

Town of Harwich COUNCIL ON AGING NEWS

Harwich Community Center ~ 100 Oak Street ~ Harwich, MA 02645
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May/June 2022

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

COA Operations and COVID Risk

On February 25th, the Centers for Disease Control revised their methodology for assessing COVID risk in communities. Community Risk levels are now identified as low, medium, or high and are rated based on three factors. The initial factor considers new COVID positive cases per 100,000 residents within the past 7 days. The next two factors consider new COVID-related hospital admissions within the past 7 days and the percentage of staffed inpatient beds occupied by COVID patients.

Since this new risk assessment methodology has been in place, Barnstable County has consistently scored in the low risk category. CDC recommendations for low risk communities include staying up to date with vaccinations and boosters, maintaining improved ventilation in indoor spaces, and following isolation and quarantine recommendations, including getting tested if symptomatic or exposed to COVID.

With strong vaccination levels and high levels of population immunity from both vaccination and infections, we're gearing up to be a bit less restrictive with our programming here at the COA.

You'll notice that some programs have larger capacities, are a bit looser with preregistration requirements, or that we let more folks in off the waitlist. If you have questions about any particular program, don't hesitate to reach out to us by phone or email.

We recognize that as we become less restrictive, we are transferring more of the risk management decisions onto you as individuals. We encourage you to consider your own health, comfort, and risk tolerance when deciding what programs to join in. With more participants, less distancing, and more folks feeling comfortable going mask-free, there is a higher chance of exposure to someone who is COVID positive.

We encourage and support you taking the measures you feel will best keep you safe. We'll continue to have masks and sanitizer available, will follow contact tracing protocols as needed, and will reassess these decisions if trends change.

We're glad that these changes will allow us to see and serve more in our community—we hope to see you soon!

DIRECTOR'S DIALOGUE

Hello! I hope you are enjoying the depths of Spring just as much as I am!

In the spirit of spring joy and new beginnings, I want to start by offering a warm welcome to the newest member of the COA team—Kurt Von Hone! In April, Kurt joined us as our newest van driver covering our regular Wednesday routes and filling in on some other trips as well. He comes to us with years of experience driving for a neighboring COA and has already begun sharing his kindness, passion, and energy around the office and on the road. Stop in on a Wednesday to say hello some time soon!

Continuing the trend of good news—with each and every recent edition, we've reported improving public health trends and expanded COA programs. This edition offers the same. In that vein, I'm excited to report that after a few years on pause, the COA is resuming transportation services to our **Annual Town Meeting!** We are exploring options to provide transportation to the **Local Election** as well (details for both on pg. 8). We have a wide variety of **new programs** covering topics including mindfulness, comfort dogs, suicide prevention, a Death Café (back by popular demand!), a nutrition class geared towards widowers, new social activities, and more. We also have new session dates for our **ongoing classes and activities**. Details for all are contained in the next few pages!

As mentioned in the left column of this page, you'll notice that, in addition to expanding program offerings, we're loosening other restrictions as well. Please note, greater restrictions remain in place for healthcare and transportation services as required by state and federal mandates.

I hope you'll take the chance to stop in soon—I look forward to seeing you!

Emily Mitchell



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SPECIAL PROGRAMS

CROCHET FOR BEGINNERS

2nd & 4th Mondays (May 9 & 23; June 13 & 27), 10-11 AM

It's never too late to learn a new skill! Join Lee Pierce and Social Services Coordinator Julie Witas for a fun & free opportunity to start a new hobby and meet new friends. This class is appropriate for beginners with no crochet experience. Some materials provided. Class is FREE!

Preregistration is required and opens Monday, May 2nd at 9am. Call 508-430-7550 to sign up! Class is capped at 12.



SUICIDE PREVENTION TRAINING

Monday, May 23, 10-11 AM

Outer Cape Health Services and the COA are partnering to bring our community a suicide prevention training known as "Question, Persuade, Refer" (QPR). QPR are three steps anyone can learn to help prevent suicide. The QPR Institute's mission is to reduce suicidal behaviors and save lives by providing innovative, practical, and proven suicide prevention training. The signs of crisis are all around us, but we believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know. The pandemic has had a significant impact on all our mental wellbeing.



We invite you to join in this community conversation and training to learn how to recognize and intervene at a moment when it matters most. **Preregistration required and opens Monday, May 9th at 9am.** Registration is first come, first served, and please note that this class is designed for the community rather than professionals. Call 508-430-7550 to sign up! Class capped at 15.

ESTATE PLANNING: POWER OF ATTORNEY & ADVANCED HEALTH CARE DIRECTIVES

Tuesday, May 24, 1-2 PM (Tentative—Date may change)

It's important to learn about crucial financial and legal considerations as early as possible. A local attorney will present information about the different types of Power of Attorney documents and how to obtain them, as well as explain the difference between Health Care Proxies, Living Wills, and Massachusetts MOLST orders. Made possible by The Massachusetts Bar Association's Elder Law Education Program. **Preregistration is required and opens Monday, May 9th at 9am.** Call 508-430-7550 to sign up! Class is capped at 15.



