

Town of Harwich COUNCIL ON AGING NEWS

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

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



May/June 2023

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

BEYOND THE BOOK: DEBORAH SWISS

Tuesday, June 13; 10:00—11:00 AM

This program will be of special interest to history lovers, genealogists, and readers who enjoy true stories about fearless survivors. Historian and Harwich resident Deborah Swiss will give a talk and PowerPoint slide presentation about her award-winning fourth book, *The Tin Ticket: The Heroic Journey of Australia's Convict Women*. She will share some Australian artifacts and discuss the process of breathing life into narrative non-fiction.



In the 19th century, 25,000 girls and women were transported to Australia from England, Ireland, Scotland and Wales as "tamers and breeders." Hear this compelling, and largely hidden history, about the triumph of the human spirit as seen through the eyes of three ordinary women who led extraordinary lives and were among the founding mothers of modern Australia. Be inspired by how one person can help change the world, as shown by Elizabeth Gurney Fry, the first internationally recognized female social reformer.

The Tin Ticket is being made into a television series by the Australian Midnight Madhouse Productions. It won runner-up honors for Best Non-Fiction book, awarded by the American Society of Journalists and Authors. Deborah has appeared on *The Today Show*, NPR radio, and ABC radio Australia. *The Tin Ticket* is available at the Brooks Free Library or wherever you buy books. Deborah will bring copies from the Brewster Book Store (cash or check for purchase). **Light refreshments will be served! Registration for this event is requested—please call 508-430-7550.**

WHO WILL HELP YOU IN AN EMERGENCY ?

The COA can be a valuable resource in the event of an emergency, such as severe weather or extended power outages. **We ask that you fill out an "Emergency Resource and Information" form to make sure we have your most up to date info.** We use this information to identify the most vulnerable members of our community as we respond to emergencies. We also keep a record of your emergency contacts, should those ever be needed. *If you have a household member who requires oxygen or a ventilator or any other assistive device that requires electricity, we especially encourage you to complete and return this form—we will prioritize checking on you during major power outages.* Anything you share with us will be held in strictest confidence. If you would like this form sent to you, please call our office at 508-430-7550 or email kseeley@town.harwich.ma.us.

DIRECTOR'S DIALOGUE

Welcome back sunshine! Although the beautiful weather is surely calling out to us, we hope you will still make time to stop in to see what the COA has to offer this Spring.



We are very excited to announce our 5-part series on dementia that we think everyone should take part in, scheduled for Thursday afternoons in May and early June. You are almost guaranteed to learn something that will benefit you or a loved one, no matter your age or current state of health. In addition to learning about the earliest signs of dementia and how to differentiate between this and normal aging, you will learn the top three ways to prevent cognitive decline as we age. While these will turn out to not be so surprising (nutrition and exercise make the list!), we will focus the sessions on how these relate to brain health and share specific plans for incorporating practical strategies into your every day life for enhanced wellness throughout the lifespan. If you have a loved one showing signs of cognitive decline, you will learn how to take the first steps towards assessment and care. We hope that you come away from this program feeling empowered and motivated to take charge of your (or your loved one's) health and wellbeing. You can sign up for the entire series or choose specific sessions to attend. See page 2 for details.

Later in June, we are holding an Ice Cream Social to celebrate Pride Month (see page 3)! For those who don't know, Pride month began after the Stonewall riots, a series of gay liberation protests in 1969, and now both honors the movement for LGBTQ+ rights and celebrates LGBTQ+ culture. Allies (those fully supportive of LGBTQ+ folks) are welcome to join the Social. We hope to see you there!

—Julie Witas, MSW, MPH

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SPECIAL PROGRAMS

BREAKFAST PROGRAMS

Our popular Breakfast programs have returned! 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 May, Brooks Free Library will present on their new catalog system. In June, the Sampson Fund will visit to discuss their financial assistance program for veterinary care for critically ill or injured dogs and cats.

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 also accept walk-in registration, also starting at 9:00 AM. We ask that you register only yourself and up to one other person.

MEN'S BREAKFAST

Friday, May 12; 9:30—10:30 AM

Friday, June 9; 9:30—10:30 AM



The Men's Breakfast will take place the 2nd Friday. For the May breakfast, registration will be **Tuesday, May 9th**. For the June breakfast, registration will be **Tuesday, June 6th**. Call 508-430-7550 at 9:00 AM. See details above.

WOMEN'S BREAKFAST

Friday, May 26; 9:30—10:30 AM

Friday, June 23; 9:30—10:30 AM



The Women's Breakfast will take place the 4th Friday. For the May breakfast, registration will be **Tuesday, May 23rd**. For the June breakfast, registration will be **Tuesday, June 20th**. Call 508-430-7550 at 9:00 AM. See details above.

COFFEE CONNECTIONS

Every Tuesday, 9:00—10:00 AM

Join us for 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.

