

Town of Harwich COUNCIL ON AGING NEWS

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

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March/April 2022

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

March: Special Program on Sexual Health

Sexuality is often overlooked as a topic among older adults. Most of us were taught not to talk about sex in public, especially when it comes to older people having sex. Yet research has shown that older adults are being sexual, staying sexual, and considering themselves sexual beings up into their 70s and 80s as longevity increases.

Many people want and need to be close to others as they grow older. For some, this includes the desire to continue an active, satisfying sex life. In fact, a majority of older adults report sex as integral to their quality of life and wellness. There are many different ways to be intimate—alone or with a partner.

Some adults may choose not to engage in sexual activity, and that's also normal. For those who are not being sexual, they are still thinking about their bodies, their past romances, and perhaps their sexual losses.

Ageism offers us a rather narrow view of older adults and their sexual lives—they are seen as either asexual (with a myriad of causalities) or hypersexual (often present with cognitive impairments). Yet new research has revealed that these one-dimensional stereotypes aren't valid—their sexual lives are as complex and multi-layered as the overall older population.

We've invited Dr. Jane Fleishman—an award-winning sexuality educator who focuses on senior living communities—to the Harwich Council on Aging. She's going to tackle the tough subjects that few others will, and we hope you will join her for a riveting and thoughtful discussion. She creates an environment where learning about such delicate issues is done in a frank, humorous, research-based, and compassionate manner.

Topics are guided by participants' interests and can include physiology, intimacy, cognitive impairment, sexual health, gender identity, sexual orientation, drug interactions, protection, new models of consent, and more. At the end of the presentation, there will be plenty of time for discussion and questions.

THE SCIENCE OF SEXUALITY & AGING (Dr. Fleishman)

Monday, March 14th, 1-2 PM

Join us for an insightful look into the complex emotions we have around physical intimacy—whether you are looking for more or loving being alone. No right answers here, just a comfortable space to hear a presentation and discuss a mixture of feelings, led by a seasoned presenter and sexual wellness educator. **Preregistration is required. Call the COA at 508-430-7550 to sign up!** Class will be capped at 20.



DIRECTOR'S DIALOGUE

Hello and Happy Spring!

As we look forward to longer days, warming sunshine, new growth, and improving health trends, I want to acknowledge the challenges of the last few months. While we'd thought we were at the stage in the pandemic where we were safe from program disruptions, we were hit with a new variant and case surge that interrupted many of our planned events. I want to thank you for your patience and flexibility as we modified and paused some of our favorite activities.

I'm thrilled to share that trends have improved, the town building mask mandate has been lifted, paused programs have resumed, and new sessions are on the books (with details contained in the next pages). We hope you find any number of activities, in person and virtual, that spark your interest these next few months.

As a note, while the Board of Health mask mandate has been lifted and replaced with an advisory, we are still bound by several federal mask requirements. If you're participating in transportation services (on the COA van or through the volunteer medical program) or participating in healthcare related services including podiatry care, the mobile dental clinic, the wellness clinic, or home visits with either the Town Nurse or Social Services Coordinator, masks are still required. Consistent with both the Town and state advisories that acknowledge older adults are at an increased risk for COVID, we will continue to strongly encourage mask use for all programs.

I hope you'll stop in for lunch, a new program, or just a visit to show off pictures of the flowers popping up in your yard or along your favorite walking route. I look forward to seeing you soon!

Emily Mitchell



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SPECIAL PROGRAMS

COMPUTER BASICS FOR OLDER ADULTS

Tuesdays & Wednesdays, April 12-June 8, 12:00-1:30 PM

In this 10-week, PC-based course, you'll learn the basics of how to operate a computer and navigate the internet in ways that can enrich your life. During the course, you'll learn how to use email, search the internet for information, access sources of entertainment, and connect to people, organizations and interests that matter to you. This course is designed for people who have very little experience with computers and want a solid introduction. Participants should attend all 20 classes and be prepared to practice the skills they learn between classes. Laptops will be provided for all participants to use during class and the COA will make arrangements to allow participants to access the laptops outside of class time to practice.



Preregistration is required and begins March 14th. To sign up, call Laura Roskos at Elder Services of Cape Cod & the Islands at 508-394-4630 ext. 540 or email seniorplanet@escci.org. **Class will be capped at 12—call early, as we expect the class to fill up fast!**

SEND A STORY PROGRAM

2nd & 4th Thursdays (March 10 & 24, April 14 & 28), 2-4pm

Do you have a child in your life, either near or far, who would love to hear you read a story to them? You choose the book, and we can help you make a video or an audio recording, then send that recording to the child (along with the book if you choose). We'll coordinate all of the technical details, thanks to a wonderful partnership with Brooks Free Library. Call the COA for more information or to schedule your appointment—508-430-7550.



WINTER WEATHER POLICY

If Monomoy Public Schools are closed, all Harwich COA programs, including transportation, will be canceled, but the COA Office will still be staffed and available to assist you by phone and email. If the Harwich Town Hall is closed, the COA will also be closed. We will make every effort to contact people who have signed up for appointments or services to share closure information. However, in inclement weather, it is best to call to confirm that the COA is open or to check the Town website or local news for building closure updates.



Please note, to ensure the safety of our riders and drivers, there may be times the Cranberry Coach van does not operate due to winter weather conditions, even if other COA programs are not impacted. Scheduled riders will be contacted if we have to cancel your ride due to weather.

WHAT BENEFITS ARE YOU MISSING OUT ON?

