:00 pm. Your flexibility is appreciated.
- ♦ **Passengers must wear a face covering/mask on the COA van and be free of COVID-19 symptoms.**
- ♦ **Reminder: rides are to scheduled locations only. Drivers cannot bring you to any location not scheduled through the COA office in advance.**

Cranberry Coach Weekly Schedule

| | |
|-------|---|
| Mon | Market Basket and Hyannis shopping |
| Tues | AM—Stop and Shop PM—Family Pantry deliveries/short Shaw's trip |
| Wed | AM—Shaw's, option for Harwich Port Errands* PM—Shaw's |
| Thurs | AM—Shaw's PM—Shaw's, option for Harwich Port Errands* |
| Fri | AM—Stop and Shop (except Brown Bag distribution days) |

**Stops at Harwich Port CVS, Post Office, and local banks allowed, only until the Friends' bus resumes service. You must explicitly schedule these stops when calling to arrange your ride.*

Monday Trip Schedule

Hyannis shopping: Nov 8, Nov 22, Dec 6, Dec 20
Market Basket: Nov 1, Nov 15, Nov 29, Dec 13, Dec 27

Monday trips may be shifted between morning and afternoon to accommodate essential medical appointments. We will confirm timing when you schedule and notify you of any changes.

RIDES TO MEDICAL APPOINTMENTS

Our ability to provide rides to medical appointments is ***extremely*** limited right now. We will do our best to accommodate your request, but ***ride availability is not guaranteed***. We are working to reintroduce our volunteer medical driver program to increase our capacity to support medical rides.

Requests must be made **AT LEAST 4 BUSINESS DAYS in advance**. The more notice, the better! Call 508-430-7550.

Guidelines:

- Travel between Wellfleet and Hyannis only.
- No extra riders are permitted unless required due to disability (must be your household member).
- We are unable to provide ongoing rides for medical therapies (e.g., physical therapy, chemotherapy).
- A stop to a pharmacy after your medical appt. is allowed; please request at the time of scheduling.
- Limit of 2 medical rides per month.
- We can no longer offer rides for routine dental visits.

COMMUNITY TRANSPORTATION

CCRTA continues to run services on a reduced schedule. Call the numbers listed for details.



DART

Low cost public transportation is provided by the CCRTA DART bus, by reservation from curb to curb. You must register by calling 1-800-352-7155 weekdays, 8am-5pm.

H2O

Fixed route public transportation provided on CCRTA buses between Orleans and Hyannis, with stops in Harwich Port and at Shaws in Harwich. Call 1-800-352-7155 for information. Exact change needed.

Boston Hospital Transportation

Transportation is provided for medical appointments at Boston hospitals daily by the CCRTA. There is a pick-up in Harwich. Call 1-800-352-7155 to reserve by 11am the day before. Cost is \$30 round trip, \$15 one way.

Call the COA to schedule ALL rides!
508-430-7550

Please give us as much notice as possible—call at least 24 hours in advance for Cranberry Coach rides, and at least 4 business days for medical rides.

Councils on Aging Serving Together

COASTAL CONNECTIONS

Cape COAST (Councils On Aging Serving Together) has been collaborating to strengthen our partnerships and leverage our collective resources to offer older adults on Cape Cod enhanced options for virtual programming. Join us as we connect visually through Zoom, widen our circles, and take advantage of greater opportunities for engagement, enrichment, and education. Below is a list of virtual programs open to you in November and December 2021! Each event is hosted by a particular Cape COA and is open to residents of all Cape towns—including Harwich! Join me in thanking our Cape-wide COA partners for organizing these events and making them so widely available!