"DON'T FORGET"—DEMENTIA AWARENESS

In May, we will be hosting a special 5-part series on dementia. This program will bring awareness to the warning signs of dementia, teach you the difference between normal aging and troublesome cognitive decline, tell you how to get help if needed, and give you the tools to help prevent cognitive decline as you age. You can sign up for each session individually, or the entire series. This program is entirely free, thanks to the generous sponsorship of the Harwich Fund and the Friends of the Council on Aging. **To register, please call 508-430-7550.** Light refreshments will be served at each event.

#1 Normal Aging vs Cognitive Decline—Thurs 5/11, 2-3 PM

Dr. Gerald Elovitz, renowned neuropsychologist of the Memory Center, will describe the differences between normal aging and cognitive decline. You will learn how to recognize the warning signs of dementia in yourself or a loved one. Early identification is essential for slowing the progression of dementia, as treatments are most effective when used early.

#2 Getting Help: The Neuropsyc Exam—Thurs 5/18, 2-3 PM

What do you do if you are worried about cognitive decline or dementia? The gold standard of care is to seek out a neuropsychiatric exam. Dr. Elovitz will join us again to provide the full breadth of information on what this exam entails, how to access it, how it is conducted, and how the results of one are used for treatment planning. This talk will demystify the early process of seeking assessment and treatment for dementia.

#3 Prevention: Let's Get Physical—Thurs 5/25, 2-3 PM

Exercise not only keeps your body fit, it also keeps your brain healthy! The VNA will teach us exactly how physical fitness relates to cognitive health and what types of exercise are important. Plus, they'll discuss the ways occupational therapies (such as PT) can help if you do see signs of cognitive decline.

#4 Prevention: Friends Till the End—Thurs 6/1, 2-3 PM

Socialization is one of the most important things we can do to keep the connections in the brain active and robust. Social Services Coordinator Andrea Sidoruk, MSW will explain how lifelong socialization relates to cognitive health and discuss how we can maintain meaningful and varied social connections throughout the lifespan.

#5 Prevention: Food for Thought—Thurs 6/8, 2-3 PM

Experts agree that maintaining a healthy diet is an important factor in the fight against dementia. Join dietitian Maggie Davis, MS, RD, to learn how this works and what you can incorporate into your diet to improve your brain health. It's never too late to make changes that will make a meaningful impact.

SPECIAL PROGRAMS

ASSISTED LIVING 101

Thursday, May 11; 10:00—11:00 AM

Celeste Fox, former home care case manager and Executive Director of a local assisted living facility, will answer anything you've ever wanted to know about this topic. Learn what assisted living is and how it differs from other long term care options, whether it might be right for you, how to plan for it, and how it's paid for. Question and answer period to follow. **An RSVP is helpful—call 508-430-7550.**

BEREAVEMENT GROUP

Thursdays, May 11—June 29; 1:30—2:30 PM

Grief affects us deeply, in profound and unique ways. There is great emotional effort during the grieving process. It is not a straight path; it changes directions daily. It is a process that takes time. Bereavement groups offer support and connection in order to promote healing. Group members often share experiences that help eachother feel less alone. You do not need to do this alone.



This group is open to anyone who has experienced the death of a family member, partner, or close friend and is still struggling to cope. The group will meet weekly for 8 weeks. You must attend the first session to join the group; participants should try to attend as many sessions as possible thereafter. Facilitated by Social Services Coordinator Andrea Sidoruk, MSW. **Capacity is limited and registration is required—to sign up, call 508-430-7550.**

TICK TALK WITH LARRY DAPSIS

Monday, May 15; 1:00—2:00 PM



Ticks and the diseases they carry make spring and summer on Cape Cod considerably less fun. Learn what you can do to keep yourself safe. This program includes a three point protection plan: Protect Yourself, Protect your Yard, and Protect your Pet. Tick-borne diseases are preventable! **Registration requested—call 508-430-7550 to sign up.**



ESTATE PLANNING BASICS

Tuesday, May 16; 1:00—2:00 PM

Taught by Attorney Christine Nicastro and sponsored by the Massachusetts Bar Associations Elder Law Education Program. This popular program has returned for another year. Even if you have attended in the past, you are sure to get something new from it this time—there is a lot to learn about estate planning! Learn about wills, trusts, power of attorney, avoiding probate, and more. **Register to reserve your seat—call 508-430-7550.**

SUSPECT SEPSIS, SAVE LIVES



Thursday, June 8; 10:00—11:30 AM

Approximately 350,000 Americans die from Sepsis every year, and older adults are most susceptible. Even though it is preventable if treated early, most people are not aware of its signs and thus cannot seek care. Join us for this talk by Gerry Bedard to become more informed of how you can protect your health and possibly save your own life! **Registration is requested—call 508-430-7550.**