LADIES' SOCIAL HOUR (& A HALF)

Wednesdays, May 25 & June 29, 1:00-2:30 PM

Are you looking to expand your social circle? Want to talk to more people? We are hosting a once monthly women's social gathering! Take this great opportunity to meet more of your neighbors. We'll provide nametags, tables, and even suggested topics to make it easier to meet new people and engage in interesting discussions. **Preregistration is required and opens Monday, May 9th at 9am.** Call the COA at 508-430-7550. Group is capped at 25.

MINDFULNESS FOR STRESS RELIEF

Wednesday, June 1, 10:30-11:30 AM

Start the summer stress-free! Social Services Coordinator Julie Witas hosts an introductory session on mindfulness, which has been found to have beneficial effects on many aspects of our physical and mental wellbeing. This class is for you if you've heard the buzz but aren't sure what mindfulness actually looks and feels like, if you're wondering how to integrate mindfulness into your daily life, or if you are looking for a refresher of practical tips on things you can do every day to increase your mindful practices. **Preregistration is required and opens Monday, May 16th at 9am.** Call 508-430-7550 to sign up! Class is capped at 15.



DEATH CAFE

Tuesdays, June 7—June 28 (4 weeks), 2-3 PM

A Death Café is a group directed discussion of death with no set agenda or objectives. It is a discussion group, not a grief support group or bereavement counseling session. The purpose of a Death Café is to normalize a difficult topic and give people a space to discuss anything they want in regards to the topic of our mortality. Discussions tend to be lively, fun, engaging, and thought-provoking—not morbid at all! **Preregistration is required and opens Monday, May 16th at 9am.** Registrants should please try to attend all sessions. Call 508-430-7550 to sign up! Group is capped at 15.

HEARTS & PAWS COMFORT DOGS

Monday, June 13, 1-2 PM

Meet and Greet with dogs and volunteers from Hearts and Paws Comfort Dogs! Hearts and Paws is a non-profit organization dedicated to supporting the well-being of people in our community by sharing the unconditional love of dogs. All Comfort Team dogs pass the American Kennel Club Canine Good Citizen Exam before going on visits and are accompanied by two human handlers. Come enjoy the dogs and learn about the program! This event is drop in—registration encouraged, but not required.



FITNESS & NUTRITION PROGRAMS

THE WIDOW(ER)'S DIET

Thursdays, May 12—June 2 (4 weeks), 10:00-11:15 AM

Maggie Davis, MS, RD, LDN, FAND will be sharing with you her expert professional nutrition advice as well as her experience as a widow. Widowhood is a time of great adjustment and is one of the greatest stressors one can experience in life but it is seldom addressed in the typical self-care advice offered to widows. Eating poorly can lead to depression and a wide range of health problems including dementia. Maggie will share the latest research and practical tools that you can adapt to your own eating style. This course is not intended to replace treatment by a licensed health care provider.

The 4 week course content will include the following concepts:

- Health concerns of widows & current research
- Emotional eating, overeating, undereating, malnutrition risk
- Guided Self-evaluation of your individual eating pattern
- Strategies for planning, food shopping, budget issues, avoiding waste
- Recipes and menu ideas for tailoring your meals to your needs as a widow(er)
- Strategies for enhancing take-out, convenience entrees and restaurant meals
- Resources, including solo recipes

Preregistration is required and opens Monday, May 2nd at 9am. Priority registration deadline for Harwich residents: Mon, May 9. Non-residents will be put on a waitlist & added to class as space allows beginning May 10. Call 508-430-7550 to sign up! Class is capped at 15. Cost: \$50 for the 4 week session.

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.

Wednesdays, June 8 — July 27, 9:30 AM-10:30 AM

Fridays, June 10 — July 29, 9:30 AM-10:30 AM

Preregistration is required and opens Wednesday, May 18th, 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

WALK & TALK WEDNESDAYS with Susan Fraser

Wednesdays, 11:00-11:30 AM

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

TAI CHI QIGONG CLASS

Wednesdays, May 4—June 22, June 29 — August 31, 1:30-2:30 PM

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. 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. 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:** \$15/class

BEGINNER TAI CHI (CLOSED CLASS)

Beginner Tai Chi is ongoing, but is now a closed group. Be on the lookout for new beginner classes in the coming months. For current group members, the class will continue to meet Tuesdays & Fridays, 10-11 AM, June 21-August 26.

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.

We are running a special **two-week mini session** designed for people new to Balance Boosters. This is your chance to try it out!

Two Weeks Only: June 14-23

Tuesdays and Thursdays, 10:30-11:15 AM

Registration is required and will open on Thursday, May 19th, at 9 AM. We will fill the class on a first come, first served basis. If we're unable to answer your call, please leave a message with your contact information. 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:** 15 people per session. **Cost:** Free!

