

Town of Harwich COUNCIL ON AGING NEWS

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

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



March/April 2023

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

BEYOND THE BOOK: JOHN BONANNI

Thursday, April 13, 10:00-11:00 AM

April is
National
Poetry
Month

Our bimonthly literary program returns for National Poetry Month! We're extremely honored to host Harwich poet John Bonanni: A Best New Poets, Pushcart, and Best of the Net nominee, John founded the *Cape Cod Poetry Review* in 2011. His own poems have ap-

peared in *Foglifter* and *North American Review*. He has taught poetry to children and adults in various settings.

John will read a couple poems to kick things off, then he'll lead a workshop where you'll get to create your very own poem. We'll focus on Sonnets and Villanelles. Not a writer? Don't worry! Poetry is very forgiving, and he'll walk you through every step of the process. You don't even have to share it—it's just for you to keep. **Registration for this event is required, as light refreshments will be served. Please call 508-430-7550 to sign up.** We can't wait to see you!



Note: February's Beyond the Book talk had to be rescheduled for March: **See Leslie Meier, author of the Lucy Stone mystery series, on Friday, March 17th, 11 AM—12 PM.** Call the COA to register at 508-430-7550. St. Patrick's Day refreshments will be served.

WINTER WEATHER POLICY

If Monomoy Public Schools are closed, all Harwich COA programs, including transportation and lunch, will be canceled, but the COA Office will still be staffed and available to assist you by phone and email. If 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.



DIRECTOR'S DIALOGUE

By the time you read this, Spring will be right around the corner! The streets will still be clear of summer traffic, but the Community Center will be at just the right level of bustling. What better time to take advantage of all that the COA has to offer? Come have lunch with us, try your luck in our new Game Room, or check out one of our programs that offers an educational or enrichment experience, from horticulture to singing to driving safety. Almost all of our "Special Programs" are free—courses that incur a fee are marked clearly. Most fitness classes do have a fee, but there are a few that are offered at no cost. We are striving to host additional free fitness classes, and we have just added a twice monthly free chair yoga class on a trial basis. Check out the details on page 5 to see how to sign up. Many thanks to Yoga Neighborhood and our community's donations for helping to make this class possible. If you try out the class, please tell me how you like it!

I'm also very excited to announce that our popular Men's and Women's Breakfast programs are finally returning. Read all about it on page 2. If you've never had a chance to try Chef Linda's breakfast, please join us! It's not only delicious, it's an entertaining hour as well—we invite a guest speaker to give an informative talk while we dine. We'll be looking for volunteers to help at each event, so let us know if you're interested. I hope to see you there.

As you enjoy the transition from Winter to Spring, I hope the COA is part of your plans. As always, please let us know how we can help and what we can do better. We hope you enjoy your time here!

—Julie Witas, MSW/MPH



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SPECIAL PROGRAMS

BREAKFAST PROGRAMS

Our popular Breakfast programs are finally returning! Chef Linda will prepare a breakfast feast that we will serve individually at tables of five (no buffet as we did in the past).

In March, Cemetery Administrator Robbin Kelley will present on the new Revolutionary War Memorial at Evergreen Cemetery. (Will you learn about an ancestor?) In April, Fire Captain Leighanne Smith will give a talk on fire safety.

We have a strict capacity of 50 people for each breakfast. You must call ahead to reserve your spot! If you do not sign up in advance, we will have to turn you away. **To register, please call the COA at 508-430-7550 on the date specified below, starting at exactly 9:00 AM.** Calls will go to voicemail, where messages will be timestamped. Please leave a message with your name and number and state that you are registering for the breakfast. We will honor the timestamp of your message when filling the roster for the breakfast. In order to be equitable, messages left before 9:00 AM will not be honored. We will maintain a waitlist in case of cancellations. We will accept walk-in registration only from those age 75 and up, also starting at 9:00 AM. We ask that you register only yourself and/or someone you act as a caregiver for.



MEN'S BREAKFAST

Friday, March 10, 9:30—10:30 AM

Friday, April 14, 9:30—10:30 AM

The Men's Breakfast will take place the 2nd Friday. For the March breakfast, registration will be **Tuesday, March 7th**. For the April breakfast, registration will be **Tuesday, April 11th**. Call 508-430-7550 at 9:00 AM. See details above.



WOMEN'S BREAKFAST

Friday, March 24, 9:30—10:30 AM

Friday, April 28, 9:30—10:30 AM

The Women's Breakfast will take place the 4th Friday. For the March breakfast, registration will be **Tuesday, March 21st**. For the April breakfast, registration will be **Tuesday, April 25th**. Call 508-430-7550 at 9:00 AM. See details above.

MEN'S BOOK CLUB



Fri, March 10, 11 AM-12 PM: The Female Brain, L. Brizendine

Fri, April 14, 11 AM-12 PM: Two Tankers Down, R. Frump

Following the Men's Breakfast we will hold a men's book club, facilitated by Peter Burgess. Inquire at Brooks Library for copies of the book. All men are welcome to attend. Peter will review the group discussion guidelines at the beginning of each session. **An RSVP is helpful—please call 508-430-7550.**

CITIZEN'S ENERGY ACADEMY

Tuesdays, March 7—28, 11 AM—12 PM

Rising energy costs, climate change, renewable energy, EV's, what does it all mean? Sign up for the Citizen's Energy Academy and find out. Join members of the **Harwich Energy and Climate Action Committee** and guest speakers to learn and discuss energy and climate related issues for Harwich, Massachusetts, the USA, and the world. Each session is a stand alone activity and can be signed up for independently (you do not have to register for the entire series). **Sign up for each session by calling 508-430-7550.**

• **Tues 3/7: Harwich Energy & Action Committee**

Where does my electricity come from?
How does it get to me?
What are all the charges on my electric bill for?
How do I know I am getting the right price?
Why have prices gone up so much?



• **Tues 3/14: Cape Light Compact (Mass Save on Cape Cod)**

How can I reduce my energy consumption?
Energy Audits (Insulation, LED lighting, weatherization)
Energy efficient appliances
Income eligible assistance for lower energy costs

• **Tues 3/21: Rich Delaney, CC Climate Change Collaborative**

What causes climate change?
Will climate change affect me? Harwich?
How can we stop climate change?
How can we adapt to climate change?

• **Tues 3/28: Julian Cyr, State Senator for Cape & Islands**

The role of legislation in energy policy
Laws passed in MA about energy and Climate Change
Federal legislation about energy and Climate Change

HORTICULTURE HAPPY HOUR

Thursdays, March 16 & April 20, 10:00—11:00 AM

Interacting with plants can increase life satisfaction, reduce anxiety and stress, spark creativity, boost productivity, and even mitigate symptoms of PTSD and dementia, studies have shown.