SHIFTING GEARS: SAFE DRIVING WITH RMV

Tuesday, June 20; 1:00—2:00 PM

Join Michele Ellicks, Community Outreach Coordinator for the RMV for a FREE safe driving workshop. Topics will include rules of the road, recent changes at the RMV including Real ID requirements, warning signs of unsafe driving and safe driving tips, as well as recent research concerning older drivers. The workshop will also include information on alternative forms of transportation. Learn what's available in your community. **Registration requested; please call 508-430-7550.**



SOLO FIRST AID

Thursday, June 22; 10:00—11:00 AM

Fire Captain Leighanne Smith returns to the COA to teach us first aid for those who live alone. Do you know how to give yourself the Heimlich maneuver? (Even if you do, everyone could use a refresher and a pep talk!) Learn how to manage serious injuries until help arrives, such as how to bandage your own wounds and what to do if you fall. We will also discuss ways to help yourself stay calm in an emergency. Accidents happen every day; everyone who lives alone should take this class! **An RSVP is requested—please call 508-430-7550.**



PRIDE MONTH ICE CREAM SOCIAL

Thursday, June 29; 1:30—2:30 PM

Cap off Pride Month by gathering together to relax, cool off indoors and share a frozen treat. We will serve a variety of dairy ice creams and toppings, and of course, there will be rainbow sprinkles aplenty! This event will be publicized to other COAs to invite our LGBTQ+ neighbors from surrounding towns to join us, and allies are also welcome. This is the first Pride event to be held at this COA in at least several years, and we hope that it is a welcoming experience for all. **Please register by calling 508-430-7550.**



SPECIAL PROGRAMS



LET'S LEARN SIGN LANGUAGE

Wednesdays, May 3—June 28; 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, May 1, 8, 15, 22; June 5, 12

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 cancellation. BYO ukulele. Each class is \$55.

HORTICULTURE HAPPY HOUR



3rd Thursdays, May 18 & June 15; 10:00—11:00 AM

Interacting with plants can increase life satisfaction, reduce anxiety and stress, spark creativity, and boost productivity, studies have shown. No green thumb? No problem! Each month, we'll learn about plants while completing a fun and simple project that anyone can do. In May, we'll discuss native flowers and give out wildflower seeds so you can have your own colorful garden. In June, learn about herbs and plant basil seedlings (BYO pot if possible). **Capacity is limited, and registration is required so we can order and prepare enough supplies—call 508-430-7550.** Register for May beginning 5/1 and for June beginning 6/1.

SINGING GROUP

4th Thursdays, May 25 & June 22; 2:00—3:00 PM

Can you carry a tune? Then come sing with us! A monthly singing group has formed, 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.**



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.

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

Fridays

10:30-11:30 AM Open Play

1:00-2:30 PM Cribbage

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, May 17, 2022 at 10 AM

Wednesday, June 21, 2022 at 10 AM

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

FITNESS PROGRAMS

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

Wednesdays & Fridays, May 17—June 23; 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 Thursday, May 4th 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 70+ (only), we will also accept registration in person starting at 9:00 AM on Thursday, May 4th.**

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, May 5—July 14; 11:15 AM—12:15 PM
(10 weeks; Participants should attend all classes)**

New session starting! 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 requested but not required—call 508-430-7550. Cost: \$15/class.**



INTERMEDIATE TAI CHI (\$15)

Tuesdays & Fridays, May 16—July 21; 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. To register, call 508-430-7550. **Cost: \$15/class.**

CHAIR YOGA (FREE!)

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

May 10, 24 & June 14, 28

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 suggested as spots fill up quickly. Call 508-430-7550.**



Capacity: 25 people per class. **Cost:** Free!

TAI CHI QI GONG CLASS (\$15)

Wednesdays, May 3—June 28; 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 508-430-7550 for info. **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.

Mondays, May 8—June 26; 11:30 AM—12:30PM

Registration is required and opens on Tuesday, May 2nd 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, June 6—July 18; 10:30—11:15 AM

Thursdays, June 8—July 13; 12:15—1:00 PM

Registration is required and opens Thursday, May 18th 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 to offset cost of supplies



MORE PROGRAMS & SERVICES

SIGHT LOSS SERVICES SUPPORT GROUP

Tuesdays, May 2 & June 6, 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.

FRIENDLY VISITOR PROGRAM

Friendly visitor volunteers are matched with a senior and visit on a regular basis, weekly or every other week for 1 or 2 hours. They can go for walks, talk about shared hobbies, read, or help write letters. If you would like to receive visits or phone calls from a volunteer, please call our office at **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.

"My Happy Ending," R (2023)

Friday, May 19, 1:00 PM

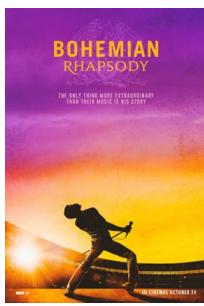
Andie MacDowell stars as a famous actor who goes incognito to seek treatment for a medical issue. While at the hospital, she meets three unique and remarkable women -- an aging rocker, a young mother, and a forever single retired schoolteacher. Together, they help her face adversity with humor and camaraderie while coaching her for the most challenging role she has ever played...herself.