Thursday, March 31, 1:30-2:30 PM

Join COA Social Services Coordinator for an overview of many of the local programs, resources, and benefits that are available to Harwich residents. You'll learn that the income threshold to most programs is higher than you expect and that you qualify for more than you think! Find out how to reduce your monthly expenses on things such as heating, food, rent, utilities, and even your mortgage if you need it. Many people are afraid that if they utilize services, they'll be taking something away from someone who needs it more—so we'll explore why that is largely a myth and why you should take advantage of the things you qualify for.



Preregistration is required. Call the COA at 508-430-7550 to sign up! Class will be capped at 20.



SKIN CANCER & SKIN CARE TALK

Thursday, April 14, 10-11 AM

Did you know that skin cancer is the most common type of cancer? Learn how to protect yourself and keep your skin healthy! We're still dreaming of summer, but sun protection is a year-round concern. Dr. Bentivegna will visit the COA to give a presentation where you can find out how to keep yourself safe. **Preregistration is required.** Call 508-430-7550 to sign up! Class is capped at 15.

BEGINNER TAI CHI *NEW CLASS OPEN*

Tuesdays & Fridays, 10-11 AM, April 12—June 17 (10 weeks)

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. Participants should plan to attend all 20 classes over the 10 week session.

Preregistration is required and will begin Tuesday, March 15th, at 9 AM. Call the COA at 508-430-7550 for more info or to sign up. **Capacity:** 12 people per class. **Cost:** \$15/class

THE SCIENCE OF SEXUALITY & AGING

Monday, March 14, 1-2 PM

Join us for an insightful look into the complex emotions we have around physical intimacy—whether you are looking for more or loving being alone. Led by seasoned presenter and sexual wellness educator Dr. Jane Fleishman (see page 1 for full details). **Preregistration is required.** Call the COA at 508-430-7550 to sign up! Class will be capped at 20.

FITNESS PROGRAMS

JILL'S EXERCISE CLASS

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.

Jill is running two separate classes:

Wednesdays, 9:30 AM-10:30 AM, April 6—May 11

Fridays, 9:30 AM-10:30 AM, April 8—May 13

Preregistration is required and opens Tuesday, March 15th, at 9 AM. Call the COA at 508-430-7550 to sign up! We ask that you choose either the Wednesday class or the Friday class, but not both so that we can maximize the number of people who can participate. **Capacity:** 15 people per class. **Cost:** \$8/class

BALANCE BOOSTERS

Maintain balance and flexibility with 45 minutes of strengthening and stretching while safely seated in a chair using your own body and simple implements which are supplied. Taught by Town Nurse Susan Jusell who will be running two 6-week sessions (you may only register for one of the two).

Session 1: Tuesdays, 10:30-11:15 AM, April 5—May 10

Session 2: Thursdays, 12:15-1:00 PM, April 7—May 12

Registration is required and will open on Wednesday, March 16th, at 9 AM. We will fill classes on a first come, first served basis. If we're unable to answer your call, please leave a message with your contact information and identifying which session you'd like to participate in. We will honor the timestamp of your message when filling the class. Call the COA at 508-430-7550 for more information or to sign up! **Capacity:** 14 people per session. **Cost:** Free!

TAI CHI QIGONG CLASS

Wednesdays, 1:30-2:15 PM, Feb 16—April 6

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. 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. There is still space in this ongoing class, and you are welcome to join mid-session.

For any given class, you must register no later than the preceding Friday. Call the COA at 508-430-7550 to sign up. **Capacity:** 12 people per class. **Cost:** \$10/class



SENIOR FIT

Late Spring Session: April 20 – June 3 (7 weeks, 12 classes)
Wednesdays & Fridays, 9:15 AM-10:15 AM

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. **There will be 12 classes over the course of 7 weeks with no class on Wednesdays, May 4th and May 18th. Participants should plan to attend all 12 classes.**

Cost: \$45, payment due on or before first class

Masks are required except when you are at your individual work station.

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 pick up an index card with your name on it and turn it into Charlie in the gymnasium to show that you have checked in.

This session is intended to build on the March/April session. Therefore, participants from that session will be given registration priority. Open seats will be filled on a largely first come, first serve basis with consideration for factors below. **Preregistration is REQUIRED. March/April participants must register no later than Wednesday, March 23rd, at 12 PM. Registration for open seats begins Thursday, March 24th, at 9 AM.**

Capacity for the class is capped at 60 participants. Of the 60 slots, 50 are reserved for Harwich residents. 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. All calls will go to voicemail and your message will be time stamped. In your message, please include 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.

WALK & TALK WEDNESDAYS with Susan Fraser
Wednesdays, 11-11:30 AM

This program is generously offered in partnership with the Harwich Recreation Department and is led by Susan Fraser. Join Sue walking right in the Community Center gymnasium at your own pace! No registration required. **FREE!**

MORE PROGRAMS & SERVICES

AARP TAX AIDE PROGRAM

Tuesdays & Wednesdays, 8:30 AM—3:15 PM

The Harwich Council on Aging is thankful to partner again with AARP to assist you with preparing and filing your federal and state income tax returns. Tax assistance is still available by appointment for Harwich residents. While you will schedule your appointment with us at the Harwich COA, your appointment will take place at the **Chatham Community Center (702 Main Street, Chatham, MA 02633)**. This is a change from last year when appointments were held at the Harwich COA. We offer transportation on the Cranberry Coach van to one set of appointments per week.

As in past years, you will be required to pick up a tax packet at the Harwich COA prior to your appointment. You must bring your completed packet, with all required documents enclosed, with you to your tax appointment.