Come celebrate Spring by joining Americorps volunteer Doria for our new horticultural program. No green thumb? No problem! Each month, we'll learn about plants while completing a fun and simple project that anyone can do. In March, you'll plant mimosa tree seedlings which you can then take home to plant indoors or out. In April, we'll provide everything you need for upside down cherry tomato planters (registration begins April 3). **Capacity is limited, and registration is required so that we can order and prepare enough supplies—call 508-430-7550.**

SPECIAL PROGRAMS



SINGING GROUP

Thursdays, March 23 & April 27, 2:00—3:00 PM

Can you carry a tune? Then come sing with us! A new monthly singing group is forming, and we'd love for you to share your voice with us. From bass to soprano, there's a space for you. **Sign up is helpful so we can make enough copies of sheet music—call 508-430-7550.**

SEA CAPTAINS OF CAPE COD

Thursday, March 23, 10:00—11:00 AM

This talk by Michael Pregot, Brewster resident, explores the connection that Cape Cod and Harwich has to the sea, as demonstrated through its seafaring residents. It provides a glimpse into heroic maritime adventures, entrepreneurial brilliance, and an appreciation of the resolve needed by captains to thrive in a hostile seaside environment.



Maritime figures take several forms such as distinguished fishermen, military war heroes, deep-sea merchants, local coasters, packet boat captains, whalers, ship architects, luxury passenger liner magnets, and even "mooncussers" prowling along the coastline for treasure. **Registration requested—please call 508-430-7550 to sign up.**



STOP THE BLEED

Monday, March 27, 10:30 AM—12:00 PM

Do you want to be a hero someday? Here's your chance! Please join us as the Medical Reserve Corps teaches us how to "stop the bleed." You will leave feeling empowered to identify life-threatening bleeding and provide critical life-saving care until rescue arrives. There is no fee for this course, however space is limited. **Registration is required. Please call ahead to sign up—508-430-7550.**

CAPE MEDIA CENTER

Thursday, April 6, 10:00—11:00 AM



Cape Media Center provides the tools, training, and transmission for you to share your ideas through video, music, art, podcasting, and more. Members of the Center can become trained in our video and audio equipment, produce their own media content, and see it aired on Comcast channel 99 and our website. Come learn more about this exciting organization, and meet Jamie Horton the training coordinator from the Media Center. Jamie can share what other member projects have been and perhaps even brainstorm on ideas with the group! **Registration is requested—call 508-430-7550 to sign up.**



MEN'S SOCIAL HOUR

Thursdays, March 23—April 27, 11:30 AM—12:30 PM

We are starting a new group just for men! Do you live alone or need more people to talk to? Are you providing care to your ailing partner and need support? Just need to get out of the house? Want to try something new? If you answered yes to any of the above, then this group is for you! We'll meet once a week for 6 weeks to talk about what's going on in our lives and whatever else comes up. All you have to bring is an open mind. Co-facilitated by Andrea Sidoruk, MSW and Nathan Hassell, MPH. **Capacity is limited to 10. Registration is required—call 508-430-7550.**



**On-site lunch provided for your partner. Call for details.*

AARP SMART DRIVER COURSE (\$)

Mon. April 24 & Thurs. April 27, 9:30 AM—12:00 PM

\$25 for AARP members / \$30 for non-members

(Scholarships Available for Those Who Qualify)

Take the AARP Smart Driver classroom course and you could save money on your auto insurance! The course covers practical defensive driving techniques, the effects of the normal changes to vision and hearing caused by aging, and the effects of medications and alcohol. We will also review the latest "rules of the road" and operating vehicles safely in today's environment and with today's technology. It's a two-session classroom seminar with a good deal of interactions between participants (no behind the wheel portion). There is no pass-fail. **Registration required in order to ensure adequate materials for each participant—call 508-430-7550 to sign up.**

**Some drivers who complete the course could qualify for a discount on their auto insurance costs. Check with your agent to see if you would qualify.*



- You must complete both sessions to receive a course completion certificate.
- Please bring your driver's license, payment for the course (cash or check), and AARP card (if applicable).

MEDICARE FRAUD WORKSHOP

Tuesday, April 25, 1:00—2:00 PM

Join us at this informative workshop where a representative from the Massachusetts Senior Medicare Patrol Program will provide tools and information to help protect ourselves and our loved ones from Medicare fraud and deceptive marketing tactics. Scams are increasing, and scammers are becoming more savvy. Learn how you can spot them! **An RSVP is suggested—please call 508-430-7550.**



SPECIALS PROGRAMS



LET'S LEARN SIGN LANGUAGE

Wednesdays, March 1—April 26, 1:00—2:00 PM

Join Laurie Moore to learn some simple, conversational American Sign Language that you can use in everyday life. Laurie makes this FREE activity fun & accessible for everyone—no experience required! After just one or two sessions, you will learn phrases that you can easily use and teach. Perfect for those who are losing their hearing or anyone looking to learn a new skill to exercise their brain. **Registration not required, but appreciated—call 508-430-7550.**

UKULELE CLASSES (\$55)



Mondays, March 13, 20, 27; April 3, 10, 24

Singing & Strumming, 1:00—2:00 PM



Class will learn the basic strums and work on breathing & singing as you play. Not for absolute beginners; students must be able to play G-C-D7, F-G7, Am, Dm, Em, B7, & Gm. **\$55**

Absolute Beginners, 2:00—3:00 PM

This class is for people who are new to ukulele or play at home but not with a group. The beginners will learn the basic 8 chords: C, F, G, D7, Am, Em, Dm, and G7. **\$55**

For both classes: Registration is required—to sign up, call 508-430-7550. Each class must have at least 6 students or is subject to cancelation. BYO ukulele. Each class is \$55.

TECH HELP

By Appointment, Times Vary



Need help with your device? Schedule a 15-minute appointment with our new High School Intern, Brianna Ramos. Bring **one or two specific questions**, plus your phone or tablet (no computers please), and she will do her best to instruct you. Who better to teach us technology than a teenager? Example troubleshooting includes: How to access email or Facebook, how to send pictures via text message, how to download photos. **To schedule an appointment, please call 508-430-7550.**

COFFEE CONNECTIONS

Every Tuesday, 9:00—10:00 AM

Warm up with coffee hour at the COA! We'll brew a fresh pot so you can come down and socialize with your neighbors. This is also a great time to chat with COA staff. Most of us are available during this hour and happy to sit down with you for a talk. You can ask questions, sign up for programs, or let us know how we are doing. We love to hear your feedback! No registration necessary—just stop in to the COA's Glass Room.