"Bohemian Rhapsody," PG13 (2018)

Friday, June 16, 1:00 PM

Freddie Mercury -- the lead singer of Queen -- defies stereotypes and convention to become one of history's most beloved entertainers. The band's revolutionary sound and popular songs lead to Queen's meteoric rise in the 1970s. After leaving the group to pursue a solo career, Mercury reunites with Queen for the benefit concert Live Aid -- resulting in one of the greatest performances in rock 'n' roll history. In honor of Pride Month, we are thrilled to offer this movie full of music, emotion, and drama.



**Register to reserve your seat so we can prepare snacks —
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, May 24 & June 28; 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 for an appointment.



LEGAL ASSISTANCE—In Person or Remote

Attorney Andrew Bardetti NO COST

Monday, May 1; 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. For an appointment, contact Rasheda Dickerson at 774-487-3251.

MOBILE DENTAL HYGIENE CLINIC

Fridays, May 19 & June 23, 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, May 3, 17; June 7, 14 (\$50)

Janet Tinney—Weds, May 24; June 28 (\$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.



FRIENDS OF HARWICH COA—VAN EXCURSIONS

May Excursion—Thursday, May 18; 10:30 AM

We are off to West Yarmouth and the Whydah Pirate Museum. In one of the worst storms on the eastern seaboard, the legendary Whydah wrecked off the coast of Wellfleet in 1717. Pirate Sam Bellamy's looted treasures are on display. Lunch will follow at Skipper Chowder House in South Yarmouth.

Friends will cover half the entrance fee; send \$7 to Friends at 100 Oak Street, Harwich 02645. **No sooner than midnight on May 4, call 508-432-5050 or email FriendsofHarwich-COA@gmail.com (preferred) to register.** We will return your call/email within two days.

All on board ready to leave from the Community Center at 10:30 AM.

June Excursion—Wednesday, June 14; 11:00 AM

On our nation's Flag Day, Friends van heads to Chatham and the Caleb Nickerson Homestead. Gail Hancock and Maura Jordan have arranged for a private tour of this wonderful museum owned by the Nickerson Family Association. The house was relocated to the original site of the first English settlers in Chatham in 1664. Admission is free but donations are welcome. Lunch will follow at a restaurant in the area.

Please register for the excursion **no sooner than midnight June 1st** by leaving a message at 508-432-5050 or by email to **FriendsofHarwichCOA@gmail.com (preferred.)**

We leave from the Community Center at 11 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

NEW!

NO COST

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

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.

UPDATE ON SOCIAL SECURITY APPTS

The Hyannis Social Security office has limited hours; their staff continues to work remotely some days. SSA continues to offer their full range of services by phone. To speak to the SSA, call 866-467-0440. Website: www.ssa.gov

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 May on Tues 4/25 and for June on Tues 5/23.

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. We have recently had a high number of No Shows, with many lunches going to waste, despite others remaining on our waitlist.

We will unfortunately have to begin suspending folks from lunch service after repeated (3 or more) No Shows.

We will not count genuine emergencies against you.

New: Door Prizes

Dine in with us and win a \$25 Grocery Gift Card!

Every Wednesday

(Dine In only—not Grab & Go)



May—Registration opens Tuesday, April 25th

Mon 5/1	Chicken salad & chips (G&G Only)
Tues 5/2	Veggie lasagna & salad
Wed 5/3	Salisbury steak, potatoes & veg
Thur 5/4	Mac & cheese
Fri 5/5	Pizza & salad
Mon 5/8	Grilled cheese & tomato soup (G&G Only)
Tues 5/9	Beef stew w/garlic bread
Wed 5/10	Stuffed shells & salad
Thur 5/11	Turkey w/cheese & chips
Fri 5/12	NO LUNCH—MEN'S BREAKFAST (Registration required, call on 5/9)
Mon 5/15	Ham & cheese melt w/chips (G&G Only)
Tues 5/16	Salad w/the works
Wed 5/17	Kale soup & grilled cheese
Thur 5/18	Meatball sub w/chips
Fri 5/19	Meat lasagna w/salad
Mon 5/22	Salami w/swiss & chips (G&G Only)
Tues 5/23	Chicken stuffed w/broccoli & cheese w/rice & veg
Wed 5/24	Meatloaf w/potatoes & veg
Thur 5/25	Spinach pie w/salad
Fri 5/26	NO LUNCH—WOMEN'S BREAKFAST (Registration req'd, call on 5/23)
Mon 5/29	CLOSED—MEMORIAL DAY
Tues 5/30	Tuna roll w/chips & slaw
Wed 5/31	Cheeseburger w/chips