Beginning in August, we will start a recurring Balance Boosters schedule with new six-week sessions beginning the first week of every even numbered month. Be on the lookout for August session details in the next edition!

MORE PROGRAMS & SERVICES

SEND A STORY PROGRAM

2nd & 4th Thursdays, (May 12 & 26, June 9 & 23), 2-4 PM

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.



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. To make a request, call the COA at 508-430-7550. ***Shaws Osco and Stop & Shop now offer flexible payment options over the phone.**

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

"Spencer," R (2021)

Friday, May 20th, 1 PM

The marriage between Princess Diana and Prince Charles has long since grown cold. Though rumors of affairs and a divorce abound, peace is ordained for the Christmas festivities at the queen's estate. There's eating and drinking, shooting and hunting. Diana knows the game, but this year, things will be profoundly different.



"West Side Story," PG-13 (2021)

Friday, June 17th, 1 PM

Love at first sight strikes in this beautiful 2021 remake when young Tony spots Maria at a high school dance in 1957 New York City. Their burgeoning romance helps to fuel the fire between the warring Jets and Sharks -- two rival gangs vying for control of the streets.



**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, May 25 & June 22, 1-4 PM

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, May 2, 1-4 PM

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, May 27 & June 24

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—Weds, May 4 & 18; June 8 & 15

With Dr. Cecilia Moore—Tuesdays, May 17; June 14

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.



Friends of Harwich COA Minibus Excursions

May Excursion - Thursday, May 12

We are off to the **John F. Kennedy Hyannis Museum** to visit its galleries. New exhibits include RFK "Ripple of Hope," and "Presidential Summers." Entrance fee is \$11 for seniors. Following our visit to the museum, you will enjoy lunch at the Hyannis Yacht Club. A few dress code requirements: long trousers and collared shirts for men; no T-shirts or tank tops! 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 10 am.



June Excursion – Wednesday, June 8

Another museum yet small and welcoming! We'll tour the **Wampanoag Museum** in Mashpee. It is housed in the Bourne-Avant house, one of the oldest remaining homesteads and adjacent to the Mashpee River and the Herring Run. Entrance fees for our travelers have been paid for by a generous donor. We don't go anywhere unless food is involved. We will lunch at the **Marketplace**. 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. **Please note – we're going on a Wednesday not a Thursday.**

July - Tentative plans are to head to Sesuit Harbor for the Lobster Roll Cruise.

DURABLE MEDICAL EQUIPMENT

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

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

Donations & Returns: Please only donate or return equipment that is clean and in good condition. Note that our ability to accept donations is dependent upon our storage space. There may be periods when we have to decline donations—we recommend calling ahead to check whether we can accept your donation.

Further, we cannot accept equipment that requires power or non-durable medical supplies (bandages, medications, ointments, opened packages of briefs, etc.).

You can drop in Monday through Friday, 9 AM to 3 PM, to borrow or donate equipment.

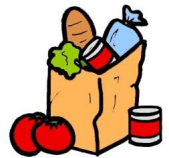
For more info or to request equipment, call 508-430-7550.

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 has been extended for the 2021-2022 season! If you haven't gotten your application in, there's still time. Save close to \$1,000 (or more) on your oil bills! Call right away to schedule an appointment with Social Services Coordinator Julie Witas (508-430-7550).

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.

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.

You must sign up at least 48 hours in advance of your desired meal. However, please note that some dates are filling up more than a week in advance, so reserving your spot early is recommended! When signing up for multiple days, please confirm with staff that we have space for the days you are signing up for.

Similarly, if you sign up for a meal, please make sure you attend and pick up on time. **For grab & go meals, if you arrive after 12:30 for pick up, we do not guarantee that your meal will still be available.** If you're unable to attend, we request that you cancel your reservation at least 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.)

The suggested donation per meal is \$3 for Harwich residents, \$4 for non-residents.

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

May

Mon 5/2	BLT w/chips
Tues 5/3	Chicken stuffed with broccoli cheese w/rice & veg
Wed 5/4	Mac & Cheese
Thu 5/5	Salisbury steak w/potato & veg
Fri 5/6	Salad w/a scoop of tuna
Mon 5/9	Ham & cheese club w/chips & slaw
Tues 5/10	Stuffed shells w/salad & garlic bread
Wed 5/11	Turkey w/mashed potatoes & veg
Thu 5/12	Swedish meatballs w/egg noodles & veg
Fri 5/13	Grilled cheese & tomato w/chips
Mon 5/16	Chicken salad on a roll w/chips
Tues 5/17	Hotdog w/beans & potato salad
Wed 5/18	Butternut squash soup & salad
Thu 5/19	Hot roast beef sandwich w/potato & veg
Fri 5/20	Stuffed peppers
Mon 5/23	Turkey & cheese sandwich w/chips
Tues 5/24	Chowder & salad
Wed 5/25	American chop suey w/garlic bread
Thu 5/26	Fish sandwich w/French fries & slaw
Fri 5/27	Fried chicken w/potato & veg
Mon 3/30	Holiday—Memorial Day (COA Closed)
Tue 3/31	Shepherd's pie