NEW! GAME ROOM

The COA is beginning a trial project where we use the Glass Room as a Game Room during certain dedicated hours. We have a variety of games to choose from: Scrabble, Rummikub, Uno, Dominoes, Clue, Five Crowns, Boggle, Yahtzee, Phase 10, Jenga, Chess, Checkers, and many decks of cards. **Note that we utilize the Glass Room for other purposes at other times, so these are the only hours it will be available for game play.**

There is no sign up. During the times we designate for a single game, we hope that you find other players who are eager to play that game. During "Open Play," you can meet other players who may be interested in playing a variety of games or one of the less popular games.

Schedule Beginning March 6th:

Mondays

10:30-11:30 AM Scrabble

2:00-3:00 PM Open Play

Tuesdays

10:30-11:30 AM Canasta

2:00-3:00 PM Open Play

Wednesdays

10:30-11:30 AM Open Play

2:00-3:00 PM Rummikub

Thursdays

1:00-4:00 PM

Bridge

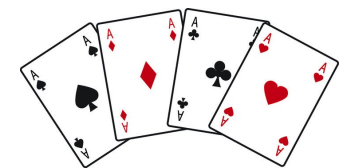
Play bridge and discuss interesting hands.

Bridge players Level I & up are welcome.

Fridays

10:30-11:30 AM Open Play

1:00-2:30 PM Cribbage



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)**. We offer transportation on the Cranberry Coach van to appointments on Wednesday afternoons. **Call 508-430-7550 to schedule.**



FITNESS PROGRAMS

JILL'S SENIOR WORKOUT (\$50/6 WEEKS)

Wednesdays & Fridays, March 15—April 21, 9:15-10:15 AM

Jill Brown, Certified Personal Trainer, will be taking Charlie Abate's place in the gym. The class is intended to be a total body workout fusing stretching, toning, calisthenics, and movement exercises. If you plan to do any floor work, please bring your own mat.

Capacity: 70 people/session (60 slots reserved for Harwich residents). **Cost:** \$50/12 classes (6 weeks)



Registration: Registration is required and will open on Friday, March 3rd at **exactly 9 AM**. We will fill the class on a first come, first served basis. Call 508-430-7550. All calls will go to voicemail so that your message is time stamped, and we will use the timestamp of your message when filling the class. (Note that voicemails left before 9 AM will not be honored, so that we may be as equitable as possible.) We ask that you only register yourself or someone you act as a caregiver for. **For those age 75+ (only), we will accept registration in person starting at 9:15 AM on March 3rd.**

Sign in: You **must sign in** with COA staff in the COA reception area prior to each class. **Designated check in time will be 9:00-9:15 AM on class days.** You'll pick up a colored index card and turn it into Jill in the gymnasium to show that you have checked in.

Payments: We accept payments at any time on non-class days or any time **after** class. **At the first class only, we will accept payment before class.** After the first class, we will not be able to accept payment during the 9:00-9:15 AM check-in period.

Paperwork: We **request** that participants come to the COA prior to the day of the first class (if possible) to update their contact and emergency contact information, sign a hold harmless waiver (required for all participants), and submit payment.

BEGINNER TAI CHI (\$15)

Tuesdays & Fridays, March 7—May 12, 11:15 AM—12:15 PM (10 weeks; Participants should attend all classes)

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. Taught by A.Jay Zahn. **Registration for the class is required—call 508-430-7550.**

Capacity: 12 people per class. **Cost:** \$15/class.



INTERMEDIATE TAI CHI (\$15)

Tuesdays & Fridays, March 7—May 12, 10-11 AM

This class is open to anyone with previous Tai Chi experience. The focus will be on the Yang Style Eight Posture Form and will include basic warm-up exercises, QiGong practice, and insights into traditional Chinese Medicine for healing, vitality, and longevity. Taught by A.Jay Zahn. Please register for the class by calling 508-430-7550.

Capacity: 12 people per class. **Cost:** \$15/class.

CHAIR YOGA (FREE!)

2nd & 4th Wednesday of Every Month, 11 AM—12 PM

March 8, March 22; April 12, April 26

In partnership with Yoga Neighborhood, we will be hosting a new chair yoga class twice a month. They are generously offering us a discounted rate, allowing us to provide this class at no cost to you. Chair yoga has many benefits, including increased flexibility, improved muscle strength, better balance and coordination, lower stress, reduced pain, and even better sleep. **Registration for the class is required, and for each class, it opens one week before the class at 9 AM** (e.g., for 3/8 class, registration opens on 3/1 at 9 AM; for 4/12 class, registration opens on 4/5). Call 508-430-7550. **Capacity:** 25 people per class. **Cost:** Free!



TAI CHI QI GONG CLASS (\$15)

Wednesdays, March 8—April 26, 10-11 AM

Practiced for the same reasons as Tai Chi, QiGong (Chi-Gong) is a simpler 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. Prior experience is not required. There is no ongoing commitment required to attend this class. Taught by A.Jay Zahn. Call the COA at 508-430-7550 for info or to sign up. **Capacity:** 12 people per class. **Cost:** \$15/class.

JILL'S EXERCISE CLASS (\$8)

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. Note the new class time!

Mondays, March 6—May 1, 11:30 AM—12:30PM

Registration is required and opens on Tuesday, February 28th at exactly 9 AM. Call the COA at 508-430-7550 to sign up! We take sign ups by voicemail only so that we can track the timestamp of your message; please leave a message with your contact info. **Capacity:** 25. **Cost:** \$8/class.



BALANCE BOOSTERS with SUE JUSELL (FREE!)

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 sessions (you may only register for one of the two).

Tuesdays, April 4—May 9, 10:30-11:15 AM

Thursdays, April 6—May 11, 12:15-1:00 PM

Registration is required and opens Thursday, March 23rd at exactly 9 AM. We take sign ups for Balance Boosters by voicemail only so that we can track the timestamp of your message. (Note that voicemails left before 9 AM will not be honored, so that we may be as equitable as possible.) Call the COA at 508-430-7550 to sign up! **Capacity:** 25 people. **Cost:** Free, donations accepted

MORE PROGRAMS & SERVICES

SIGHT LOSS SERVICES SUPPORT GROUP

Tuesdays, March 7 & April 4, 10:30 AM-12:00 PM

Peer meetings for those with vision loss and blindness. Speakers and experts give presentations, and the group discusses coping techniques and medical advances. Please RSVP to Sight Loss Services at 508-394-3904. Transportation available.