CAPE WILDLIFE CENTER

Wednesday, November 3 at 9:30 a.m. (via Zoom)

Zak Mertz is a licensed wildlife rehabilitator, and along with talking about the biodiversity on Cape Cod, he will go over what to do if you come across a wild animal, and some tips to help fauna thrive in your own backyard. Learn about their mission to provide veterinary care to sick, injured and orphaned wild animals. Meet some of their very interesting patients! **To register call the Chatham COA at 508-945-5190.**

LET'S TALK ABOUT TOMORROW

Monday, November 15 at 9:30 a.m. (via Zoom)

This info session, presented by the Homeless Prevention Council (HPC), is designed to create awareness about senior housing on the Lower Cape, to encourage attendees to work with case managers to apply as soon as possible, and to connect residents to the many local resources available. This information is crucial for older adults who are considering either applying for affordable senior housing or aging in place. **To register call the Chatham COA at 508-945-5190.**

USSR-RUSSIA: MYTHS, MYSTERIES & SPYING

Tuesday, November 16 at 9 a.m. (via Zoom)

Grab your morning coffee and listen to Harry Quinlan discuss his 30 years' involvement with the former Soviet Union and Russia including living in Moscow for five years during the demise of the USSR and the rise of the new Russia. This presentation will educate and entertain! **To register call the Chatham COA at 508-945-5190.**

KEEPING THE HOLIDAYS HEALTHY WITH CHEF HEATHER BAILEY

Wednesday, November 17 at 9:30 a.m. (via Zoom)

Join this free online cooking class and watch as Chef Heather demonstrates some of your favorite recipes and provides tips for making your meals healthy and delicious! **To register call the Chatham COA at 508-945-5190.**



CHEF KELLI'S SURPRISE HOLIDAY TREAT

Tuesday, November 30 at 11:00 a.m.

(via Facebook & Instagram Live)

We're breaking in the new kitchen at the Dennis Center for Active Living (DCAL) with Kelli showing us how to make special holiday treats

this season. **To register call the Dennis COA at (508) 385-5067.**

CURRENT EVENTS IN THE MIDDLE EAST

Tuesday, December 7 at 1:30 p.m. (via Zoom)

Why is the Middle East always in the headlines? Join Krishna Kulkarni (Outreach Coordinator, University of Chicago Center for Middle Eastern Studies) for a presentation on current events in this diverse and tumultuous region of the world. Participants will learn about how the modern Middle East took shape through history and the most significant developments taking place in the region today. Krishna will also discuss the ways news media affects our perceptions about the Middle East and its diverse communities. **To register call the Orleans COA at 507-255-6333.**

LIVING WITH WILDLIFE

Thursday, December 9 at 10 a.m. (via Zoom)

We share Massachusetts with a diverse range of wildlife that you may have come across exploring your neighborhood or making headlines in the news. Learn about commonly encountered wildlife such as deer, coyote, and raccoons, and their intersection with the wild and developed spaces we inhabit. Find out best practices for maintaining bird feeders and attracting visitors. From amazing pollinators to problematic mosquitoes and ticks, we'll introduce some incredible insects and how we impact each other. Presented by Sean Kortis with Mass Audubon. **To register call the Harwich COA at 508-430-7550.**



TOWN UPDATES AND EVENTS

BROOKS FREE LIBRARY

With Thanksgiving and the holiday season approaching, it's a good time to remember and appreciate things we are grateful for. Here at Brooks Free Library we're very grateful for the Friends of Brooks Free Library and all that they do to support us in providing services to the community. I'm also excited to share some great news with you from the Friends.

In news that will make many people happy, the Friends have resumed their "First Sunday" series of programs, and they have a great line-up this year! All performances and presentations are provided free of charge to attendees, with complimentary refreshments provided following each program. The series is held in the Thornton Room at Brooks Free Library on the first Sunday of the month and start at 2 pm. Here's the schedule for this year's First Sunday series:

- November 7 - Mark and Patti McGrath - Cape Cod - Walking the perimeter and other adventures
- January 9 - Jack and Oriana - Easy listening music
- February 13 - Mike Richard - TV History through TV Guide
- March 6 - C. L. Fornari - Supporting pollinators on Cape Cod
- April 3 - Russ Allen - Local journalist
- May 1 - Crabgrass Bluegrass - Traditional bluegrass band
- June 5 - Betsy Bray - Architecture of the Cape Cod Modern House

A description of each program and additional information about the performers or presenters can be found on the event calendar on the Library's webpage, www.brooksfreeibrary.org. You can also sign up for the Library's e-newsletters for regular updates on Library news and activities.