June—Registration opens Tuesday, May 23rd

Thur 6/1	BLT w/pasta salad & roll	*Note: Meals are subject to change based on ingredient availability
Fri 6/2	Egg salad on roll w/chips	
Mon 6/5	Roast beef & cheese sandwich w/chips (G&G Only)	
Tues 6/6	Sausage, peppers & onions over ziti	
Wed 6/7	Chicken cordon bleu w/rice & veg	
Thur 6/8	Taco boat w/rice	
Fri 6/9	NO LUNCH—MEN'S BREAKFAST (Registration required, call on 6/6)	
Mon 6/12	Turkey Rueben w/chips (G&G Only)	
Tues 6/13	Hot dog w/chips	
Wed 6/14	American chop suey	
Thur 6/15	Spinach & strawberry salad	
Fri 6/16	Tuna melt w/chips	
Mon 6/19	CLOSED—JUNETEENTH	
Tues 6/20	BLT pocket w/chips	
Wed 6/21	Chicken soup & grilled cheese	
Thur 6/22	Mac & cheese w/salad	
Fri 6/23	NO LUNCH—WOMEN'S BREAKFAST (Registration req'd, call on 6/20)	
Mon 6/26	Grilled cheese w/bacon & chips (G&G Only)	
Tues 6/27	Ham & beans w/potato salad	
Wed 6/28	Chicken Caesar wrap w/chips	
Thur 6/29	Pasta w/meatballs w/salad & garlic bread	
Fri 6/30	Chicken salad on roll w/chips	

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, Library, or Town Hall
Tues	AM—Stop & Shop or Shaw's
	PM—Family Pantry deliveries
Wed	AM—Stop & Shop or Shaw's
	PM—Stop & Shop or Shaw's, optional Harwich Port stops*
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: May 8, May 22; June 5; June 26

Hyannis shopping: May 1, May 15; June 12

Note Holidays: May 29; June 19

Call the COA to schedule all rides

508-430-7550

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

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.

OUTREACH NEWS

NOTES FROM THE OUTREACH OFFICE

Andrea Sidoruk, MSW

508-430-7550, extension 12

Magic Mirror on the Wall, Who is the Fairest of All?



In the 1937 film *Snow White*, the Evil Queen states, “Magic mirror on the wall, who is the fairest one of all?” Was she reflecting on beauty or wisdom? Was the Queen comparing youthfulness with old age? Was the Evil Queen jealous or truly evil? Evidently, as she reflected and spoke into the mirror her negative attitudes were both an explicit (conscious) bias and an implicit (unconscious) bias. That is, explicit biases require a person to be aware of their negative attitude as they make judgments or social stereotypes. While implicit biases are biases people are not aware that they hold. These social stereotypes about people develop through personal influences, familial influences and cultural environment. Poignantly, the Evil Queen was being ageist. Ageism is a matter of pervasive negative attitudes and judgements about older adults, but interestingly ageism can be seen and used against adolescents. According to WHO (2023), “One in two people worldwide are ageist against older people and, in Europe, there is more ageism against younger than older adults.” Often it is stated “teenagers are lackadaisical,” or “kids are egocentric and are unaware of their surroundings.” Additionally, have you heard the comments, “Did you see what the youth are wearing these days? Or “these kids today all they do is look at their phones and wear ear plugs to listen to that terrible Rap music!” Social media, television, and advertisements portray adolescents as aloof, carefree and vivacious while on the other hand, the older adult is portrayed as inactive, frail or incompetent. These disparaging images are internalized, and these images turn into biases that accumulate over years because of exposure to negative ageist stereotypes.

Any negative attitudes either conscious or unconscious can emotionally and psychologically affect or harm a person. These attitudes and feelings are recycled and reused by a person throughout their life span from childhood to older adulthood subsequently influencing our own thinking about aging and making us an ageist or prejudiced to one group or the other. Therefore, these biases can affect our own perceptions of ourselves aging. Basically, how we see ourselves comes from our influences. Research has shown that many older adults vote against Social Security, Medicare and other programs related to help older adults because of agism. People tend to lean toward matters and subjects of youth. In the United States do people lean towards a youthful vibe to feel better? But does it?

Recently, I had the opportunity to spend time with a very intelligent and down-to-earth Monomoy High School Intern, Brianna. When we first met, I was on a Zoom training for unconscious and conscious biases, and she sat right down with me to listen and learn. Afterwards, we discussed our biases and thoughts about adolescents and older adults. We discussed how cultural backgrounds, interactions and experiences influenced our attitudes about each generation and age group but we both agreed it affected our life outlook and life span. But how?

There is evidence that an individual’s own attitudes and self-perception toward aging can affect one’s own health and well-being. Research states that negative attitudes that accumulate over the life span can be associated with cognitive impairments probably related to depression and sadness about aging. Research has already shown that people with positive attitudes and outlooks on aging live almost a decade longer than people with negative viewpoints. These positive people probably have more diverse friendships, social connections and find happiness in the moment.