TELEPHONE REASSURANCE

Do you live alone and feel isolated? Our telephone reassurance program provides a weekly phone call to check on your wellbeing. If the call is not answered, emergency protocols are followed (explained fully when you sign up). If interested, please call and ask for Andrea—508-430-7550.



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.



BIG SCREEN MOVIE DAY

Join us to watch a movie on our big screen! We'll serve snacks.

"Elvis," PG13 (2022)

Friday, March 17, 1:00 PM

This film explores the life and music of Elvis Presley (Austin Butler), seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker (Tom Hanks). The story delves into the complex dynamic between Presley and Parker spanning over 20 years, from Presley's rise to fame to his unprecedented stardom, against the backdrop of the evolving cultural landscape and loss of innocence in America. Central to that journey is one of the most significant people in Elvis's life, Priscilla Presley (Olivia DeJonge).



"The Fabelmans," PG13 (2021)

Friday, April 20, 1:00 PM

Growing up in post-World War II era Arizona, young Sammy Fabelman (Gabriel LaBelle), is entranced by his first visit to a movie theater to see The Greatest Show on Earth. Encouraged by Mitzi (Michelle Williams), his doting mother, Sammy discovers an irresistible passion for making home movies. However, when a family secret hidden in plain sight puts a strain on family ties, influencing his work, Sammy will have to believe in the power of the lens, embrace the slow process of growing up, and pursue his dream to become a storyteller.



**Register to reserve your seat —
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

Mondays, 4:00-5:00 PM, walk in

Meet with the nurse to have your blood pressure taken, ask health related questions, or discuss your health needs. To schedule an appointment, call the COA at 508-430-7550.



LEGAL ASSISTANCE—In Person

Attorney Michael Lavender

NO COST

Wednesdays, March 22 & April 26, 1:00-4:00 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—In Person or Remote

Attorney Andrew Bardetti

NO COST

Monday, March 6, 1:00-4:00 PM

Low and moderate-income seniors are invited to schedule a free half-hour consultation with Andrew Bardetti, Elder Law Attorney for South Coastal Counties Legal Services. Remote or in-person appointments are currently being scheduled. Call the COA at 508-430-7550 for more information.

MOBILE DENTAL HYGIENE CLINIC

Fridays, March 17, 24 & April 28, by appointment

Preventative dental services are available 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. They offer affordable rates for individuals without dental insurance.



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

FOOTCARE CLINIC

\$45 / \$50

Autumn Knight—Weds, March 1, 8, 15; April 5, 12 (\$50)

Janet Tinney—Weds, March 22; April 26 (\$45)

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.



...& MORE

FRIENDS OF HARWICH COA—VAN EXCURSIONS

March Excursion—Thursday, March 9, 11 AM

The Friends bus is headed to Sandwich and the Dunbar Tea Room for lunch. You'll take a step back in time at this lovely spot overlooking the Shawme Pond and grist mill. Known for its tea service, the Dunbar Tea Room also has a lunch menu to satisfy all.

To register please email FriendsofHarwichCOA@gmail.com (preferred) or call 508-432-5050 any hour of the day. We will return your call/email within two days.

All on board ready to leave from the Community Center at 11:00 am.

April Excursion—Thursday, April 13, 10 AM

We're heading to Falmouth and Highfield Hall and Gardens! Located in Beebe Woods, the mansion is surrounded by re-stored gardens & conservation lands. Two exhibits we'll enjoy:

Gretchen Romey-Tanzer: Fine Art of Weaving. Fifty of her hand-woven compositions will be on display. Gretchen is the owner of Tanzer Weaving Studio in Brewster.

Knot Rope - The Art of Alex Buchanan. Alex is a graduate of Tufts School of the Museum of Fine Arts and served four years in the Coast Guard. Nautical influences are evident.

Friends will cover half the entrance fee; send \$4 to 100 Oak Street, Harwich 02645. Please register **no sooner than mid-night April 1st** by leaving a message at 508-432-5050 or by email to FriendsofHarwichCOA@gmail.com (preferred). We leave from the Community Center at 10 am.

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.

Donations & Returns: Please only donate or return equipment that is clean and in good condition (e.g., no rust). **Note that our ability to accept donations and returns is dependent upon our storage space. There may be periods when we have to decline donations and returns—we recommend calling ahead to check whether we can accept your donation or return.** 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, though we recommend calling ahead: 508-430-7550.

TALK WITH A PHARMACIST

Tom Kelley, RPh

Thursdays, 9:00-11:00 AM, *by appointment*

NEW!

NO COST

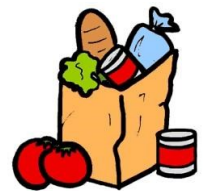
Do you have questions about your medications? Want to know more about side effects? Is that vitamin or over-the-counter medication safe to take with your Rx? When is the best time of day to take your medication? Get answers to these questions and more! Call today for your free consultation with licensed pharmacist Tom Kelley. He will review any problems or concerns you have. Please bring a LIST of all your prescription medications PLUS all over-the-counter meds you are taking. **Call 508-430-7550 to schedule.**

GROCERY ASSISTANCE

Call to schedule

NO COST

If you are trying to avoid the grocery store, we can help! 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. All Harwich seniors are eligible. **Call the COA for details on how to order—508-430-7550.**



PHARMACY ASSISTANCE

COA staff will pick up and deliver your Rx if: (1) The Rx is filled at CVS, Shaws/Osco, or Stop & Shop in Harwich, and (2) No copay is due at time of pick up. Call 508-430-7550 for info.



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. Appointments are available—call the COA at 508-430-7550.

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.

FUEL ASSISTANCE

Fuel Assistance can save you \$\$\$ on your winter heating bills! Call 508-430-7550 for your appointment or more information. Applications are still being accepted through April 30, 2023.

LUNCH PROGRAM DETAILS

LUNCH PROGRAM

For every meal, we'll offer the option to dine onsite or take your meal as a "grab & go". (Note: Monday is grab & go only.)



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 **70 meals per day** (including both onsite and grab & go meals). One meal per person please.

Registration in advance is required. If you have not signed up in advance, we will have to turn you away. We will open registration for March on 2/21 and for April on 3/20.

You must sign up at least 24 hours in advance of your desired meal. However, please note that some dates fill up well in advance, so reserving your spot as early as possible is recommended! When signing up for multiple days, please confirm with staff that we have space for all days you request.