Please note, this program follows our Winter Weather Policy (see pg. 2). If Monomoy Schools are closed, your appt is canceled. We'll do our best to reschedule, but cannot guarantee. Appointments are filling quickly—Call Kate at 508-430-7550 to schedule yours!

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.



BIG SCREEN MOVIE DAY

"A Beautiful Day in the Neighborhood," PG (2019)

Friday, March 18th, 1 PM

Tom Hanks portrays Mr Rogers in A Beautiful Day in the Neighborhood, a timely story of friendship between Fred Rogers and journalist Tom Junod. After a jaded magazine writer (Matthew Rhys) is assigned a profile of Fred Rogers, he overcomes skepticism, learning about empathy, kindness, and decency from America's most beloved neighbor.



"Queen Bees," PG-13 (2021)

Friday, April 15th, 1 PM

Helen is an independent widow who moves into the Pine Groves Senior Community and discovers that it's just like high school—full of cliques and flirtatious suitors. What she initially avoids leads her to exactly what she has been missing: new friendships and a chance at love again with newcomer, Dan.



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

WELLNESS & BLOOD PRESSURE CLINIC

Town Nurse Susan Jusell, RN

NO COST

Wednesdays 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". To schedule an appointment, call the COA at 508-430-7550.



LEGAL ASSISTANCE—In Person

Attorney Michael Lavender

NO COST

Wednesdays March 23, April 27

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 Appointments

Attorney Raymond Yox

NO COST

Monday March 7

Schedule a free half-hour consultation with Raymond Yox, Senior Attorney for South Coastal Counties Legal Services. Remote appointments are currently being scheduled. Call the COA at 508-430-7550.

MOBILE DENTAL HYGIENE CLINIC

Fridays March 11 & 18, April 22

Preventative dental services are available again at the COA! 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

FOOTCARE CLINIC

With Autumn Knight—March 2 & 16, April 6 & 13

With Dr. Cecilia Moore—March 29, April 19

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.



The Friends of Harwich COA Minibus is back on the Road!



March Excursion - Thursday, March 10, 11 AM

Suggested by our riders, the March excursion will explore thrift shops in Yarmouth and Hyannis. We will lunch at Columbo's Café. Save room for the famous pastry! Registration is required and open to Harwich seniors. Call Friends at 508-432-5050 or email FriendsofHarwichCOA@gmail.com. Registration is capped at 6. We'll leave from the Community Center at 11 am.

April Excursion – Thursday, April 14, 10 AM

We're off to Provincetown for a tour of the Pilgrim Monument and Provincetown Museum. Climb the tower? Probably not but enjoy the museum exhibits. Lunch will follow. Call Friends at 508-432-5050 or email FriendsofHarwichCOA@gmail.com. Registration is capped at 6. The bus leaves from the Community Center at 10 am.

Harwich Port Loop - Each Friday 1:30 pm—details on pg. 7!

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, Shaw's, 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 the COA at 508-430-7550.

***Shaw's Osco and Stop & Shop now offer flexible payment options over the phone.**

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 AM to 3 PM, to drop off or pick up equipment.

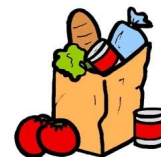
Please only donate or return equipment that is clean and in good condition. Further, we cannot accept equipment that requires power or non-durable medical supplies (bandages, medications, ointments, opened packages of briefs, etc.)

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. 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.**

FUEL ASSISTANCE APPLICATIONS

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

SHINE - Health Insurance Counseling

SHINE (Serving Health Insurance Needs of Everyone) counselors offer free assistance to help beneficiaries navigate the complex health insurance system and assist people with limited resources enroll in programs that help pay health insurance costs. SHINE Counselors are volunteers trained and certified annually by the Executive Office of Elder Affairs. Call the COA at 508-430-7550 to schedule an appointment.

VETERAN'S ASSISTANCE

Veterans Service Officer Shawney Carroll is available from her Harwich office on Tuesdays and Thursdays from 9 AM to 4 PM to assist Veterans, as well as surviving spouses, with claims, VA healthcare, VA pensions, MGL Chapter 115 low income benefits, and more. 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.

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 Multipurpose 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 capacity of 45 meals per day** (including both onsite and grab & go meals).

Preregistration is required. You must sign up at least one week (7 days) in advance of your desired meal. This gives Chef Linda enough time to order the right amount of food! 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 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.

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!**

March

Tues 3/1	Chicken Kiev w/Mashed Potato & Veg.
Wed 3/2	Ham & Beans Dinner w/Brown Bread & Slaw
Thu 3/3	Grilled Cheese & Tomato Soup
Fri 3/4	Pizza & Salad
Mon 3/7	BLT w/Chips
Tues 3/8	Bubba Burger w/Chips & Slaw
Wed 3/9	Stuffed Shells w/Salad & Garlic Bread
Thu 3/10	Roast Beef Sandwich w/Chips
Fri 3/11	Baked Fish w/Potato & Slaw
Mon 3/14	Turkey Club w/Chips & Slaw
Tues 3/15	Sausage Pasta & Peas w/Roll & Salad
Wed 3/16	Shepherd's Pie
Thu 3/17	Grilled Salmon w/Rice & Veg.
Fri 3/18	Veggie Lasagna w/Salad
Mon 3/21	Tuna Roll w/Chips & Slaw
Tues 3/22	Salisbury Steak w/Potato & Veg.
Wed 3/23	Beef Fajita Boat w/Rice
Thu 3/24	Pasta & Meatballs w/Garlic Bread
Fri 3/25	Chicken Salad on Roll w/Chips
Mon 3/28	Comed Beef Ruben w/Chips & Slaw
Tues 3/29	Antipasto w/Roll
Wed 3/30	Chicken Stew w/Biscuit
Thu 3/31	Shrimp Scampi w/Linguini