In other good news, the Friends have restarted Book Sale operations. The Book Sale Room is not yet open (as of early October) but book sales have resumed in the lobby, with prices listed inside the front cover of the books. Donations are being accepted again, though restrictions are in place. A limited number of books may be donated by a community member at one time. Only new or very recent titles will be accepted and items must be in excellent condition. The precise limitations and the hours in which donations are accepted aren't listed in this column as these specifics will change between when I'm writing this and when you receive this newsletter. Please call the Library at 508-430-7562, check our website, or ask when you come in for the current guidelines and procedures for donating. Community members have been excellent at complying with our request not to leave boxes and bags of donated books outside the Library during the pandemic and we're asking you to continue to respect that request. The Book Sale is a volunteer-run operation and could easily become overwhelmed. The Books-on-Wheels homebound delivery service has continued through-out the pandemic, with many wonderful volunteers bring-

ing books and other materials to community members who aren't able to come into the Library independently any longer. If you'd like to receive deliveries or become a volunteer for Books-on-Wheels, please let us know and we'll be happy to connect to the Books-on-Wheels coordinator.

The Friends purchase the passes we offer for discounted or free admission to local and regional museums and attractions. They also support our VITAL program (Vision Impaired Technology Assistance at the Library) which provides instruction to people with sight loss, enabling them to become independent users of computers and assistive technology.

If you'd like to support the Friends of Brooks Free Library you can do so by joining the Friends or making a donation. Information on the Friends and a Membership application may be found on our webpage at <https://www.brooksfreeibrary.org/about/friends-of-brooks-free-library/> or ask for an application when you stop in at the Library.

Ginny Hewitt, Library Director

HARWICH COMMUNITY CENTER

At the time of writing in mid-October, The Community Center remains open Monday through Friday, 6 AM to 4 PM. The Town is working towards hiring additional staff to support evening and weekend hours—hopefully these expanded hours will be in place when this newsletter reaches you!

The Weight Room is open at full capacity. Memberships are sold on a monthly basis only. Monthly membership: \$15.

We expect that the number of groups using the space will continue to increase. Many groups are already meeting:

- Cranberry Rug Hookers, Mondays 9:30 AM to 1 PM
- Bit of Bliss Yoga, Mondays & Wednesdays 9:30 AM to 10:30 AM, Tuesdays 2 PM to 3:15 PM
- Quilt Bank, Mondays 10 AM to 2 PM
- Yogi Nomad, Tuesdays & Thursdays, 9 AM to 10 AM
- Wednesday Stitchers, Wednesdays 10 AM to 2 PM
- Cranberry Mah Jongg, Wednesdays 1 PM to 4 PM
- Painters Group, Thursdays 9 AM to 12 PM
- Guild of Harwich Artists, Thursdays 1 PM to 3:30 PM
- Alanon, Fridays 2:50 PM to 3:50 PM

Be on the lookout for other annual Community Center programs including the **Mitten Tree**! Each year, the Community Center partners with the Department of Children and Families to ensure children in need on Cape Cod have the special holiday season they deserve. All donated gifts go to local families!

For more information about Community Center activities and resources, go to the Community Center webpage at www.harwich-ma.gov/community-center or call 508-430-7568. You can also reach Community Center Director Carolyn Carey at ccarey@town.harwich.ma.us.

NOTES FROM THE OUTREACH OFFICE

Julie Witas, MSW

Social Services Coordinator

The Science of Happiness

Can you measure happiness? Not exactly, but our culture has certainly tried to do so! In the past 20 years, there's been a huge amount of research published on the topic. So what does it say?

When we talk about happiness, we're referring to a combination of how satisfied you are with your life overall as well as how good you feel on a day-to-day basis. The proportions vary from person to person, but it's thought that 50% of our propensity to have a happy outlook on life is attributed to genetics, 40% to our thoughts and actions, and only 10% to our external circumstances! So contrary to popular belief, our circumstances don't play as large a role as we think—because we get used to them over time.