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 cannot 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? Call 508-430-7550!

Please call to cancel if you cannot attend! In the past, we have been lenient about our No Show policy and did not enforce suspensions. Due to a high number of No Shows, we will now be strictly enforcing the following procedures:

- 1st No Show** (without calling ahead to cancel) = Warning
- 2nd No Show** (without calling ahead to cancel) = Warning & Referral to RN & Social Services Coordinator
- 3rd No Show** (without calling ahead to cancel) = Suspension from Lunch Program for 6 months.

**Genuine emergencies will not count against you.*

New: Raffle Prizes

Dine in with us and win a \$25 Grocery Gift Card!
Every Wednesday & Thursday
 (Dine In only—not Grab & Go)

March—Registration opens 2/21

Wed 3/1	Hot roast beef w/potatoes & veg
Thu 3/2	Chicken salad roll w/chips
Fri 3/3	Tuna roll w/chips
Mon 3/6	Grilled cheese w/bacon & chips (G&G only)
Tue 3/7	Swedish meatballs w/egg noodles
Wed 3/8	Salmon w/rice & veg
Thu 3/9	Chicken fajita bowl w/rice
Fri 3/10	Ham & cheese w/lettuce & tomato & chips
Mon 3/13	Turkey & cheese w/chips (G&G only)
Tue 3/14	Stuffed shells w/salad
Wed 3/15	Pizza & salad
Thu 3/16	Chicken patty sandwich w/lettuce & tomato w/chips
Fri 3/17	Corned beef Reuben
Mon 3/20	Roast beef w/cheese & lettuce/tomato w/chips (G&G only)
Tue 3/21	Super salad w/turkey w/roll
Wed 3/22	Salisbury steak w/potatoes & veg
Thu 3/23	Sausage, peppers, & onion on a roll w/chips
Fri 3/24	Salami & swiss w/lettuce & tomato w/chips
Mon 3/27	Egg salad on a roll w/chips (G&G only)
Tue 3/28	Quiche & salad
Wed 3/29	Chicken parm w/ziti
Thu 3/30	Meatloaf w/potatoes & veg
Fri 3/31	Hot dog w/beans and coleslaw

April—Registration opens 3/20

Mon 4/3	Ham & swiss w/lettuce & tomato w/chips (G&G only)
Tue 4/4	Chicken soup w/salad
Wed 4/5	Pizza & salad
Thu 4/6	Steak & cheese sub w/chips
Fri 4/7	Baked fish w/potatoes & veg
Mon 4/10	Chicken salad on a roll (G&G only)
Tue 4/11	Scallop casserole w/rice & veg
Wed 4/12	American chop suey w/garlic bread
Thu 4/13	Pulled pork sandwich w/chips
Fri 4/14	Mac & cheese
Mon 4/17	CLOSED—PATRIOT'S DAY HOLIDAY
Tue 4/18	Fried chicken w/potatoes & veg
Wed 4/19	Taco boat w/rice
Thu 4/20	Sausage & peas pasta w/salad
Fri 4/21	Tuna roll w/chips
Mon 4/24	Turkey wrap w/chips (G&G only)
Tue 4/25	Fish sandwich w/coleslaw & chips
Wed 4/26	Chicken alfredo
Thu 4/27	Hot pastrami w/swiss cheese & chips
Fri 4/28	Veggie lasagna w/salad

***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 within Harwich, as well as to onsite COA programs, Brooks Free Library, and Town Hall.

- The capacity on our largest van is 14 passengers.
- 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 if we need to adjust times.
- Passengers must be free of COVID-19 symptoms. Masks are strongly encouraged, but not required.
- **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

Please note: Schedule is subject to change based on rides to and from COA sponsored programs.

Mon	AM—Market Basket or Hyannis shopping (see below) PM—Stop & Shop or Shaw's, optional Harwich Port stops*
Tues	AM—Stop & Shop or Shaw's PM—Family Pantry deliveries
Wed	AM—Stop & Shop or Shaw's, optional Harwich Port stops* PM—Stop & Shop or Shaw's, Library, or Town Hall
Thurs	AM—Stop & Shop or Shaw's, optional Harwich Port stops* PM—Family Pantry deliveries
Fri	AM—Stop & Shop or Shaw's (except Brown Bag days)

**Stops at Harwich Port CVS, Post Office, and local banks must be explicitly scheduled when arranging your ride. Thanks!*

Monday Trip Schedule

Market Basket: March 6, March 20, April 3, April 24
Hyannis shopping: March 13, March 27, April 10
Note Holidays: April 17

Call the COA to schedule all rides

508-430-7550

24 hours notice for Cranberry Coach

We appreciate your flexibility while our driver Gerry is out on medical leave. We expect him back very soon!

RIDES TO MEDICAL APPOINTMENTS

The COA provides rides to medical appointments via Volunteer Drivers. 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.
- Masks are strongly recommended, but not required.
- 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 to offset the cost of gas: Harwich and adjacent towns \$5. Hyannis, Yarmouth, Wellfleet \$15. If this creates a hardship, please let us know when booking. No one will be turned away for inability to pay.

FRIENDS' VAN (508-432-5050)

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

- ♦ TD Bank & Cape Cod 5
- ♦ CVS & the Post Office
- ♦ Shaw's on Sisson Road

Call 508-432-5050 to sign up. Capacity is 13.

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.

NOTES FROM THE OUTREACH OFFICE

Andrea Sidoruk, MSW

508-430-7550, extension 12

Can I Sell You the Brooklyn Bridge?

Would you be gullible enough to buy a bridge or believe you won the lottery in Nigeria? These type of frauds or cons have existed for years. However, these days, financial and romantic scams occur more frequently than ever before. But why? Technology has allowed scammers greater access to promoting fraudulent claims through the internet, emails, texts, apps, and social media. The public perception is that the older adult is not as savvy with technology. Meanwhile, social security, pension checks and IRA distributions are directly deposited into bank accounts, thus, a little deception and computer wizardry can be very profitable venture for a scammer. If an older person is defrauded this is known as elder fraud. Globally, these surging scams are increasing with more people using technology to bank, to communicate, to play games, to gamble, and to work. The Federal Trade Commission (FTC) reported that sweepstakes, lotteries, business dealings, job opportunities, government and grandchildren impersonation and romance scams were the top categories for swindles. In 2022, Daly reported in *"Elder Fraud and Financial Abuse,"* that the average loss faced by victims was between \$18,000 to \$50,000 with some victims losing more than \$100,000. Therefore, the annual amount of money being swindled is now in the billions.

