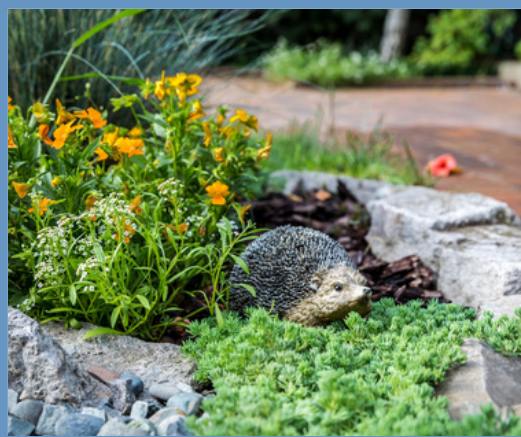




HARWICH COUNCIL ON AGING

Support and advocacy for older adults, their families, and caregivers



CREATING A WILDLIFE FRIENDLY BACKYARD

Thursday, July 16 1:00-2:00 PM

So much of Cape Cod’s land is being developed and not protected. You can help wildlife by making small changes to your backyard to attract and save them! We’ll share tips and answer your questions. Speaker Phil Kyle is an experienced Cape Cod naturalist who has worked at the Cape Cod Museum of Natural History and Cape Cod National Seashore, among other places. [Registration required.](#)

THE TURNING POINT

Tuesday, August 11 1:00-2:00 PM

Do you know how mother nature changed the course of history by influencing decisions of the Mayflower and Pilgrims? Phil Kyle returns to explain how ocean serendipity off Chatham determined that the United States would originate in Plymouth, MA. [Registration required.](#)



PASSPORT TO SUMMER

Have a fun summer staycation with the COA! Whether you’re an occasional visitor or seasoned regular, we want to see more of you – and reward you for sharing your time. Stop by our office to pick up your “passport” and a list of activities that will earn you stamps as you complete them. Win prizes to celebrate your adventures, including entry into a raffle for \$50 in grocery gift cards. [Program runs 7/1 - 8/26; raffle on 8/28](#)

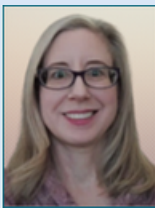


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Summer on Cape Cod is always special, so we have many special things planned to keep you busy in between your visits to the beach. We kicked off the summer season with a luau party on June 5, and we'll also say farewell at our **end of summer party on Thursday, August 27** (see page 3). Please join us so we can celebrate the "sundown on summer" together. If you haven't been to one of our parties before, you're in for a treat - there's always great themed food, music, and activities to keep you in the party spirit.



Until then, we have lots of programs to choose from - some just for fun, and some informative. Browse pages 1-8 to find an event or three to join, and if you're looking for help staying fit, look to pages 10-11 for a listing of our exercise classes.

Also don't forget to check out pages 12 & 13 for a list of all the helpful services we offer, including a special summer program **distributing ACs to those in need**, and options to get **technical help** with your phone, tablet, or laptop. (Even more **tech programs** on pg 4!)

We're currently looking for ideas for fall programs, so if there's something you would like to see more of - or see for the first time - please get in touch.

I hope to see you at the COA soon!

Julie Groom
COA Director

NEW!

PET PANTRY

The COA is now stocking pet food & cat litter for those in need. We rely on donations, so brands and varieties are limited. Call our office to request supplies. Additional donations welcome!

FARMER'S MARKET COUPONS

Tuesday, July 21 @ 10:30 AM (until gone)

Elder Services of CC & the Islands will be on site to give out \$25 coupons to farmer's markets. **First come, first serve.** *Income limits apply - bring proof of MassHealth or SNAP.*

PROGRAM REGISTRATION

- Registration is required for most programs due to capacity limitations and instructor needs. Each program description notes registration details.
- Drop ins accommodated as long as space allows.
- **The first two business days of registration is limited to Harwich residents only.** Also, non-residents will incur a fee for some programs.
- For programs that list a specific day on which registration opens, registration will always open at 9AM on the stated day and is taken by voicemail only. *This is for programs with high demand that fill quickly and run waitlists.* Voicemail allows us to track the timestamp of your message and fill the class in the order calls were received.
- To ensure consistent and fair procedures, we regret that voicemail left before 9AM cannot be honored.
- Leave a message with contact info and the program you're registering for. Please be mindful that leaving duplicate messages delays our ability to return calls.
- Calls will be returned within **72 business hours** to confirm your place in the class or on the waitlist.
- You will be asked to check into each program by scanning your key fob (ask if you don't have one).
- Some classes require payment ahead of time to secure your spot in class - cash or check only.
- **No refunds can be issued once a class begins.**
- Classes are subject to cancellation due to low enrollment or facilitator illness. We will contact you as soon as we know of the cancellation.
- Fitness class participants are required by the Town of Harwich to complete a liability waiver and provide emergency contacts.
- **If these registration policies restrict your ability to sign up for programs because of a health or cognitive condition, please talk to our office about exceptions and accommodations.**