This means that happiness is a skill that you can build over time and that you have the ability to control—at least to *some* extent—how fulfilling your life feels to you.

Before we look at ways to strengthen your happiness muscles, let's take a look at what happiness is NOT:

- Feeling great all the time
- Refusing to see the negative things in the world
- A final destination (you don't "arrive" at happiness and stay there) —ups and downs are still normal
- Having all the money you could ever want (the difference in happiness between people earning \$5,000 and \$50,000/year is dramatic, but the difference between \$50,000 and \$5 million is actually quite small!)

Also be mindful of these three things that will kill your happiness over time:

- 1) Comparing yourself to others. (Said beautifully as "Comparison is the thief of joy," as attributed to Theodore Roosevelt and others.)
- 2) A lack of close friendships.
- 3) Holding onto resentment.

Finally, remember that it's healthier to have steady levels of moderate happiness over time than spikes of extreme happiness. You aren't expected to be cresting waves of joy all the time—that wouldn't be sustainable.

So, how can you increase your happiness in the long run?

Nurture your relationships

The #1 way you can ensure your happiness over the long haul is to foster meaningful relationships in your life. Over and over, relationships are shown to be related to happiness—the more (positive) relationships someone has in their life, the happier they will be. And be sure to make lots of time for your friends and loved ones: On days when people spend 6-7 hours with their friends/family, they're 12 times more likely to report feeling happy rather than stressed.

Have new experiences

It's never too late to learn something new (or make new friends!). Even breaking out of your routine and doing a familiar activity in a new place counts. This is the perfect reason to try out a program at the COA!

Help others

Heaps of research show that people who regularly volunteer tend to report higher levels of happiness. But even small acts of kindness—holding a door open, buying coffee for a friend—will lift your mood when it's starting to slip.

Embrace adversity

People who've experienced some adversity in life are actually happier than those who've never experienced any. Afterwards, we've got some distance and perspective. Making sense of life's challenges helps us shape our identities and strengthens our resilience.

Search for meaning

To feel connected to a deeper purpose or meaning in life is key to our wellbeing. People find meaning through careers, raising families, spirituality/religion, and by pursuing goals that align with their core values. Goals that include commitment to something outside ourselves (such as our friends, family, or community) promote life satisfaction.

Be grateful for what you have

Count your blessings. Humans are hard-wired to see the downsides of things—we wouldn't have survived if we didn't see danger lurking. We have to actively practice looking for the positives. Several studies have shown that doing so actually does improve our mood and increases optimism. Try listing 3 things from your day that you were grateful for every night before bed and see what a difference it makes after one week.

HERE'S TO YOUR HEALTH

Susan Jusell, Town Nurse

GRATITUDE helps us to see what is there, instead of what isn't.

In celebration of Thanksgiving, I'm challenging you to start each day this month by reflecting on a positive thought or identifying something "present" in your life that you are grateful for. Sometimes, you'll have to dig deep but I'm sure you can do this!

I cannot help but reflect on some of the highlights and heartaches of this past year as we begin to wrap up 2021.

At this time last year, vaccines were still in the trial phase, while we continued to make sacrifices to keep ourselves and loved ones safe. Some of you went through the toughest times and suffered great losses, for that I'm so sorry. Please know you're not alone and there's help if you feel like you're struggling to find peace.

I will forever be grateful for the front line healthcare workers and essential personnel that kept our world going, when all else had come to a stop. Beyond that, were the residents of this town that cared for others needs beyond their own. Harwich is the true definition of community. Friends, family and volunteers making calls, sending cards, and delivering gifts that created feelings of fellowship with others. I continually witnessed neighbors sharing common attitudes, by taking on the roles of advocates and caregivers. A most sincere thank you to all of you who have gone the extra mile to ensure that the frail members of our community had their needs met during this time.