In 2022, the North American anti-aging market was worth \$17.44 billion (Market Data Forecast, 2023). Consider the health care products and beauty products advertised for aging: anti-aging creams and ointments, prescriptions, incontinence products or durable medical equipment. Globally the anti-aging market is estimated to increase to about \$73 billion by the end of this decade. Intriguingly, the data indicates that Generation Z—the people born from 1990 to 2010—actually buy the most anti-aging skin products to stay young. Are they afraid to age?

How do we change these negative attitudes about ageism, implicit, and explicit biases? The fact is we need to work toward changing our outward responses by reflecting on our inner thoughts and our reasons for them. Additionally, getting involved in our communities by interacting with intergenerational and diverse cultural programs to increase exposure to different groups of people. Taking a walk in someone else’s shoes for a while to change our outlook. Sharing your experiences and wisdom by volunteering and participating in activities that include all age groups. These shared opportunities will increase your knowledge and possibly extend your life span. Sharing wisdom, thoughts and experiences with others—would that not be the fairest thing of all!

References

Market Data Forecast. (2023, March). Retrieved from www.marketdataforecast.com/market-reports/na-anti-aging-market

The World Health Organization. (2023). Ageism.

https://www.who.int/health-topics/ageism#tab=tab_1

HEALTH NEWS

HERE'S TO YOUR HEALTH

Susan Jusell, Town Nurse

508-430-7505

What's your favorite season?

Many of you will say Spring and there are so many great reasons why!

Spring reminds us you can have a fresh start, and we all need that at times. The variety of brightly colored flowers, the smell of fresh cut grass and increasing hours of daylight can offer hope following the cold, wet and gray days of Winter. Natural sunlight allows absorption of vitamin D and an increased release of serotonin that helps lift our spirits. Get outside for a few minutes every day and absorb some of that healing sunshine!

It's also time to do those tick checks. **Please join us for a talk from the "Bug Guy" himself!** We are fortunate here on Cape Cod to have Larry Dapsis, Entomologist, working hard to bring us educational programs, as his efforts are measurably making a difference in Barnstable County.

June is Alzheimer's and brain awareness month. Have you done anything for your brain lately? It's very simple, activities that challenge you are good for your brain. Games & puzzles are easy to access and you can spend days trying to piece a puzzle together. Try a book of word finds or riddles, something on the computer or a deck of cards to be used independently or shared for competitive games. Have you tried an adult coloring book with pictures or designs? It's both stimulating and therapeutic to pick up a package of pencils and start filling in the lines with color. Reading a novel or listening to audiobooks stimulates many parts of your brain, as it challenges you to recall and perceive events of the story each time you stop and start. How's your quality of sleep? Sleep is essential to every part of our well-being including our brain health. If you're not sleeping well, give your primary care doctor a call and let them help you figure this out.

I know for many, that the fear of getting Covid over the past couple years has kept you from re-engaging in many activities. Feel free to wear a mask according to your personal comfort level, hand sanitizers are most anywhere you go & as always, wash your hands as you get home. Staying socially engaged is very important for your brain, as is aerobic exercise. Can you move with purpose for at least 10 minutes each day? Try sitting in your chair using a pedaling device in front of you, or step outside and walk



five minutes to the right of your house and five to the left. It's important to keep moving to build muscle mass, maintain bone growth and increase blood flow to the brain as you increase your heart rate. Last but not least, you've got to feed that brain! There are many studies and different diets with certain foods that you should and shouldn't eat, but in the long run the DASH diet or Mediterranean foods continues to be approved by the experts. The pyramid base is largely built of fruits, vegetables, whole-grains, healthy oils, beans & nuts. The pyramid ascends with fish and seafood, followed by smaller amounts of poultry, eggs & dairy, then topped with limited meats and sweets.

We're very fortunate on the Cape to have the Alzheimer's Family Support Center! The AFSC's primary office is located in Brewster, in addition to a community center at the Cape Cod Mall across from the Ten Pin Eatery. They're a non-profit group with walks & fun activities coming up now that the warm weather is upon us. The Hyannis location can offer a few hours of planned respite, in addition to their outreach that includes education, counseling and so much more. They are wonderful people—don't hesitate to reach out to them! You can learn more about this on their website at alzheimerscapecod.org or by calling them at 508-896-5170.

Are you concerned about getting dementia? Is someone you love showing possible signs of dementia and you're concerned about them? What's the difference between normal forgetfulness, mild cognitive impairment and the different types of dementia? How is Alzheimer's different from other types of dementia? What can you do to stay mentally sharp? It's important to us that you feel informed, live your best quality life and stay in control of your future. **Please Join us for our dementia awareness series in May.** This series has been thoughtfully worked out to educate you on how to stay cognitively sharp, how to navigate help and answer questions as they arise regarding your cognitive status or that of a loved one. We are so fortunate to have a couple presentations from a neuropsychiatrist and many other professionals working in collaboration to bring this program to you.