April

Fri 4/1	Chicken Caesar Wrap w/Chips
Mon 4/4	Mac & Cheese
Tues 4/5	Chicken Cordon Bleu w/Potato & Veg.
Wed 4/6	Hot Dog w/Potato Salad & Slaw
Thu 4/7	Roast Pork w/Potato & Veg.
Fri 4/8	Strawberry Balsamic Spinach & Chicken Salad
Mon 4/11	Ham & Cheese Club w/French Fries & Slaw
Tues 4/12	Meat Lasagna w/Salad & Garlic Bread
Wed 4/13	BLT Wrap w/Chips
Thu 4/14	Spinach Pie w/Salad
Fri 4/15	Egg Salad on Roll w/Chips
Mon 4/18	Salad with Scoop of Chicken Salad on Top
Tues 4/19	Crab Cakes w/French Fries & Slaw
Wed 4/20	Chicken Parmesan w/Ziti
Thu 4/21	Swedish Meatballs w/Noodles & Veg.
Fri 4/22	Tuna Melt w/Chips & Slaw
Mon 4/25	Grilled Cheese w/Bacon & Chips
Tues 4/26	Quiche & Salad
Wed 4/27	Chicken Croquets w/Potato & Veg.
Thu 4/28	Tacos w/Rice
Fri 4/29	Pizza & Salad

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.
- 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 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 for passengers who cannot be accommodated on the Friends' mini bus, which is not wheelchair accessible. You must explicitly schedule these stops when calling to arrange your ride.*

Monday Trip Schedule

Hyannis shopping: March 14, March 28, March 11
Market Basket: March 7, March 21, April 4, April 25
(Note: Holiday April 18)

**Call the COA to schedule
all rides**

508-430-7550

**24 hours notice for Cranberry Coach
4 business days for Medical Rides**

RIDES TO MEDICAL APPOINTMENTS

We are happy to report that our **Volunteer Medical Ride Program is back!** 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.
- Per federal regulations, properly worn masks are required inside vehicle at all times (driver & passengers).
- No extra riders are permitted unless required due to disability (must be your household member).
- Limit of 2 medical rides per month. This means we are unable to provide ongoing rides for medical therapies.
- A stop to a pharmacy after your medical appt. is allowed; please request at the time of scheduling.
- Please provide a cash donation to your driver in these amounts: Harwich, and adjacent towns \$5 / Hyannis, Yarmouth, Eastham, Wellfleet \$15. If this creates a hardship, please let us know at the time of booking. No one will be turned away for inability to pay.

FRIENDS' MINI BUS (508-432-5050)

On Fridays at 1:30pm, the Friends' of Harwich COA will take riders to on a loop through Harwich Port to:

- ♦ TD Bank & Cape Cod 5
- ♦ CVS & the Post Office
- ♦ Shaws on Sisson Road

Call 508-432-5050 to sign up. Limited capacity (COVID).

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.

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 March and April 2022! 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!

A MATTER OF BALANCE (MOB)

Beginning Wednesday, March 9, 2022, at 10:00AM-12:00PM (via Zoom)

Are concerns about falling keeping you from doing the things you enjoy? Every Wednesday for 8 weeks we come together as a group facilitated by certified trainers Pegg and Brenda. MOB is an evidence-based program proven to build your confidence and provide you tools to help you stay active and connected. **For more information or to register, call: 508-385-5067 or email sjones@town.dennis.ma.us**



MEN IN RETIREMENT: Henry Quinlan

Wednesday, March 16, 2022, at 10:30AM-11:30AM (via Zoom)

So, you've retired....what now? Learn about how retirement can bring new relationship issues, and for men who do not find new meaningful activities to replace work, there is the risk of boredom and a

sense of purposelessness that can be stressful and lead to depression, marital issues, and health problems. **For more information or to register, call The Bourne Council on Aging: 508-759-0600 ext. 5300**

THE UNUSUAL BOOK CLUB

Wednesday, March 16, 2022, at 10:00AM (via Zoom)

Love books but feel stressed if you have to read one by a certain date? This book club is different! Rather than reading one book, we will gather to recommend books on a selected theme. March theme: Fantasy & Science Fiction. Join us! **To register call the Provincetown Senior Center at 508-487-7080.**



LIGHT HOUSES OF NEW ENGLAND

Tuesday, March 22, 2022, 1:30PM (via Zoom)

Presented by Jeremy D'Entremont, historian for the U.S. Lighthouse Society, president and historian of the American Lighthouse Foundation, and the founder of Friends of Portsmouth Harbor Lighthouses. He's the author of more than 20 books and hundreds of articles on lighthouses and maritime history. He's also producer and host of the U.S. Lighthouse Society's podcast, "Lighthearted," and has appeared many times on national TV and radio speaking about lighthouse history. Jeremy will share stories of the many lighthouses that dot the shorelines of Cape Cod, Martha's Vineyard, and Nantucket. The focus is on human history with fascinating stories of lighthouse keepers and their families at these remote outposts, featuring historic images as well as recent photos. **To register call the Orleans COA at 508-255-6333 beginning March 1st.**



HEALTH TALKS: Head, Shoulders, Knees and Toes

Wednesday, March 9, 2022, at 10:00-11:00AM (via Zoom)

What you need to know about surgery and rehabilitation with a physical therapist and the experts from Kindred Health. Presenter: Joanne Burbank, RN, Kindred Health. **To register call the Barnstable Council on Aging at (508) 862-4750.**