I also want to thank those who helped others access the Covid vaccine by making midnight phone calls and spending countless hours on line to help get people registered at one of the vaccination sites. Our staff here at the COA worked hard to make, coordinate, and deliver approximately 70 meals a day, answer the phones, manage referrals for care, and seamlessly set up vaccination routes for our homebound residents. Our awesome Fire Department disbursed multiple teams around town and efficiently administered the Covid vaccines to all who needed it. The Community Center staff and our amazing COA volunteers shared our interests, and helped us turn our plans into action. The Family Pantry is well run, has evolved so much over the years, and abundantly filled every order we've placed. The Alzheimer's Family Support Center created virtual ways to support clients and caregivers while offering education and entertainment on a whole new level. So many medical offices and professional



groups stepped up to help test and vaccinate our community at large, especially Cape Cod Healthcare, Barnstable County Public Health and the Harwich Health Department.

Last and certainly not least, I wanted to give a big shout out to the staff at Outer Cape Health for working with our team here in Harwich. They should be commended for tirelessly coordinating with each town down this end of the Cape, in setting up the Covid vaccines for the homebound.

November is national Diabetes Awareness month. This year's focus is on prevention and identifying prediabetes. November 14, is national Diabetes Day in honor of Sir Fredrick Banting, Charles Best, and JJR Macleod who discovered insulin in 1921 at the University of Toronto in Canada - 100 years ago!

I know most everyone has heard of diabetes, but many people are confused around the terms and what it means to have diabetes. Most people understand that insulin is made in the pancreas and that you need to decrease your sugar intake if you're a diabetic. There's so much more to it and prevention is easy.

The latest data from the American Diabetes Association (ADA) suggest that one in five people in the United States who has diabetes doesn't even know they have it. That means over 7 million people have an increased risk of having other medical complications because they are undiagnosed.

Type 1 diabetes, is an autoimmune disorder that typically begins in your adolescent years. Type 2 diabetes, develops after adolescence, typically around middle age when your body can lose the ability to regulate blood sugar.

Insulin resistance is a term that many people don't understand. This happens when your body has a hard time moving sugar in and out of its cells. Your pancreas will produce more insulin trying to help your cells absorb the glucose; eventually your pancreas can't keep up with the demand and your blood sugar levels become elevated.

Prediabetes is commonly diagnosed in the United States affecting approximately one out of every three adults. This typically happens with insulin resistance because your blood sugars become elevated but not to the point of becoming a diabetic. There are a few ways your PCP can assess your blood sugar levels. The most talked about term is called the A1C test. This blood test is ordered to assess the elevation of blood sugar over the past three months. Levels from 5.7- 6.4% suggest you're pre-diabetic and could develop diabetes within the next five years if left unmanaged.

Continued on next page..

HEALTH AND SHINE NEWS

HERE'S TO YOUR HEALTH, *cont.*

Susan Jusell, Town Nurse

It's important to know what your Diabetes risk factors are. Together these risk factors do not mean you have diabetes, but that you're at risk of becoming a diabetic and should speak with your doctor about your lifestyle. If you are 45 years or older, overweight, have a parent or sibling with diabetes, are African-American, Alaskan native, or American Indian, have a history of gestational diabetes, have high blood pressure, elevated cholesterol levels, sleep apnea, have a sedentary lifestyle, or other specific hormonal disorders, then you have risk factors that can be identified or modified.

The following are a few symptoms of diabetes, but are not conclusive of a diagnosis: increased thirst and urination, increased hunger, fatigue, blurred vision, numbness or tingling in your hands or feet, sores that don't heal, or unexplained weight loss.

Healthy lifestyle changes under the care of your PCP can help manage diabetes or prediabetes.

- Try making small lifestyle changes
- Include 30 minutes a day of physical activity, at least five days a week
- Choose healthier foods and drinks more often
- Losing weight and keeping track of it, you may be able to prevent or delay diabetes by losing 5-7 percent of your starting body weight.
- Seek support from your physician or other supportive healthcare professionals
- Stay up to date with your vaccinations, as people with diabetes may become more sick with COVID-19

Prediabetes is a condition that can be identified and managed, preventing many long term consequences.

I wish you good health, happiness, and gratitude for what you have.