I hope you're well, and please reach out to me with any questions or concerns regarding your well-being. Or just come in and say "hello" at the Community Center between 4-5 pm any Monday evenings or by appointment on Wednesday mornings.



VOLUNTEER NEWS

VOLUNTEER SPOTLIGHT



Volunteers of the Year



Matt Kaminsky



Carol Rackley

2020



Ralph Galeota

2021

2022

On April 26th, we brought back our first Volunteer Recognition Luncheon since the pandemic began. We were thrilled to have so many of our wonderful volunteers join us at Jake Rooney's to celebrate all the endless hours they have put into helping our community. We have decided to spotlight a few familiar faces who were named as our Volunteers of the Year for the past few years. Each of them was honored with a Laurel Award, now renamed as the Provost Award—an award established by the Provost family in honor of Laurel Provost. Please join us in celebrating Matt Kaminsky, Volunteer of the Year for 2020; Carol Rackley, Volunteer of the Year for 2021; and Ralph Galeota, Volunteer of the Year for 2022. Matt was one of our most active and reliable lunch delivery drivers throughout the entirety of the pandemic. Carol has been a volunteer in our reception office for a few years, and we count on her to keep us organized and efficient. She is that sweet Southern voice you hear when you call our office! Ralph volunteers for our current lunch program; he's the friendly face who greets people most days as they check in to dine in or pick up their grab & go lunches.

We want to sincerely thank all of our dedicated and hardworking volunteers. Without you, we could not serve the older adults in Harwich the way we do. You make our work possible!

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 more about our current opportunities, contact Julie Witas at 508-430-7550 or jwitas@town.harwich.ma.us.

Van Aide (1 hour/week): Ride our Cranberry Coach and keep our passengers company. Chat with the clients and be a friendly face as passengers ride to their destination.

Lunch Check-In Aide (1 hour/week): Check in the patrons arriving for our lunch program, direct them to their seats, distribute grab and go meals, and collect donations. It's easy and fun! The shift runs from 11:15am-12:30pm.

Friendly Visitor (1 hour/week, more if desired): Friendly Visitor volunteers provide one-on-one companionship to combat social isolation through regularly scheduled visits and activities. We match you with an isolated senior who needs social support. As a friendly visitor, you will gain valuable experience, contribute to your community, have fun, make a friend, and learn something new. In this role, you can set your own schedule, making it ideal for folks who are busier!

FEATURED POSITION:

Medical Drivers (2.5 hours/every other week): Drivers take seniors to medical appointments in the local area, covering Hyannis to Wellfleet, 1 or 2 times a month. Volunteers provide rides in their own vehicles. You 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 donation (\$5-15) is provided to cover the cost of gas.



TOWN UPDATES & EVENTS

BROOKS FREE LIBRARY NEWS

We have an amazing service run by the Friends of Brooks Free Library that we call Books on wheels. Books on wheels is our personal delivery program that brings books and other library materials directly to your residence in Harwich twice a month. This service is used by folks who can not leave their residence (sometimes referred to as 'homebound') as well as those who are permanently or temporarily unable to visit the library due to illness, other physical disability, or lack of transportation. Unexpected injuries, surgeries, or just a caregiver going on vacation are some of the reasons people might use this service on a temporary basis.

Barbara Obrig is the coordinator of this group of highly efficient, friendly, and organized volunteers who run the Books on Wheels program. These friendly folks will select items for you based on your preferences or they can take requests for specific library items. Volunteers work with individual patrons to make sure they have a good supply of library items at their residence for as long as they need them, and they will take those items back when they need to be returned. Music CD's, audiobooks, DVD's, digital cartridges to use in your Perkins digital player, and Large Print books are available to borrow as well as regular print books. Not having a current library card is not a barrier to using this program. If you don't have a current Harwich library card, our library staff and volunteers will issue one for you. If you or a household member has an auto-immune issue or other health condition that requires limiting personal contacts, volunteers will work with you to get your materials to you safely. Our BOW volunteers really go out of their way to make it easy for you to take part in this program and to personalize the service that you receive.

At the present time, the Books on Wheel crew has a sufficient amount of volunteers who do the driving, selecting, and organizing for this service and they are ready and eager to add new patrons to their lists for visits so please call or email the library at 508-430-7562 X1 or brooksfreelibrary@clamsnet.org if you are interested in this service. Just give us your name, phone number, and address and we will connect you with a volunteer who can call you back, gather the information they need, and quickly get you started with deliveries to your door.

We are so fortunate to have such an amazing coordinator in Barbara Obrig who has really done a great job of organizing and refining this program over many years and who has put together an amazing team of dedicated helpers. This program was originally started by Mikey Barnes (a retired librarian and much missed volunteer at our library and the COA) along with Claire Kinney—all volunteers without whom these services would just not be possible.