June

Wed 6/1	Sausage & pasta with peas w/salad
Thu 6/2	Chicken fajita bowl w/rice & slaw
Fri 6/3	Pizza & salad
Mon 6/6	Egg salad sandwich w/chips
Tues 6/7	Garlic shrimp w/egg noodles & roll
Wed 6/8	Pineapple chicken w/rice & veg
Thu 6/9	Meatball sub w/chips
Fri 6/10	Roast beef sandwich w/chips
Mon 6/13	BLT w/chips
Tues 6/14	Salmon w/potato & veg
Wed 6/15	Chicken cordon-bleu w/rice & veg
Thu 6/16	Swedish meatballs w/egg noodles & veg
Fri 6/17	Cold plate—ham or turkey w/potato salad & slaw
Mon 6/20	Holiday—Juneteenth Observed (COA Closed)
Tues 6/21	Chicken patty sandwich w/French fries & slaw
Wed 6/22	Meatloaf w/potatoes & veg
Thu 6/23	Gazpacho soup w/grilled cheese
Fri 6/24	Tuna roll w/chips & slaw
Mon 6/27	Mac & Cheese w/celery sticks & dip
Tues 6/28	Veggie lasagna & salad
Wed 6/29	Chicken parm w/pasta & salad
Thu 6/30	Antipasto w/roll

***Note: Meals are subject to change based on ingredient availability**

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: May 9, May 23, June 13
Market Basket: May 2, May 16, June 6, June 27
(Note: Holidays May 30, June 20)

**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, 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.

TOWN UPDATES AND EVENTS

ANNUAL TOWN MEETING AND LOCAL ELECTION

The 2022 Annual Town Meeting begins Monday, May 2nd, at 7 PM. This year, voters will consider 58 articles. If we do not get through all articles on night one, the meeting will continue for a second night on Tuesday, May 3rd, also beginning at 7 PM.

The 2022 Annual Town Meeting will, in many ways, reflect a return to pre-COVID norms. The meeting will take place indoors in the Harwich Community Center gymnasium. At the time of printing in mid-April, it is not anticipated that masks will be required, though folks are welcome to wear them based on comfort and preference.

In a further return to normalcy, the COA will be providing transportation to Town Meeting on our wheelchair-accessible van! We have transportation available for both nights, as needed.

If you're interested in booking a ride, read on for details!

- **Preregistration is required.** We will book rides on a first come, first serve basis. We will accept registration until Monday, May 2nd, at 12 PM (noon).
- Masks are required (per federal public transportation mandate).
- Van capacity is 7 passengers*
- We will coordinate pick up to arrive at the Community Center at approximately 6:45 PM.
- We have two return trips scheduled:
 - Return Trip #1: Leaves Community Center at 9 PM
 - Return Trip #2: Leaves Community Center after business concludes for the night—usually around 10:45-11 PM, but the time is not guaranteed.
- Participants must identify their desired return trip time when scheduling. Please note, this is not an on demand service. You must commit to a return trip time.
- Riders can sign up for one or both nights.

* If demand exceeds 7 passengers, we will coordinate a second trip. Please note, this will require flexibility with pick up/arrival time, with some passengers needing to be dropped off early, to wait for the meeting to begin.

TRANSPORTATION TO TOWN ELECTION

Town Election is scheduled for Tuesday, May 17th, 7 AM to 8 PM at the Harwich Community Center. At the time of this printing, we are still exploring options for providing transportation that day. Please note, it is not guaranteed that transportation on the Cranberry Coach will be available that day, but we are considering every possibility in order to accommodate the needs of the community! Get in touch if you need transportation assistance on Election Day!

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

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

During May and June, the Community Center (and COA) are closed on the following dates:

- Monday, May 30th—Memorial Day
- Monday, June 20—Juneteenth (observed)

Here are some special upcoming events:

- **Annual Town Meeting:** May 2nd & 3rd, 7 PM
- **Town Election:** May 17th, 7AM-8PM
- **Red Cross Blood Drive:** May 27th, 2:30PM-7:30PM (*Appointments required*)
- **Beach Sticker Sales:** June 13th – July 24th, 9AM-2PM
- **KD Quilters:** May 2nd, 16th, & June 6th, 27th – 9:30AM-2PM,
- **Machine Embroidery:** May 5th & June 2nd, 11AM-3PM
- **Hydrangea Society Meeting:** May 14th, 10AM-2PM
- **Harwich Artists General Meeting:** May 21st, 2PM-4PM & June 18th, 10AM-12:30PM
- **Cranberry Rug Hookers Meeting:** May 14th & June 4th, 10AM-2PM
- **Women's Club Book Group:** June 27th, 2PM-3:30PM