**Call me or come in for a visit, I
look forward to connecting with
you!**



SHINE

Medicare Open Enrollment

The time is **now** to review your Medicare coverage! By September 30th, each Medicare beneficiary receives an **Annual Notice of Coverage** which includes important information regarding Medicare costs and benefits. You can compare your Medicare benefits and health insurance options at no cost with your local SHINE (Serving the Health Insurance Needs of Everyone) counselor. A visit or phone call with a certified SHINE volunteer may reduce your out of pocket medical and/or prescription drug costs. In addition, meeting with your SHINE counselor during open enrollment can help you identify public programs that can help with premiums, copayments and health coverage based on income and assets.

Open Enrollment is **October 15 – December 7** and state certified SHINE counselors are available to help you understand health care coverage, review cost increases, and find out what's new with Medicare.

We're excited to welcome two new SHINE counselors to our Harwich team—Cyndi and Donna. They are scheduling in person appointments at the COA. **At the time of writing this in mid-October, all available onsite appointments are full.** If you're looking for Open Enrollment assistance, don't hesitate to call us to see if an appointment has opened up. If nothing is available here, we can refer you to the Barnstable County Regional SHINE Office for further assistance (to contact the Regional Office directly, call 508-375-6762).

If you've already scheduled an appointment with us, please remember to complete and return your packet to us at least one week prior to your appointment date. Blank packets are available at the COA!

Helpful telephone numbers and websites:

- **Medicare:** www.medicare.gov, 800-633-4227
- **Social Security:** www.ssa.gov, 800-772-1213
- **Prescription Advantage:**
www.prescriptionadvantagema.org, 800-243-4636

Non-Open Enrollment Assistance

Do you need more general health insurance counseling, unrelated to Medicare Open Enrollment? SHINE counselors can help beneficiaries navigate the complex health insurance system and help people with limited resources enroll in programs that help pay health insurance costs.

The COA is beginning to schedule onsite non—Open Enrollment appointments for December—call us at 508-430-7550 to sign up!

VOLUNTEER NEWS

VOLUNTEER SPOTLIGHT



Charlotta
"PeeWee" Lusher



Charlotta, better known to her friends and family as Pee Wee—a nickname that has stuck since childhood—has been volunteering for the COA for six years. She has worked in the kitchen beside our Town Chef Linda all that time. Now, twice a week, she checks in the folks that have signed up for Lunch when they arrive.

A lifelong Harwich resident, she now lives in East Harwich. Before retiring in 2007, she worked as a pharmacy technician. She is blessed with three children who all still live on Cape Cod, five grandchildren, and a two-year old granddaughter.

In her spare time, she enjoys knitting and plastic canvas work, a craft similar to cross stitch.

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



CURRENT VOLUNTEER NEEDS

The Council on Aging is always seeking new volunteers. To find out about our current opportunities, contact COA Social Services Coordinator Julie Witas at jwitas@town.harwich.ma.us or 508-430-7550.

Holiday Food & Gift Delivery: Volunteers will help in either packing or delivering food and/or gifts at Thanksgiving and wintertime.

Holiday Meal Serving: Help serve food & clean up at our special holiday meals (see page 1).

Room Caretakers (1-4 hours/week): Help keep our reception area and office spaces looking great! Come in once or twice a week to spruce things up. Our building custodians keep everything clean, but we could use someone with an eye for detail to help with organization and suggestions for how to keep things warm and inviting.

Reception/Admin Assistants (3.5-7 hours/week): Responsible for greeting guests, directing clients to proper COA staff, helping in the distribution of medical equipment, acting as a backup to answering phones, and making reminder calls. Excellent communication skills and friendly demeanor would make this a very rewarding experience. We are looking for afternoon coverage.

Friendly Visitor (1-2 hours/week, 6 month minimum): Friendly Visitor volunteers provide one-on-one companionship to combat social isolation through regularly scheduled visits and activities. As a friendly visitor, you will gain valuable experience, contribute to your community, have fun, make a friend, learn something new.