BUYING & OWNING (or LEASING) A CAR

Wednesday, March 9, 2022, at 1:00PM (via Zoom)

Having a car can be an expensive proposition. Read tips on buying vs. leasing, negotiating the best deal, financing, getting the most out of warranties and service contracts, using gas efficiently, and avoiding repossession. Time permitting, a brief discussion on the latest scams concerning the auto industry. Presenter: Marie C. Clougher, Esq., Executive Director, Consumer Assistance Council. **To register call the Barnstable Council on Aging at (508) 862-4750.**



A VIRTUAL DOCK TOUR OF WOODS HOLE OCEANOGRAPHIC INSTITUTION

Wednesday, March 16, 2022 1:30PM (via Zoom)

Woods Hole Oceanographic Institution is the world's leading, independent non-profit organization dedicated to ocean research, exploration, and education. Our scientists and engineers push the boundaries of knowledge about the ocean to reveal its impacts on our planet and our lives. The Woods Hole Oceanographic Institution is dedicated to advancing knowledge of the ocean and its connection with the Earth system through a sustained commitment to excellence in science, engineering, and education, and to the application of this knowledge to problems facing society. Presented by Paul Daigle docent at the Woods Hole Oceanographic Institution. **To register call the Orleans COA at 508-255-6333 beginning March 1st.**

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 March and April 2022! 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!



GARDEN TALK-POLLINATION ECOLOGY—HOW CAN WE HELP BEES?

Tuesday, March 22, 2022, at 11:00AM-12:00PM (via Zoom)

Honeybees, both locally and nationally have been suffering catastrophic losses. This program will review honeybee biology and the factors responsible for this problem. In addition, we will review the state of wild pollinators like bumble bees and the things residents can do to help them. Many of the fruits and vegetables we eat require pollination. Presenter: Larry Dapsis, Etymologist, Cape Cod County Extension. **To register call the Barnstable Council on Aging at (508) 862-4750.**



GET YOUR GARDEN READY

Tuesday, April 12, 2022, 2:00PM (via Zoom)

Presented by Master Gardener, Donelle Denery, this program will focus on the proper steps to get your garden ready in anticipation of your planting



season. Flower, vegetable, and container garden preparation will be discussed. Properly preparing your garden in early spring sets you up for a successful growing season! **To register call the Orleans COA at 508-255-6333 beginning March 1st.**

IN THE KITCHEN WITH KELLI

Tuesday, April 19, 2022, at 11:00AM (via Facebook Live)

Join Kelli and her special guests to bake sourdough bread! Learn how to prevent illness through small changes in your lifestyle, including, if you're going to anyway, the kind of bread you eat. **For more information or to register, call: 508-385-5067 or email kfieldhouse@town.dennis.ma.us**



GARDEN TALK: GROWING FOR BIRDS AND BEES

Thursday, April 21, 2022, at 1:00PM-2:00PM (via Zoom)

This program will focus on why we should care about the birds and the bees and how they share our ecosystem. Learn what threats they face, and how we can support them in our own yards and neighborhoods with beautiful plants. Fran is a Master Gardener who has a Ph.D in Plant Science (Ecology) from the State University of New York College of Environmental Sciences and Forestry in Syracuse. She taught for more than 30 years and retired to Cape Cod in 2018. Her primary focus in gardening is to celebrate native plants and create habitat. Presenter: Fran Raleigh. **To register call the Barnstable Council on Aging at (508) 862-4750.**



HOLLYWOOD HISTORY – INTERNATIONAL CINEMA: FRENCH AND ITALIAN DIRECTORS

Wednesday, March 30, 2022, at 3:30PM-4:30PM (via Zoom)

... a sampling of 20th and 21st century French and Italian filmmakers and their films that are not only accessible, but also relatable!!! Presenter: Frank Mandosa. **To register call the Barnstable Council on Aging at (508) 862-4750.**

BURIALS AT SEA

Wednesday, April 6, 2022, at 2:00PM-3:00PM (via Zoom)

Thinking of burial at sea? Long time presenter Capt. Brad White founder of New England Burials at Sea and Funeral Director Chris Goulet of Hamel Lyden funeral service invite you to this highly informative virtual presentation. Time will be available at the end for Q&A. Presenter: Capt. Brad White, NE Burials at Sea. **To register call the Barnstable Council on Aging at (508) 862-4750.**

WOMEN'S RADICAL AGING GROUP

Wednesday, April 27 at 9:30AM (via Zoom)

Women's Radical Aging Gatherings provide us with a confidential space to speak of our experiences of aging: to be heard as we talk about the hard things we carry and the daily joys we gather. This is our place to offer support and connection to each other and revitalize our spirits! Facilitated by Mary DeRocco, MA, LMHC, LMFT. **To register call the Provincetown COA at 508-487-7080.**

TOWN UPDATES AND EVENTS

BROOKS FREE LIBRARY

Brooks Free Library Tax forms are here! We have a good supply of both federal and state tax forms this year at the library up on the second floor. The tax form area is right next to the reference desk where you can ask us for help finding and printing more forms if you need them. We can not give you tax advice, but we can direct you to other sources for help if you need it including the locations and hours of our local state and federal tax offices in Hyannis as well as our local COA/AARP programs.