Many community groups continue to make great use of this space. Some recurring programs include:

- **Quilt Bank:** Monday, 10AM-2PM
- **Cranberry Rug Hookers:** Monday, 9:30AM-1PM
- **Bit of Bliss Yoga:** Monday & Wednesday, 9:30AM-10:30AM
- **Zumba:** Monday, 5PM-6PM & Thursday, 7:30AM-8:30AM
- **Yogi Nomad:** Tuesday & Thursday, 9AM-10AM
- **Sobriety Support:** Tuesday, 6:30PM-7:30PM
- **Wednesday Stitchers:** Wednesday, 10AM-2PM
- **NA:** Wednesday, 7:30PM-9PM
- **Harwich Artists Open Painting Session:** Thursday, 1PM-3:30PM
- **Adult Volleyball:** Thursday, 6:30PM-8:45PM
- **Al-Anon:** Friday, 5:30PM-6:30PM

The Community Center puts out a detailed monthly newsletter describing their programs and events! Check it out online at harwich-ma.gov/community-center or contact the front desk to sign up for their email distribution—508-430-7568.

COAST & COMMUNITY EVENTS

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 May and June 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!



IN THE KITCHEN with KELLI

Tuesday, May 17, 2022, at 11:00AM *(Facebook Live)*

Season Kickoff! – Memorial Day Recipe

Join Kelli and a special guest to prepare for the summer season with a surprise kickoff recipe that is easy peasy.

Please call the Dennis Center for Active Living at (508) 385-5067 to ask for the ingredient list ahead of time.

GARDEN PARTY – by Rogers S. Hart Photography and “Revelations in Light” Multimedia Presentations

Thursday, May 19, 2022, at 10:30AM *(via Zoom)*

Start your Spring with this photo visit to the beautiful botanical gardens of the Northeast in this gorgeous flower lover’s show! This narrated presentation features stunning floral photography synchronized to beautiful music.

Please call the Sandwich COA to register at (508) 888-4737. We will email the Zoom link prior to the presentation.

IN THE KITCHEN with KELLI

Tuesday, June 21, 2022, at 11:00AM *(Facebook Live)*

Summer is Here! – Cool and Refreshing Summer Mocktail paired with a Matching Appetizer

Join Kelli and a special guest to create a refreshing “mocktail” and appetizer you can enjoy all summer long!

Please call the Dennis Center for Active Living at (508) 385-5067 to ask for the ingredient list ahead of time.

LOCAL EVENTS

Harwich Farmer’s Market

2nd Week of June through First Week of October:

Thursdays, 3pm-6pm Rain or Shine

80 Parallel St, Harwich, MA 02645

Harwich Chamber of Commerce Golf Tournament

Thursday, June 9, 12pm-8pm

Cranberry Valley Golf Course, \$150 per player

Contact cyndi@harwichcc.com for information

Harwich Chamber of Commerce Charitable Foundation 11th Annual 5K Road Race & Fun Walk

Saturday, June 25, 7:00am-1:00pm (Race starts at 9:30)

Harwich Public Parking Lot, Harwich Port

Contact 508-430-1165 for information

Harwich Mariners

Opening Day for the 2022 Season is Sunday, June 12!

Game	Date	Opponent	Time
1	Sun 6/12	At Falmouth	6:00pm
2	Mon 6/13	At Chatham	7:00pm
3	Tues 6/14	Falmouth @ Harwich	6:30pm
4	Thurs 6/16	YD @ Harwich	6:30pm
5	Fri 6/17	Bourne @ Harwich	6:30pm
6	Sat 6/18	At YD	5:00pm
7	Sun 6/19	Hyannis @ Harwich (Doubleheader)	4:00pm
8	Sun 6/19	Hyannis @ Harwich (Game 2)	6:30pm
9	Tues 6/21	At Orleans	7:00pm
10	Weds 6/22	Wareham @ Harwich	6:30pm
11	Fri 6/24	At Cotuit	5:00pm
12	Sat 6/25	Orleans @ Harwich	5:30pm
13	Sun 6/26	At Wareham (Doubleheader)	4:00pm
14	Sun 6/26	At Wareham (Game 2)	6:30pm
15	Tues 6/28	YD @ Harwich	6:30pm
16	Weds 6/29	At Bourne	6:00pm
17	Thur 6/30	At Hyannis	6:30pm

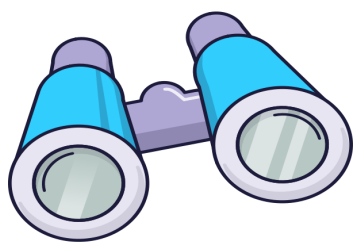
BROOKS FREE LIBRARY NEWS

Resources for Exploring Cape Cod

May and June are excellent months for getting outside to explore our beautiful corner of the world, before the heat, humidity and summer crowds arrive, and Brooks Free Library has many great resources to help you with this.