Another avenue for scams is the robo call and calls via the cell phone or by text. Scammers might pretend to be from a legitimate organization or a government agency such as Medicare, Mass Health, Social Security Administration or the IRS. The impersonator claims it is important to provide a social security, Medicare or bank account number. Do not give out any personal information! People are aware of these scams, but they are still providing money, gift cards, or personal information. The scammers may even try to threaten you or your family, pressure you for the personal information, warn of legal action, and threaten to seize your bank accounts, pensions or IRA's. They will try anything to gain your trust by providing you with false evidence or documentation. Never fall for these high-pressure methods.

This next section is from an article I wrote in April 2022, "Romance Online Dating Scams" in the Cheshire Senior Center Front Porch News.

Romance scams have increased for older adults over the last few years. This type of online dating fraud is known



as mass-marketing fraud and exploits people by different communication methods such as Facebook, Instant Messenger, bulk mailing, social networking sites and dating apps. The online romance scams are when criminals pretend to initiate a relationship, but their intentions are to defraud people of money. Many times the scammers create fake profiles on dating and social networking sites using phony identities and photographs from other people's websites or personal accounts. These relationships usually develop very quickly then the criminal begins to ask for money, gift cards, cryptocurrency, or other financial information. Be aware and protect yourself from this type of financial fraud.

Some ways to protect yourself & avoid becoming a victim:

- Be aware that the criminal may ask to move "the relationship" to another internet site to make you believe you are in a close relationship.
- Be suspicious of someone you just met professing their love quickly.
- Verify the person's identify especially if you are contacted by someone you do not know. Think about what is being asked of you—does it make sense?
- Reverse Google Search any photographs or images.
- Never send money, gift cards, cryptocurrency to someone you have never met in person or do not know.
- Scammers will claim to be overseas, in the military or to have emergencies in which they need cash immediately.
- Make sure the profile you see isn't too good to be true and watch out for people who are being mysterious especially with what they tell you.
- If you suspect you might be defrauded, STOP communicating with the person immediately and seek help through the local police, FBI, FTC & the Attorney General.
- Save the texts or emails to show the police.

Contacts

- Harwich Police Non-Emergency Number: 508-430-7541
- The local FBI office, Lakeville, MA: 508-947-0625
- Attorney General of the State of MA: 617-727-2200
- Federal Trade Commission 1-877-382-4357 or www.ftc.gov/
- Elder Abuse Hotline: 1-800-922-2275
- AARP Fraud Watch Network Helpline: 1-877-908-3360 or www.aarp.org/fraudwatchnetwork

Daly, L. (2022, November 28). Elder Fraud and Financial Abuse for 2022. <https://www.fool.com/research/elder-fraud-financial-abuse-statistics/>

Burchill, C. (2022, March 1). "Naugatuck Woman Shares Romance Scam Experience, Tips to Avoid Trickery." www.nbconnecticut.com.

HERE'S TO YOUR HEALTH

Susan Jusell, Town Nurse

508-430-7505

Dear friends and new friends to be....We're here to have fun, support, educate, and mostly to connect with each other. If you're new to this community or you're reading this newsletter but you haven't participated in any of our programs, then please consider joining us for something or stop in and introduce yourself. Here are a few direct opportunities you could take advantage of in honor of Patient Safety Awareness week this March, encouraged by the Institute of Healthcare Improvement (IHI).

Great news for all of you Medicare and MassHealth recipients out there!

The **Shingrix** (shingles) and **TDAP** (tetanus, diphtheria, and pertussis, known as whooping cough) vaccinations are **now provided at no out-of-pocket cost.**

Your Part B plan has previously covered the cost for an annual flu vaccine, pneumonia shots, COVID-19 vaccines and hepatitis B shots, for those at higher risk of contracting the virus. Now, the TDAP and shingles vaccine join that list thanks to the Inflation Reduction Act of 2022. There are no longer copayments or deductibles for vaccinations recommended by the ACIP (Advisory Committee on Immunization Practices). Each year, adults continue to suffer serious health problems that may have been prevented if the vaccines were affordable to them. The TDAP vaccination is given during your adolescence, sometimes during pregnancy and a booster shot is recommended for every 10 years; this can be as often as every 5 years to help prevent tetanus, if you suffer a puncture to the skin, a dirty wound or burn.

Shingles is caused by the Varicella Zoster Virus, the same virus that causes the chickenpox. After you have the chickenpox the virus stays dormant in the body and could be reactivated later to cause shingles. This causes an often painful & isolated rash located on only one side of your body. This virus affects nearly 30% of adults in the United States each year. The risk of getting shingles or complications from it increases with age. Any rash should never be ignored. If you have concerns that you may have shingles



please seek medical attention that day. If appropriate, the doctor may recommend an antiviral to help shorten the duration and the severity of your symptoms. The prevention for this is a two dose vaccine, the second dose is recommended 2-6 months after the first dose. This vaccine is more than 90% effective at keeping you from getting shingles or from developing long-term nerve pain because of it.



We'll be hosting a shingles vaccination clinic here at the community center in April. If you have not received your shingles vaccination and would like to, then this will be a great chance to do so. Please call the COA for an assigned arrival time. Unfortunately we cannot accommodate walk-ins for this clinic.

The Medical Reserve Corps of Barnstable County will be back to offer another life-saving training! Please call to sign up and join us on March 27th for an hour, as the MRC teaches us how to **"Stop The Bleed"**.

Did you see that we have a volunteer pharmacist taking appointments to review and educate you on your medication? (See page 7 for details.) It's so hard to keep track of medication changes when you're working with multiple doctors. If a medication is important enough for you to be taking, then you should understand why you're on it. This is your chance without feeling rushed, to ask the questions you've been wondering about and leave with confidence that your medications are in line with what the doctor has ordered. Call the COA to book your appointment.

Feel free to stop in and see me on Monday evenings between 4-5 pm and by appointment only on Wednesday mornings at the Community Center.

I hope this newsletter finds you well, and I look forward to seeing you!



IT'S SPRING! GET OUTSIDE WITH PETANQUE IN THE PARK

New players wanted! Petanque is the French version of Bocci, with smaller, easier to hold balls. Games are held at Brooks Park at 3pm on M, W, Th, F. Beginners welcome. Contact Evelyn Tobey: 508-432-4399.