We have a special collection of books on the Mezzanine of the library (between the first and second floors) that we call the Confidential Corner. These books cover some sensitive topics and are available to anyone who needs them. They are available to all - take what you need and return them if and when you no longer need them. Items in this collection do not need to be 'checked out' and you don't need a library card or a computer to access these items. Books in this collection cover a range of topics including divorce, alcoholism, suicide, and mental health issues. Some of the titles include "When your adult child breaks your heart", "The 30 day sobriety solution", "Intervention: how to help someone who doesn't want help", "A Better nor bitter divorce", "Are you OK?: a guide to caring for your mental health" and "You and your gender identity: a guide to discovery". We also have books for children such as "Invisible string" and unique items like "the Anxiety and worry workbook" that you can write in.

Most of these specific titles along with many more books on these topics, can also be found in our regular collection and we have bookmarks that list the Dewey decimal numbers so folks can find more books that might be helpful to them without asking anyone for help. We know it can be hard to ask for help but we also want you to know that any questions that you do ask at the Reference desk are confidential and all items that you check out are also confidential. There are state laws that protect the privacy of patron's library records and transactions and we also offer several self-checkout machines where you can check out your own books to further protect your privacy. Let us know if you want us to show you how to use the self-check or if you might need a replacement library card.

For more information about any of these topics you can talk to Jennifer the Reference Librarian at the Reference Desk on the second floor or call us at 508-430-7562 x3.

HARWICH COMMUNITY CENTER

Current Community Center hours of operation are:

- Mondays, 6 AM to 6 PM
- Tuesday—Friday, 6 AM to 9 PM
- Saturdays, 8 AM to 4 PM

During these hours, many groups hold their meetings, programs, and special events. A few are highlighted below.

- Master Gardeners Backyard Horticulture class, 8 week session for beginning and experienced gardeners. First class: Friday, March 4th (registration required)
- Blood Drive, Friday April 22nd, 1-9 PM

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

Community Center staff and members of the Community Center Facilities Committee are beginning to consider new room usage fee structures for the building. As they consider this topic, they are seeking input from community members and groups who regularly use Community Center space. They have organized two feedback sessions entitled "*Share Your Ideas, We are Listening*". At these sessions, folks are invited to openly share their thoughts and suggestions on room fees. The sole purpose of these meetings is to hear and collect your ideas.

The listening sessions are scheduled for:

- Monday, March 14th, 6 PM
- Tuesday, March 15th, 11 AM

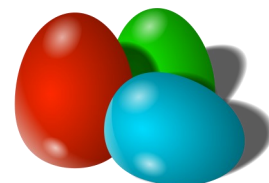
Both sessions are scheduled in the Community Center Multi-purpose Room. All are welcome and encouraged to participate!

Community Center Egg Hunt Kits

The Community Center will again provide take home Do-it-Yourself Egg Hunt kits this year!

Pick up your kit so you can set up your own personal Egg Hunt from the comfort of your home! Call the Community Center at 508-430-7568 to reserve your kits (1 per child) and arrange a pick up time. Pick up times are expected to be scheduled the week of April 11th. Call early—kits go quickly!

Springtime coloring pages and the annual jellybean counting contest will begin this spring as well—check the Community Center website, Facebook page, or newsletter, or call the front desk for more info!



NOTES FROM THE OUTREACH OFFICE

Julie Witas, MSW

Social Services Coordinator



Finding Help When You Need It

If you find yourself feeling down or stressed more often than not, or the problems in your life are keeping you from accomplishing what you want some days, it might be time to look for professional help. Know that you're not alone—about 1 in 4 American adults experience a mental health problem in any given year.

Most people who seek help feel better. For example, more than 80% of people treated for depression see some improvement after several weeks.

Some people worry that going to a therapist or taking medication is a sign of weakness. But consider instead that it can be a sign of great strength to take control of your life and take steps towards feeling better.

What Kind of Help is Available?

Treatment for mental health issues can include therapy and medication. Therapy generally entails talking about your problems with a mental health professional once a week for 50 minutes, and might be a short-term arrangement or long-term depending on your goals. A therapist can help you:

- Change behaviors that hold you back
- Feel stronger in the face of challenges
- Look at ways of thinking that affect how you feel
- Come up with plans for solving problems
- Feel stronger in the face of challenges
- Heal traumas from your past
- Build confidence
- Figure out your goals, if you aren't sure where to begin.

How to Find a Therapist or Other Provider

You can start by calling your insurance company, if you have a supplemental plan that acts as a managed care plan. They will have a network of providers they can refer you to. You can also ask your doctor, friends, or clergy for referrals. The different types of professions include psychologists, social workers, pastoral counselors, and other masters-level licensed mental health counselors. Psychiatrists generally do not provide ongoing counseling; they prescribe medication.

Think about what traits you'd like in a counselor. You want to feel comfortable in order to talk openly with them. Would you prefer to see a man or woman? Someone young or old? Consider whether there are any other traits that matter to you. Then, if possible, interview more than one therapist before making your selection. Finally, remember to check with your insurance to make sure the person you choose is covered (if you did not go through the company for a referral).

Getting Started

If you've never been to a therapist before, making that first call can be a little daunting. Before you call, prepare some questions:

- What experience do you have treating people like me?
- Do you take my insurance? What does your service cost?
- Do you have a particular style, approach, training, or expertise?

When you call, you might get an answering machine. Leave times the provider can reach you to make it more likely you'll connect.

At the first visit, the therapist will ask you a lot of questions about your background and the reasons that brought you in. You can ask as many questions as you want as well, like what to expect over the coming weeks. Remember that everything you say will be kept confidential.