FRIENDS' NEWS



Friends of The Harwich Council on Aging

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

A message from Jack Brown, Friends' President

Dear Friends, Donors, and Members,

While Friends' 47th year supporting Harwich seniors is coming to a close, our Year-End Campaign has kicked into gear! We hope you will donate to Friends – we continue to support Harwich seniors without paid staff and with minimum overhead. Our focus remains primarily on Nutrition, Socialization, Transportation, Medical Equipment, and Emergency Assistance.

Covid-19 curtailed our social excursions and our weekly van service to grocery stores, the post office, pharmacy and banks, yet **the Board kept busy!** We've strengthened tried and true services, reimagined others to make them viable in the context of Covid, and implemented brand new offerings. Friends hand-delivered or mailed over 100 notes of thanks to **Harwich Veterans** and is funding the "grab and go" lunch for Veterans on November 16. We also provided funds to help ensure **the COA's Newsletter is published every two months** during this tight fiscal year.

As in the past years, Friends continued to purchase gift cards for Shaw's and Stop & Shop for the Harwich COA to distribute to seniors facing food insecurity.

Friends initiated a new program in partnership with the Harwich Fire Department and Fire Association to purchase lock boxes. The Harwich Fire Department will install the boxes so, in an emergency, paramedics and firefighters can avoid forced entry and damage to your home. We expect to expand upon this partnership in 2022.

We continue to look to the Harwich COA and to the community for opportunities to help. **Your donation to Friends makes**

existing programs possible and supports the development of new programs. The Board of Directors and I thank you in advance for supporting Harwich seniors!

Stay safe and healthy,

Friends Board: Jack E. Brown, President; Christina Joyce, Treasurer; JoAnne Brown, Secretary; Directors: Jim Knickman, Susan Lellis, and Richard Waystack

GIFT DEDICATIONS THROUGH OCTOBER 8

In Loving Memory Of

Al Boragine, Jr.

Anne Hayes

Ron Pelletier

Peter & Cheryl Sniezek

Barbara Gordon

John and Elizabeth Holman

David, Jean, and Alice

David and Nancy Truesdale

Andrea Frankel

Ronni Berger and Randi O'Meara

Michelle MacKay

Donald and Doris MacKay

Margaret "Peggy" Rose

Nancy F. Hipp

All Veterans

Seth Hudak

In Honor Of

Chris Joyce

Joseph and Lynne Lavieri

Lynn Schweinsaut

FRIENDS OF HARWICH COA ANNUAL CAMPAIGN

Name _____

Mailing Address _____

Town/Zip _____ Phone _____

Email: _____

Donation: \$ _____

**Please make checks payable to:
Friends of the Harwich COA**

**Mail to: FHCOA, 11 Wheaton Way,
Harwich Port, MA 02646**

CAREGIVER & COMMUNITY RESOURCES

SUPPORTIVE DAY PROGRAM

The Day Center Program at the Orleans Senior Center is a regional adult supportive day program offering a safe, caring, person-centered environment for older adults with physical and cognitive disabilities, and for those in need of social stimulation. It also provides respite time for caregivers of older adults.

They offer a structured day that includes music, art, and fitness to promote optimal social, emotional, and physical wellness, while allowing clients to remain in their own homes for as long as possible.

While the Day Center was closed down throughout the height of the COVID-19 pandemic, they have reopened under enhanced protocols designed to ensure the health and safety of both staff and participants.

The Day Center Program is open to residents of Orleans, Brewster, Chatham, and **Harwich**, and attendance is subsidized by these communities. The cost for Harwich residents to attend is \$55/day and includes all activities and meals.

To learn more about scheduling a complimentary trial day or for more information about eligibility, contact the Day Center Director at 508-255-6333, ext. 19.

LOCAL COVID TESTING RESOURCES

At the time of writing in mid-October, the following COVID testing options are available within Barnstable County. Please note, some test types or locations have fees—call for details.

Cape Cod Healthcare

Drive-through PCR testing, by appointment (to schedule, call 508-534-7103). Available for both symptomatic and asymptomatic individuals.