VOLUNTEER NEWS

VOLUNTEER SPOTLIGHT



Laurie Moore



Laurie Moore has been facilitating an American Sign Language group here at the Council on Aging for the past 6 months. Originally from California, Laurie has lived in Harwich with her husband, John, for the past 28 years. She became very involved here at both the Council on Aging and the Community Center after retiring from her job. During the Pandemic lockdown, Laurie decided she was interested in learning a language. She has a good friend, Leslie, who is an interpreter who would often interpret at Harwich Town Meetings. Laurie, sitting in the front row, was fascinated by ASL. She started watching YouTube videos from Learn How To Sign and was watching 1–2 videos a day. She discovered she loved it and was practicing by signing by herself. She spoke with Town Nurse, Sue Jusell, and they planned to start an ASL Group. The group meets Wednesdays at 1pm where they practice signing to each other along with viewing the Learn How To Sign videos.

When asked what she likes about spending time here, Laurie states that she enjoys getting to know her peers and other community members and becoming friends. She says it's such a welcoming place with great staff and a place to feel connected. When Laurie isn't running the ASL group, she enjoys the Walk and Talk sessions in the gym and the Sit and Fit program. Laurie's green thumb has been seen around the Community Center and COA office plants. She loves being home, spending time with her wonderful husband and their pets.

Thank you, Laurie, for all you do for the Council on Aging!

MEET YOUR NEW PROGRAM SPECIALIST



Nathan Hassell, MPH

Greetings everyone! It's my pleasure to introduce myself. My title here is Program Specialist 2. I will also be working directly with your wonderful volunteers. My first month here at the Harwich Council on Aging has been a warm and welcome experience thanks to our lovely community. I am grateful to have met those of you who are enjoying our services.

I was born out in Western MA, but grew up in Framingham. I achieved my college degree in History, and my graduate degree in Public Health. Along the way I was blessed to live in three different countries and do a fair amount of travel. Please come and share your travel stories with me. I've always enjoyed sharing an interesting life story or lesson with someone.

I recently spent a year living on Martha's Vineyard and working professionally as a COVID 19 Case Investigator for the state of MA. This was a challenging, but rewarding experience. Now that a sense of normalcy is returning here at the Community Center, I hope more of you will come and enjoy the programs we will be offering this spring.

On a lighter note I grew up learning classical violin weekdays, and playing bluegrass with my dad on the weekends since he played the banjo. Occasionally I'll bring my guitar out to the open mics and play a few tunes. I also entertain my 6 pound Chihuahua Franc on the weekends and evenings. I'd love to meet fellow musicians in the community; I know you're out there!

It is with gratitude that I get to make this introduction. I will be working to provide exceptional programs and activities for this community. You deserve it!

To learn about volunteer opportunities, contact Nathan at nhassell@town.harwich.ma.us or 508-430-7550.

COA BOARD OF DIRECTORS

The Council on Aging Board of Directors meets monthly on the third Wednesday of every month at **10 AM**.

Next meetings:

Wednesday, March 15, 2022 at 10 AM
Wednesday, April 19, 2022 at 10 AM

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

TOWN UPDATES & EVENTS

BROOKS FREE LIBRARY NEWS

Some big changes are happening at the library this Spring. During the month of February, the changes will mostly be happening 'behind the scenes' as all the staff are learning how to use a new Integrated Library System (ILS). This new system will completely change how we do all the things that we do on our computers that manage our collections and patron records. We will be learning new procedures for everything from how to check out books, to running reports lists to fill holds, to cataloging materials. The public will not see any of these changes until our 'go live' date—currently planned for February 27. On that day, everyone will see a new catalog at www.clamsnet.org. We hope that things will be easier to find online and it will be easy to do things like place holds and requests for materials, but if anyone can't figure out how to do something, please ask us. March will be another month of learning with our new public access catalog and in many ways we will all be learning along with all of you, so we appreciate questions because it allows us to 'learn with you'. I hope you can all have some patience for us at this time. It might take us an extra minute to figure out how to answer a question that was previously very straightforward and now requires looking at data from multiple screens for example. Look for future presentations at the COA breakfasts in May as well as other small group info sessions.

This might be a good time to get a new physical library card if you have lost your card. Most people don't realize how big our database of library patrons really is. We have for example, more than 100 people in our database whose last name is Smith and first name starts with the letter A. Even if your last name is a lot less common, it helps everyone if you bring your library card so there is less chance for errors to occur at check out and when placing holds. Having your physical card also makes using the self-check machine possible. If you have recently moved to town and had a card from another Cape library this is also a good reason to stop by and get a Brooks Free Library Clams card. If your card numbers don't start with 10109 then you won't have full access to all of our electronic resources - things like Consumer Reports, The Wall Street Journal, and additional ebooks and videos on Hoopla and Overdrive. At this point we are being told that all patrons will have to create a new password or PIN for their Clams account (really sorry!!). We hope this will be a fairly painless process but again, just ask for help (call us 508-430-7562 or stop by the front desk) if you need assistance with any of these things.

In programming news, the Friends of the Library have two programs coming up this Spring that are sure to be crowd pleasers. As part of their 'Friends of BFL Sunday series' on March 5 at 2pm they will welcome C.L.Fornari. C.L. is well known as 'the garden lady' - check out her website at gardenlady.com, and for the books she has written including the classic "The Cape Cod Garden" and her latest title "Sand and soil: creating beautiful gardens on Cape Cod and the Islands". Come join C.L. and get a chance to ask questions and start thinking about your Cape Cod garden coming back to life this Spring. On Sunday April 2 at 2pm, the Friends will welcome the musical duo Jack and Oriana. They are a high energy, easy-listening duo who perform a variety of music with humor and sing along opportunities. Our three books groups for adults will continue to meet monthly over the Spring months and as usual, all are welcome and no registration is required. Just stop by or give us a call for more information. Hope to see you at the library!