Getting the Most Out of Treatment

Your relationship with your provider is like a partnership. You'll get more out of it if you:

- Talk about your goals. Are there certain issues or behaviors that you care about the most?
- Keep an open mind. Be willing to consider new ways of thinking and behaving that might improve the quality of your life.
- Understand that talking about personal issues is difficult, but it can help you overcome them. With time, treatment should help you develop more coping skills, stronger relationships, and a stronger sense of yourself.
- Be honest. Your therapist can't help you if you don't share the whole picture. Don't say you're ok when you're not.
- Share any concerns about your overall health. Your physical and mental health are very closely related.
- If you think you're not making progress, you should tell your counselor. Any good provider will want you to get the most of your sessions. If you've discussed your concerns, and you're still not being helped, it might be time to look for someone new.

What About Medication?

Some people with mental health issues find medications to be very helpful. You'll want to weigh the pros and cons of a particular drug with your doctor/NP. If you decide to take medication, it might take a few weeks to start feeling better. Here are some questions you may want to ask if you are considering medication:

- How soon should I expect to feel better?
- When should I take it (morning or night)?
- Should I take it with food or on an empty stomach?
- Do I need to avoid certain foods, drinks, or other medications?
- What are the possible side effects?
- What do I do if I get side effects?

If you have any questions about accessing professional help or would like referrals, you can call Julie at 508-430-7550 ext. 12. Not ready, but have something on your mind? See Brooks Library Column on page 10 for information on written resources.

HERE'S TO YOUR HEALTH

Susan Jusell, Town Nurse

Looking Ahead to Spring...

Daylight savings time will begin at 2 AM on Sunday, March 13th and the sun won't set that night until 6:43pm!



I think people as a whole are more productive and feel happier when the sun sets later in the evening. Although I don't like waking up in the dark, I would prefer to have sunset after dinner time. Either way the days are getting longer & warmer.



Are you ready to get out and enjoy the fair weather and become more social this spring? If not, what's holding you back?

There's more being discussed about the transition from pandemic to endemic, and what does that mean for us? In the science world, there are more questions than answers. In fact, many answers we've been given over the past two years were revised as new data was collected. Greater immune protection from vaccinations and from natural infection will decrease the rate of transmission and the number of hospitalizations, resulting in a stronger immunity as a whole.

The COVID vaccine is highly effective at preventing severe illness, hospitalizations and death, but doesn't mean you can't still get COVID or spread the virus. This is very similar to getting the flu vaccine. If you feel sick, report your symptoms to your primary care or go to a walk-in clinic to determine a path of care. We can be hopeful because we're in a very different place with our public health care than at this time last year. It's time to process the fear that we've had around a diagnosis of COVID, and to understand that the medications and treatments of COVID are very well-managed both in and out of the hospital.

There are many factors that our public healthcare system along with our government and health experts will consider when determining the shift to an endemic stage. They'll need to see the numbers continue to decline as they rapidly are, measuring at 1 percent positivity rate or

less. That means, for every one positive case, should not infect more than one other singular person. (For example a 2% rate would result in every one positive case infecting two others).

It's important to find activities that you feel safe being socially engaged in, as well as an avenue to being physically active. If you're not sure how to find that balance, feel free to reach out to me or to the Council on Aging to explore your options.

We continue to promote programming while asking participants to be conscientious of how they're feeling and to only join us when they are feeling well.

Dr. Peter Bentivegna has graciously agreed to offer a program on skin cancer detection and prevention. His last program was well presented, insightful, and he answered questions along the way allowing a casual and comfortable atmosphere.

He's a board certified plastic surgeon who specializes in hand surgery and reconstruction. Many years ago, he identified the need for more dermatology care on the Cape and has become quite passionate about it. Skin cancer is the most common cancer in the US & world-wide. One in five Americans will develop some type of skin cancer by the age of 70. When detected early, the five-year survival rate for melanoma is 99%. More people are diagnosed with skin cancer than all other cancers combined. There are many steps we can take to prevent skin cancers but annual exams and monthly self-exams should become a scheduled part of our routine. Please feel free to join us and learn how to take better care of your skin and know when to report a concern to your doctor. Please call ahead and let us know if you'll be joining us, so we can have a seat ready for you!



I have weekly wellness clinics on Wednesday mornings. I'm still taking scheduled appointments for that time & others throughout the week. Please call the COA if you would like to have your blood pressure checked or talk about concerns you're trying to manage at this time.

As always, I hope you are happy and well!

VOLUNTEER NEWS

VOLUNTEER SPOTLIGHT



*Ralph
Galeota*



Ralph Galeota has been volunteering here at the COA for about three months. He is a familiar face if you ever pick up lunch from our Grab and Go program! He is always flexible and willing to help cover a shift when we are in a bind. Ralph says he looks forward to volunteering at the senior center and enjoys meeting new people that come in to pick up lunch.

He was a science teacher in Boston for 20 years before becoming interested in landscaping and gardening. Ralph was married for 53 years to his lovely wife, Ellen before she passed away 3 years ago. Ralph is blessed with three children and three wonderful grandchildren.

He has lived in West Harwich for the past 21 years. During the warmer months he works as a gardener/groundskeeper at Cranberry Valley golf course three days a week. He enjoys doing yard work, working with plants and flowers, doing puzzles, and is always one of our regulars at our monthly COA Movie Day!

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

CURRENT VOLUNTEER NEEDS

The Council on Aging is always seeking new volunteers. We ask for a 6 month minimum commitment for most of our roles. To find out about our current opportunities, contact COA Social Services Coordinator Julie Witas at 508-430-7550 or jwitas@town.harwich.ma.us.