- **Cape Cod Hospital**—Mon-Fri, 7:30-11:30 AM and 3:30-6:00 PM; Sat & Sun, 7:30-11 AM
- **Falmouth Hospital**—Sun-Thurs, 7:30-9:30 AM

Cape Cod Healthcare Urgent Care Centers (incl. Fontaine)

- Walk-in rapid testing for asymptomatic individuals
- PCR testing for symptomatic individuals, no appointment needed (call ahead before walking in)

Outer Cape Health Services (508-905-2888)

- Harwich Port Health Center—Wed & Fri, 3-4 PM, by appointment, symptomatic and asymptomatic

Barnstable County (PCR testing, by appointment)

- Barnstable County Fairgrounds—Thurs & Sun, 4-6 PM
- Eastham Police Department—Tues, 2-4 PM

While vaccinations and precautions have reduced the spread of COVID, it is still present in the community. If you're experiencing symptoms, please get tested even if you're fully vaccinated!

NUTRITIONAL SUPPORT PROGRAMS

These programs are ongoing. All deliveries are now contact-free.



BROWN BAG PROGRAM

The COA works with the Greater Boston Food Bank and the Family Pantry to distribute brown bags of food for eligible seniors on the 1st Friday of the month. Bags may include fresh fruit or vegetables, meat or frozen food, and shelf stable items. If you have a low income and/or are on MassHealth, SNAP, or Fuel Assistance you will qualify. For more information, call 508-430-7550.

MEALS ON WHEELS

Sponsored by Elder Services of Cape Cod and the Islands. Meals are delivered to homebound seniors by volunteers. Voluntary donation of \$3 per meal. For more information, call Elder Services at 508-394-4630.

S.N.A.P.

The Supplemental Nutrition Assistance Program (SNAP) helps low income individuals and families buy healthy, nutritious food. A SNAP household's monthly benefit depends on household size, income and expenses. For more information, contact the COA at 508-430-7550.

CALEB CHASE FUND

The Caleb Chase Fund is a Town of Harwich fund designed to help Harwich residents in financial need. The Fund can help with payments for rent, utilities (including phone and internet service), medical bills, car payments, and child care. **If you are interested in learning more about the Caleb Chase Fund, contact Julie Witas (508-430-7550, or jwitas@town.harwich.ma.us) to learn more about the application process.**

HOMELESS PREVENTION COUNCIL

Caseworker Ethan Steele from HPC is available to meet at the Harwich Council on Aging on **Tuesday afternoons from 1-3 PM.**

Ethan can assist with housing applications, applying for SNAP benefits, fuel assistance, and other personalized case management support. This is a walk in service—no appointment required.

Can't make it on Tuesdays, but want to get in touch with HPC for support? Contact them at 508-255-9667 or info@hpccapecod.org.

HARWICH COUNCIL ON AGING
100 Oak Street
Harwich, MA 02645

Prst Std
US Postage
PAID
Curley Direct
02601



FOR THOSE WITH VISUAL IMPAIRMENTS, A LARGE PRINT VERSION OF THE NEWSLETTER IS AVAILABLE UPON REQUEST.

HARWICH COUNCIL ON AGING

Harwich Council on Aging
100 Oak Street
Harwich, MA 02645
508-430-7550 (COA)
508-430-7505 (Town Nurse)

OFFICE HOURS:
Monday—Friday 8:30 am—4:00 pm

*www.town.harwich.ma.us
click on "Departments" then "Council on Aging"*

Staff Contacts

Director:..... Emily Mitchell
Town Nurse:..... Susan Jusell
Social Services Coord: Julie Witas
Temporary Administrative Assistant: Kate Seeley
Program Specialist: Vacant
Executive Asst: Marie Carlson
Chef:..... Linda St Pierre
Van Drivers: Gerry Golia, Kathy Skipper, John Chatham

COA BOARD:

Richard Waystack, Chair
Carol Thayer, Vice Chair
Angelina Chilaka
Joanne Lepore
James Mangan
Ralph Smith
Justin White, Alternate

*The printing of this newsletter was made possible
with grant funding from the Massachusetts
Executive Office of Elder Affairs.
Postage is generously provided
by the Town of Harwich.*

COA Disclaimer

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