“In the Footsteps of Thoreau: 25 Historic and Nature Walks on Cape Cod” by Adam Gamble is a one such book. It includes a range of short and long walks, with descriptions, historical information, illustrations and maps. “Footsteps: a Cape Cod travel guide” by Christopher Setterlund is another wonderful resource. It’s chalk-full of information on conservation areas, historic homes, beaches and lighthouses, and beautiful color photographs. A perennial favorite by the late Harwich naturalist Lee Baldwin is “Cape Cod at Three Miles an Hour: A sense of place that can only be learned on foot.” This collection of essays contains detailed information about the plants, animals, landscape and history that are all around us. You can borrow our bird-

watching kit, which comes complete with binoculars, from our Library of Things. The Library has field guides for birds, plants, trees, flowers, beaches, and more. Check some out to learn more about your own backyard or to take on your wanderings.



Our collection has books on long hikes, rambles and easy day hikes, trail guides, short bike trips, nature guides, guidebooks for tourists, and more. Come in and browse the stacks to see what peaks your interest. You’re sure to find more than the book you had in mind. “Iconic Hotels and Motels of Cape Cod” by Christopher Setterlund caught my eye today. Checking out these old beauties would make an interesting day’s adventure when you’re looking for something different to do. Another unexpected find I noticed today was “The Names of Cape Cod: How Cape Cod Places Got Their Names and What They Mean” by Green, Sachse and

McCauley. “Roadside Geology of Massachusetts” by James Skehan also looked interesting.

Some area attractions charge an entrance fee, so check before you go to see if a CLAMS library has a pass for free or discounted admission. Brooks Free Library’s passes are provided thanks to the generosity of the Friends of Brooks Free Library. The Cape Cod Museum of Natural History pass provides access to wonderful exhibits inside the museum and you can enjoy the lovely walking trails through marsh and woodlands out to the beach while you’re there. Passes for the Cape Cod Museum of Art, Whydah Pirate Museum, Heritage Museum and Gardens and Plimouth Patuxet Museums, formerly known as Plimouth Plantation, are also available. The Massachusetts State Parks pass can be used to visit Nickerson State Park or any other state park. We also offer passes for popular off-Cape attractions such as the Isabella Stewart Gardner Museum, Museum of Fine Arts, Museum of Science, New England Aquarium and Zoo New England. Some attractions, such as Edaville Family Theme Park, have not yet announced re-opening plans so check back periodically to see what passes are being offered.

For more information on Library resources and services, please check our website, www.brooksfreelibrary.org, give us a call at 508-430-7562 or better yet, stop in and see us! We’ll be glad to point you in the right direction so you can browse the stacks or help you reserve a pass or place a hold on an item. The Library is open Monday - Thursday 10 am to 7 pm, and Friday & Saturday 10 am to 4 pm.

Ginny Hewitt
Library Director



OUTREACH NEWS

NOTES FROM THE OUTREACH OFFICE

Julie Witas, MSW

Social Services Coordinator



The Most Common Scams Targeting Older Adults—and How to Avoid Them!

Scams can be conducted via phone, mail, or internet/email. Sadly, many con artists target older adults because they are less likely to know about current technology. So don't be caught unaware! Read on and learn what to look for out there and how to protect yourself. With just a little education and awareness, you can keep yourself and your family safe from scams.

Phone Scams

Health

- Health insurance scams requesting personal information
- Health insurance scams offering or requesting money
- Medical equipment telemarketing
- Medicare billing calls
- Telemarketers claiming Medicare covers their services or products
- Blank health forms requiring signatures

Charity

- Telemarketers requesting financial information over the phone
- Claims that unfamiliar local charities need funds
- Requests to support individuals or invest in new charities

Home Goods and Services

- Door-to-door repairmen or contractors who have not been requested
- Service personnel claiming to be sent by a utility company without prior notice
- Contracts without refund, cancellation, or other legal details
- Providers looking to install equipment without prior request
- Anyone who asks for money before work is completed

IRS and Service Provider Scams

- Phone calls supposedly from the IRS requesting information or money
- Tax or service related mail asking for a signature or money besides regular bills
- Offers or winnings for contests or lotteries seniors have not entered
- In-person visits without prior notice from supposed collection agents
- "Bank" or "bank card" requests for personal or financial account information

Digital Scams

Many scams that target seniors will use digital technology, especially pop-ups or emails. Look out for:

- Emails claiming someone is in danger or needs ransom
- Emails that say "RE:" but are not replies to emails seniors have sent
- Emails about goods or services "purchased" that have not been purchased
- Pop-ups that claim ransom or software is needed to unlock the computer
- Offers for tech support or protection software from unfamiliar companies
- Any requests for passwords, personal information like a social security number, or money made by companies seniors do not have an account with
- Emails supposedly from known providers or companies that are not ".com" or that look unprofessional
- Services offered by unknown entities, including "tax accountants" that are unfamiliar
- Offers or winnings emailed or in a pop-up that seniors did not sign up for

How to Protect Yourself

Fortunately, there are actions you can take to help protect yourself from falling victim to a scam.