Medical Drivers (2 hrs/week): Drivers take seniors to medical appointments in the local area, covering Hyannis to Wellfleet, two to four times a month. Volunteers provide rides in their own vehicles and must have a valid driver's license and complete background, driving record, and vehicle safety checks. Transportation is a top need of seniors, and you can make a real difference in the lives of many of your neighbors! A small stipend is provided to cover the cost of gas.

Friendly Visitor (1-2 hrs/week): 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, and learn something new.

Reception/Admin Assistants (3.5 hrs/week):

Responsible for greeting guests Directing clients to proper COA Staff, helping in the distribution of medical equipment, acting as a backup 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.

Special Project (time flexible): Sort older files for storage and reorganize file cabinets in two office spaces.



Make it happen!

FRIENDS' NEWS



Friends of The Harwich Council on Aging

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

Dear Friends, Donors, and Members,

Board Changes: After many years and with thoughtful leadership at the helm, Jack Brown chose to move into the Past President position. In his place, the Board appointed Jim Knickman to President and appointed Bob Hamilton to Director. Our readers were introduced to Jim in the Sept/Oct newsletter. Bob kindly responded to last month's newsletter re: interest in serving on the board. Bob retired from Albany College of Pharmacy & Health Sciences where he was Dean. He and his wife, Diane, live in West Harwich, have two children and two grandchildren. During the pandemic, they delivered meals for the COA and Bob is currently a medical driver. A lifelong Buffalo Bills fan, he was relieved when Tom Brady left New England, though he acknowledges Brady's status as a GOAT.

Excursions: Look for the March and April excursions on page 5. Gail Hancock and Maura Jordan, driver and aide respectively, are researching future trips; under consideration are Cape Cod Museum of Art, Captain's Table at Hyannis Yacht Club, South Harwich Meeting House tour, and a Sunday matinee at Cape Cod Theatre. Gail and Maura look forward to hearing ideas from you. So do weigh in.

Stakeholders Retreat: In December, Friends hosted a retreat with approximately 20 stakeholders to help identify areas where services to seniors could be expanded or developed. A few trends were: increasing awareness and

outreach of available services Cape wide and transportation needs. The Board will seek additional input and further define selection criteria such as ability to implement, to fund and to address a real need.

Membership: Please consider renewing your membership or joining for the first time – it is your way to support Harwich seniors in areas of nutrition, socialization, transportation, emergencies, and durable medical equipment.

With wishes from the board for a healthy and safe spring,
Jim Knickman, Jack Brown, JoAnne Brown, Susan Lellis,
Chris Joyce, Richard Waystack, Robert Hamilton

GIFT DEDICATIONS

In Loving Memory Of

Paul Gannon

Joanne Gannon

Eleanor and Dick Jordan

Harold and Jill Gabriel

Connie Porciello Young

Christina Joyce

In Honor of

Charles O. Parker

Loraine W. Parker

FY 22 FRIENDS OF HARWICH COA MEMBERSHIP

Annual dues are \$5.00 per person / Life dues are \$40 per person

Name _____

Mailing Address _____

Town/Zip _____ Phone _____

Email: _____

ANNUAL: \$5.00 _____ LIFE: \$40.00 _____

Additional Donation: \$ _____

Name _____

Mailing Address _____

Town/Zip _____ Phone _____

Email: _____

ANNUAL: \$5.00 _____ LIFE: \$40.00 _____

Additional Donation: \$ _____

Please make checks payable to: Friends of the Harwich COA
Mail to: FHCOA, 11 Wheaton Way, Harwich Port, MA 02646

CAREGIVER & COMMUNITY RE-

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.

MEDICARE SAVINGS PROGRAMS

If you are a Massachusetts resident on Medicare with limited income and assets, you may qualify for help paying your Medicare costs. MassHealth offers Medicare Savings Programs, also known as MassHealth Buy-In to help with these costs.

A Medicare Savings Program can help pay some out-of-pocket costs, including:

- Your monthly Medicare Part B premium
 - Prescription drug costs through the Part D Extra Help program, which you automatically qualify for with a Medicare Savings Program
 - In certain cases, your out-of-pocket Part A and Part B costs, such as coinsurance and deductibles
 - In certain cases, your Part A premium, if you have one
- Income and Asset Limits*:

	Income (at or below)	Assets** (at or below)
Single	\$1,755/month	\$15,720
Married	\$2,371/month	\$23,600

*Limits are subject to change each year on March 1. These are accurate at the time of printing.

**Your home and car are not counted as assets.

For help applying to a MassHealth Buy-In Program, contact Social Services Coordinator Julie Witas at 508-430-7550.

NUTRITIONAL SUPPORT PROGRAMS

These programs are ongoing, with contactless deliveries.

BROWN BAG PROGRAM

The COA works with the Greater Boston Food Bank and the Family Pantry to distribute brown bags of food for eligible seniors on the 1st Friday of the month. Bags may include fresh fruit or vegetables, meat or frozen food, and shelf stable items. If you have a low to moderate income and/or are on MassHealth, SNAP, or Fuel Assistance, you will qualify. For more information, call 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 Megan Dugas from HPC is available to meet at the Harwich Council on Aging on **Tuesday afternoons from 12:30-3:30 PM.**

Megan 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

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

HARWICH COUNCIL ON AGING

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

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

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

Staff Contacts

Director:..... Emily Mitchell
Town Nurse:..... Susan Jusell
Social Services Coordinator: Julie Witas
Program Specialist 1: Kate Seeley
Executive Assistant: Marie Carlson
Chef:..... Linda St Pierre
Van Drivers: Gerry Golia, Kathy Skipper

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Justin White, Alternate

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COA Disclaimer

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