Here at the library we were excited to see the return of the Men's and Women's breakfast programs at the COA. We all remember Chef Linda's famous buffet spread, and it is exciting that now we can look forward to the 'new normal' - individual servings and tables of 5. Library staff were very happy to be invited to speak at both the Men's and Women's breakfast's in May. We hope to see you all soon.

HARWICH COMMUNITY CENTER

Building Closed:

May—Memorial Day, Monday May 29th

June—Juneteenth, Monday, June 19th

Selected Events:

May

Town Meeting—May 1st, 2nd and 3rd, 7:00pm, Gym

Tea with Me—May 5th, 11:00am

Facility Committee Meeting—May 12th, 10:00am

Town Election —May 16th, Gym

Adult Game Night—May 16th, 6:00 -8:00pm

Murder Mystery Game Night with Pizza—May 16th
Registration required

June

Tea with me—June 2nd, 11:00am

Facility Committee Meeting—June 9th, 10:00am

Chamber of Commerce BBQ Event—June 10th, 4:00-8:00pm
Call the Chamber for information 508-430-1165

For a full listing of Community Center events please visit our website: <https://www.harwich-ma.gov/community-center>

TOWN MEETING & TOWN ELECTION

This year's Town Meeting is scheduled to begin at 7 PM on May 1st and is expected to continue to a second night on May 2nd. If necessary, the Town will convene again on May 3rd until all articles are voted on. As with last year, the meeting will take place indoors in the Harwich Community Center gymnasium. It is not anticipated that masks will be required, though anyone is welcome to wear one based on comfort and preference.

Though the COA has traditionally provided transportation services to Town Meeting in the past, staffing issues may prevent us from doing so this year. At the time of this writing, we are still exploring options for these days. 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 to Town Meeting, and we will do our best to assist you.

Town Election is scheduled for Tuesday, May 16th. At the time of this printing, we are currently planning to be able to provide limited transportation services to the Election. Rides will be first come, first serve. **Call 508-430-7550 to schedule a ride.**

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:

Friends 49th year has been a successful one thus far! Your support - volunteering, joining as members, or donating – means the world to us but even more to those we help! We continue to focus on **nutrition, socialization, transportation, durable medical equipment, and emergency assistance**.

Emergency Assistance: A few ways your dues and donations directly and recently helped Harwich Older Adults in this area were covering the costs for prescription glasses, beds, clothing, and rent.

Welcome New Members: We thank the following for recently joining or renewing their Friends memberships - **Linda Devonshire, Holly and Tom Coughlin, Joseph McAleer, Karen Jensen, Patricia Fitzgerald, and Jean Brown.**

Our Excursions: See the latest excursion plans and how to sign up on page 7. Trips to the **Whydah Pirate Museum and Caleb Nickerson Homestead** are planned for May and June respectively. Gail Hancock and Maura Jordan welcome your ideas for Cape Cod excursions. Please send your suggestions to FriendsofHarwichCOA@gmail.com.

Friday Harwich Port Loop: Also check out page 9 for a description of our Harwich Port Loop and how to reserve a seat on the van. Please call no later than 5pm on Thursday so the driver and aide can plan their best route to pick up passengers.

The Laurel and Michael Provost Volunteer Award: Congratulations to **Ralph Galeota, Carol Rackley, and Matt Kaminsky** for receiving this wonderful award from the Harwich COA! Originally established and funded by Michael Provost in 2017, the award was to honor his wife, Laurel, her volunteer work at the COA, and future devoted volunteers. The award continues to be funded by his family.

Stay healthy and active,
Jim Knickman and the Friends Board

GIFT DEDICATIONS

In Honor Of:

Friends of Harwich COA- for all you do!

Ginny Drury

Chris Joyce

Joan Garrity

In Memory Of:

Martha Bennett

Susan A. Flanagan

FY 23 FRIENDS OF HARWICH COA MEMBERSHIP

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

Name _____

Name _____

Mailing Address _____

Mailing Address _____

Town/Zip _____ Phone _____

Town/Zip _____ Phone _____

Email: _____

Email: _____

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

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

Additional Donation: \$ _____

Additional Donation: \$ _____

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

Name: _____

Please make checks payable to: Friends of the Harwich COA

Mail to: FHCOA, 100 Oak Street, Harwich, MA 02645

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.

The Samaritans on Cape Cod and the Islands: Senior Outreach Program

**Free and available to anyone age 55+
Call 508-548-7999**

Senior Outreach is a referral program where outgoing calls are made to isolated or at-risk older adults.

Participants are matched with a Samaritan-trained volunteer who calls the senior once or twice each week. Conversations are confidential, and provide a safe place for older adults to talk about whatever is troubling them most without fear of judgment or repercussion.

If you have been impacted by health problems, retirement, the loss of loved ones, depression, or are struggling with the isolation caused by this pandemic, volunteers are there to listen with compassion and empathy. Or if you know of a senior who might be isolated, lonely, or simply in need of a caring voice, please contact their office to find out more about how we can match that senior with a volunteer.

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.