- Trust your instincts. If something seems too good to be true, or is disturbingly out of the ordinary, there's a good chance you're being scammed.
- Refuse to make on-the-spot decisions, ask for contact information instead.
- Allow loved ones to be involved in your finances when possible.
- Ask a trusted loved one about any requests for personal or financial information.
- Require written documentation before agreeing to a contract or giving away information.
- Ask for a certified letter when government agencies call.
- Never hire someone or allow someone inside if they are going door-to-door.
- Sign up for the National Do Not Call Registry 1 (888) 382-1222.
- Verify with known representatives using official provider numbers when receiving calls on the provider's behalf. You should be the one initiating the call before giving out any personal information. If someone calls asking you to give them personal information, tell them you will call the service provider right back. Then look up the number for the provider who called you, and place a call directly to them. If there is any required or outstanding business to conduct, you can take care of it then on the phone call you initiated. This is a very effective method to avoid being scammed!

Now that you're informed, spread the word. Share this article with someone if you found it helpful, or keep a copy by your phone or computer so you can consult the list of common scams when you need to.

Questions? Call Julie at 508-430-7550 ext 12.

HERE'S TO YOUR HEALTH

Susan Jusell, Town Nurse

Awareness- what are you aware of at this very moment?



How comfortable is the temperature around you? What do you see from where you're positioned? If you're quiet, what can you hear? Maybe birds, cars, or sirens from emergency vehicles, or someone calling for you. Awareness is the first step when identifying something that's important or needs attention. I've seen wonderful events being advertised as fundraisers, but more so, to raise awareness of specific concerns in our community this spring. A few of these upcoming events are to raise awareness and reduce stigma around homelessness, Alzheimer's disease and suicide prevention.

Suicide is a serious public health problem and affects people of all ages. Suicide rates increased 30% between the years of 2000 and 2018. Fortunately, they have declined over the past 2 years, but suicide remains one of the top ten causes of death in the United States. When averaged out, we lose about one person every 11 minutes. The number of people who think about or attempt suicide is even higher. As noted from the CDC, many factors can increase the risk for suicide or help protect us against it. Suicide is often, but not always connected to types of trauma like violence, bullying, or any type of abuse. Being connected to family and community support, as well as having easy access to healthcare, has shown to decrease suicidal thoughts and behaviors.

The good news is that more than 90% of people who attempt suicide and survive, never go on to die by suicide. These attempts of self-harm affect the health and well-being of loved ones as well as the community surrounding them.

These desperate feelings can be prevented by increasing awareness and knowing the steps of prevention. We will offer our first QPR (Question. Persuade. Refer.) training this spring. In just one hour, anyone can learn these three simple steps to help save a life from suicide. As follows is a list of warning signs to be aware of, but this is NOT comprehensive and does not offer enough guidance on how to help a person in need: feelings of depression, loss of interest, irritability, anxiety, sleeping too little or too much, increased use of alcohol or drugs, acting recklessly,

making a plan or researching ways to die, withdrawal from friends, saying goodbye, and giving away important items can all be signs that a person has been thinking about suicide.

You can contact the Suicide Prevention Lifeline at 1-800-273-TALK or Text HOME to 741741. The Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. They have a network of over 200 local crisis centers, allowing them to combine custom local resources and national best practices. You can learn more at suicidepreventionlifeline.org. The Samaritans on Cape Cod and the Islands is another excellent resource (and they even have a dedicated Senior Outreach Program). More information is available on their website at capesamaritans.org, by email at info@capesamaritans.com, or by phone at 508-548-7999 (office number) or 508-548-8900 (crisis line).

If you or someone you know is in immediate crisis, call 911 to have public safety professionals assist you.

Please join us for this life saving QPR training at the Community Center on Monday, May 23rd from 10-11 AM with Brianne Smith, LICSW from Outer Cape Health Services. She's really wonderful and you will leave feeling empowered. Space will be limited, please sign up ahead of time by calling the COA at 508-430-7550.

There is also a 5K Cape and Islands Suicide Awareness walk Saturday, May 21st, at 10 AM at Veteran's Park Beach in Hyannis. For more information, contact them at: info@CISAWalk.com.

In other news, The Alzheimer's Family Support Center (AFSC) will be opening up a new location at the Cape Cod Mall and have a few upcoming events on their website. Their next event is the 2022 Walk for Alzheimer's on Saturday, May 14th, from 11 AM to 2 PM. This year, the event will be held along the Cape Cod Canal in Sandwich. Family and friends that typically would've joined together at Brooks Park each spring are all welcome to come, no donation or reservations needed! More information can be found inside this newsletter on page 15, or give them a call at 508-896-5170.