HARWICH COMMUNITY CENTER

Building Closed: April—Patriot's Day, April 17th

Ongoing Groups:

Zumba with Alissa: Mon, 5PM-6PM & Thurs, 7:30AM-8:30AM
Zumba with Alice: Thursday, 5:30PM-6:30PM
Lumi Yoga & Wellness: Tues & Thu, 9AM-10:15AM; Sat, 9AM-10AM
Rec Sit/Fit Class: Monday & Friday, 9:30AM-10:15AM
Rec Indoor Walking Group: M, W, Th 11-11:45AM; Tu, 10-10:45AM
Al-Anon: Friday, 5:30PM-6:30PM
Men's 55+ Basketball: Mon & Wed, 12PM-2PM & Fri, 1PM-3PM
Senior Volleyball: Tuesday & Friday, 11PM-1PM
Wednesday Stitchers: Wednesday, 10AM-2:30PM
NA: Wednesday, 7:30PM-9PM
Bit of Bliss Yoga: Monday & Wednesday, 9:30AM-10:30AM
Cranberry Mah Jongg: Wednesday, 1PM-4PM
Quilt Bank: Monday, 9AM-2PM
Cranberry Rug Hookers: Monday, 9:30AM-1PM
Harwich Artists Open Painting: Thursday, 1PM-3:30PM

Groups & Events:

March:

Newcomers Game Night: March 2nd, 6:30PM-8:45PM
Master Gardeners: March 3rd, 10th, 16th, 24th & 31st, 1PM-5:30PM
Selectmen Budget Meeting: March 4th
Harwich Democrats: March 4th, 10AM-11:30AM
KD Quilters: March 6th & 20th, 9:30AM-2:30PM
Insight Meditation: March 7th, 7PM-9PM
WILPF: March 7th, 5:30PM-7:45PM & March 10th, 7PM-8:30PM
Garden Club General Meeting: March 7th, 1PM-3:30PM
Women's Club Meeting: March 9th, 1:30PM-3:30PM
Winter Talk-Six Ponds District of Critical Planning Concern: 3/11, 1-2PM
Newcomers General Meeting: March 13, 9AM-11AM
Sharing Kindness: March 14th & 28th, 5:30PM-7:30PM
Harwich Republicans Meeting: March 16th, 5PM-6PM
Cranberry Rug Hookers Monthly Meeting: 3/18, 9:15AM-1:15PM
Harwich Artists Monthly Meeting: March 18th, 2PM-4PM
Cranberry Festival Meeting: March 22nd, 6:30PM-9PM
Women's Book Club: March 27th, 2PM-3:30PM

April:

Harwich Democrats: April 1st, 9AM-11AM
KD Quilters: April 3rd & 24th, 9:30AM-2:30PM
Harwich Brass Quintet: April 4th, 3:30PM-4:30PM
WILPF: April 4th, 5:30PM-7:45PM
Insight Meditation: April 4th, 7PM-9PM
Garden Club Meeting: April 4th, 1PM-3:30PM
Newcomers Game Night: April 6th, 6:30PM-8:45PM
Sharing Kindness: April 11th & 25th, 5:30PM-7:30PM
Women's Club Meeting: April 13th, 1:30PM-3:30PM
Cranberry Rug Hookers Monthly Meeting: 4/15, 9:15AM-1:15PM
Spring Ring Hand Bell Choir Concert: April 15th, 3PM-4PM
Harwich Republicans Meeting: April 20th, 5PM-6PM
Harwich Artists Meeting: April 22nd, 2PM-4PM
Women's Book Club: April 24th, 2PM-3:30PM
Cranberry Festival Meeting: April 26th, 6:30PM-9PM

FRIENDS' NEWS



Friends of The Harwich Council on Aging

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

A Message from Jim Knickman, Friends' President

Dear Friends, Donors, and Members:

This is Friends' 49th year supporting Harwich older adults! A milestone proudly achieved because of support from you, our donors and members. Thank you!

Board Appointment: Many of you know John Bathelt – he has been delivering COA lunches and newsletters and providing medical rides to many of our readers long before he became a director with Friends. John, a native of Holyoke and a math major, also serves on the Town of Harwich Council on Aging Board. He is currently working to update our Transportation Manual.

Update Kidde Lock Box Installation: Friends expected the lock boxes would be installed in late fall. Unfortunately, the Harwich Fire Department's request is still on backorder due to supply chain issues. As soon as we hear anything positive, we'll share that information. Don't give up hope!

Social Media: Board member, Bob Hamilton, is working to move our email service to Constant Contact which will offer Friends greater flexibility and our recipients a better product. Bob also maintains our Face Book page. Please follow us – Friends of Harwich COA.

Our Van Services: See the latest excursion plans and how to sign up on page 6. Driver Gail Hancock, and aide, Maura Jordan, have arranged for visits to the

Dunbar Tea Room and Highland Hall. We also welcome your ideas for Cape Cod excursions. Please send them to FriendsofHarwichCOA@gmail.com.

Also check out page 9, for a description of our **Harwich Port Loop** and how to reserve a seat on the van.

Join Friends: Please consider supporting Friends so we may continue to advocate for the needs of Harwich older adults. Our focus is on nutrition, transportation, socialization, emergency assistance and durable medical equipment.

**Stay healthy and active,
Jim Knickman and the Friends Board**

GIFT DEDICATIONS

In Honor Of:

*Chris Joyce
Nancy Hipp*

In Memory of:

*Eleanor and Dick Jordan
Jill and Harold Gabriel*

Walter

Jean Brown

Irv Zelnick

Robyn Zelnick

Herb Glifort

Aline H. Glifort

James Athens

Friends of the Harwich COA

FY 23 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, 100 Oak Street, Harwich, MA 02645

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.

SNAP & MassHealth Changes

An omnibus bill passed by Congress in late December 2022 is putting an end to some enhancements and flexibilities enacted to deal with the pandemic. The enhanced SNAP benefits end on March 2. MassHealth will stop automatically rolling over eligibility for benefits beginning in April 2023.

SNAP benefits will not go away; only the extra amount people received during the pandemic. Unspent balances carryforward as long as a person's SNAP record is active. Forms can be filed with the Massachusetts Department of Transitional Assistance to document out of pocket medical expenses you incur. These expenses may increase the normal SNAP benefits you can receive.

MassHealth will begin sending annual renewal forms to be completed to retain benefits. This will start in April 2023 and run through March 2024. These will be in blue envelopes. It will be important to complete and return the forms to preserve your eligibility.

MassHealth will be updating income and asset limits to reflect increases in the Federal Poverty Level due to cost-of-living increases. However, the increased limits are not yet finalized.

Contact Andrea at the COA (508-430-7550) for assistance.

NUTRITIONAL SUPPORT PROGRAMS

These programs are ongoing. Call for more information.

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 and ask for Andrea.



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 info, call Elder Services at 508-394-4630.

S.N.A.P.

The Supplemental Nutrition Assistance Program (SNAP) helps lower 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 Andrea at 508-430-7550.

CALEB CHASE FUND

The Caleb Chase Fund is a Town of Harwich fund designed to help Harwich residents in urgent financial need. The Fund can help with emergency 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 at 508-430-7550 to learn more about the application process.

HOMELESS PREVENTION COUNCIL

Caseworker Mary O'Reilly from HPC is available to meet at the Harwich Council on Aging on **Tuesday afternoons from 12:30-3:30 PM.**

Mary 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.harwich-ma.gov/council-on-aging

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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.