My Wellness Clinic on Wednesday mornings is by appointment. Please give the Council on Aging a call to sign up. I hope you're well and feel free to reach out to me anytime!

VOLUNTEER NEWS

VOLUNTEER SPOTLIGHT



*Milly &
Jonathan
O'Callaghan*



Milly O'Callaghan and her son, Jonathan have been volunteering for us at the Council on Aging for about 5 months. This mother and son duo spend their time helping us to organize the office and our medical equipment room. They also do a wonderful job of decorating the office and keeping us festive for all the different holidays. Milly is retired from her former career of working in schools as an administrator of pupil and personnel services for special education services.

The O'Callaghans have had a home in West Harwich for 14 years, but made it their permanent residence about 5 years ago. In addition to helping us keep tidy and organized, Milly also volunteers her time with the Harwich Cranberry Festival committee and with the Elder Services Americorp Seniors program.

When Jonathan isn't helping us he can be found working at Cranberry Valley golf course as a Cart Manager/Attendant. In addition to working at Cranberry Valley, Jonathan is involved with CapeAbilities Farm in Dennis.

The O'Callaghans love to travel, having recently visited Tennessee and Missouri in March. Milly and her husband Jeff have an upcoming trip to visit 7 countries in Europe in 15 days! When asked about why they enjoy volunteering at the COA, they said it's a pleasant, fun environment and that they love being of help. Milly also noted that it's a great way to learn about all the wonderful services provided to the older adults of Harwich.

***Thank you, Jonathan & Milly, 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 witas@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 Assistant (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 a friendly demeanor would make this a very rewarding experience. Shifts are 9:00am-12:30pm or 12:30-4:00pm.



Make it happen!

FEATURED POSITION OF THE MONTH:

Lunch Check-In Aide (1 hour/week):

Check in the folks arriving for our lunch program, direct them to their seats, distribute grab & go meals, and collect donations. Shifts available as of this printing are 11:15-12:15 Mon, Tues, or Wed. It's easy and fun! Stop in or call to find out more!

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,

Is it spring yet? There are signs – lilies of the valley breaking through the ground; forsythia starting to bloom and daffodils I never remember planting are popping up in strange places in the garden.

COVID – 19: In April, we had an incident where one of our riders tested positive for Covid-19. Friends made phone calls to alert the other passengers and we provided CDC guidance. **A reminder** – until the federal government makes a change which Friends will follow – masks are required on our minibus.

Downsizing Assistance: The Family Pantry (508-432-6519) is offering assistance to seniors interested in donating goods to Second Glance. The staff will gladly speak with seniors about where their donations will go and the good that will come of them. And, too, staff will answer questions and schedule pickups.

Excursions: Look for the May and June excursions on page 5. **Please note that the June excursion is on Wednesday rather than our usual Thursday.**

Important Town Dates:

May 2 – Annual Town Meeting, Community Center at 7pm

May 17 – Local Election, Community Center

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.

Donations In Honor Of and In Memory Of: In past editions, we've included gift dedications made in honor or in memory of a loved one. We've now made it easier for you to identify these donations. You'll notice a new line at the bottom of the tear off form below. If you're interested in dedicating a gift, you can simply check the appropriate box and include the person's name when you send it in to us. We'll look forward to publishing those gifts in future letters.

Stay healthy and safe,

Jim Knickman, JoAnne Brown, Susan Lellis, Jack Brown, Chris Joyce, Robert Hamilton

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: \$ _____

Donation: \$ _____ ☐ In Honor Of ☐ In Memory Of

Name _____

Mailing Address _____

Town/Zip _____ Phone _____

Email: _____

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

Additional Donation: \$ _____

Name: _____

Please make checks payable to: Friends of the Harwich COA
Mail to: FHCOA, 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.

CAREGIVER RESOURCES

ALZHEIMER'S FAMILY SUPPORT CENTER OF CAPE COD

The AFSC's clinical staff is offering telephone consultations from their home offices to anyone who needs them. Online support and conversation groups are also available via Zoom. For more info or if you'd like to join, call the 508-896-5170 (or email info@capecodalz.org).

Join AFSC for the 2022 Walk for Alzheimer's!

The AFSC hosts a number of community events throughout the year. Part fundraisers, part community celebrations, AFSC events raise funds to support free services for the ADRD community, provide ADRD education and outreach, and most of all are fun social opportunities with food, live music, dancing, and more! Pets, bikes, strollers all welcome! Check this website for ways to register or make a donation, but remember: You don't have to give to participate and you don't have to participate to give!

**Saturday, May 14, 2022, 11 am – 2 pm:
Dave Birtwell Memorial Walk for Alzheimer's at the
Cape Cod Canal/Scusset Beach State Reservation,
Sandwich, MA**

Note the new date & location!

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.**

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

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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, Kurt Von Hone

COA BOARD:

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

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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.