**FOR PROGRAM REGISTRATION,
CALL 508-430-7550 ext. 1**

COOKING WITH LOCAL FLAVORS

Thursdays, July 9 - August 27 12:30-2:30 PM

Chef Linda Kelley returns to the kitchen with a weekly hands-on cooking class held at 204 Sisson Rd. Lessons will be centered around fresh, locally grown produce, with sessions scheduled to end just in time to make it to the Farmer's Market for your next dish (market held on site at The 204).

**Registration required -
opens 7/1 (July classes)
& 8/3 (August classes)**

Max 2 classes/person
NR Fee \$15/class

July 9 - Dessert First!

July 16 - Summer Salads & Suppers

July 23 - Farm to Table Foundations

July 30 - Fish to Dish

August 6 - Vegetarian Summer Fare

August 13 - Farm to Fork

August 20 - Cooking the Season's Best

August 27 - Herbs, Spices & Seasonings



COMMUNITY ICE CREAM SOCIALS

Thursdays, July 9 & 23 + August 7 & 20 1:30-2:30 PM

The COA and Community Center are teaming up to bring you a series of fun and free ice cream parties to cool off and meet your neighbors. While you're here, check out all of the fun and free activities the Community Center and COA are offering this summer.

Drop in event - we'll serve until we run out of ice cream!

*Join us for a party to celebrate the last days of August
and the start of Cape Cod's "Second Summer"*

SUNDOWN ON SUMMER

Thursday, August 27

1:30-2:30

Music - Crafts - Food

*Our
"farewell,
but not
goodbye"
party!*



RSVP REQUIRED: CALL 508-430-7550 X1

CHESS CLUB

Every Monday 1-3 PM

Join experienced leader, Michael Schreibman, for a weekly round of chess. Learn, play, and discuss. All levels welcome. **(7/6-8/31) Drop in.**

CHAIR VOLLEYBALL

Wednesdays, July 8 & Aug 12 12:30-1:30 PM

Volley a beachball with the help of your teammates while staying safely seated in a chair. We guarantee this will be the most fun you have all week! Spectators welcome - cheer along your friends during this friendly competition. **Drop in.**



TECHNOLOGY CLASSES (\$5)

PHOTOS & MEMORIES

Thursday, July 9 1:00-2:00 PM

Most people have thousands of photos sitting on their phone. This class covers how to find, organize, and share them with family and even get them printed. **Reg. opens 7/2**

HOW TO STREAM TV

Thursday, July 23 10:00-11:00 AM

What is streaming? How does it work? We walk through Netflix, Amazon Prime, Peacock, and free options like Tubi, and help you figure out what's worth your time & money. **Reg. opens 7/10**

YOUTUBE BASICS

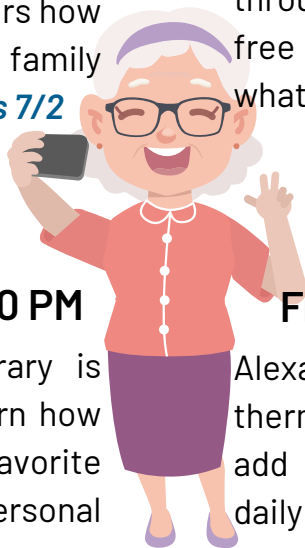
Tuesday, August 4 1:00-2:00 PM

The world's largest free video library is sitting right in your pocket. We'll learn how to find videos you'll love, follow your favorite creators, use captions, and build a personal watch list. **Registration opens 7/21**

SMART HOME BASICS

Friday, August 21 10:00-11:00 AM

Alexa, Google Home, smart lights, smart thermostats—these aren't just gadgets. They can add real comfort, convenience, and safety to daily life. We'll cover what they do and how to get started. **Registration opens 8/7**



Registration required for each class; \$5/class (scholarships available)

Harwich residents only, unless space allows.

Need more? Visit our new drop-in tech clinic Fridays at 9am!



BROOKS
FREE LIBRARY

VITAL PROGRAM

Thursday, July 23 10:00 - 11:30 AM

Brooks Free Library has assistive technology (with training offered), plus resource and referral services for people with vision loss, as part of the VITAL (Vision Impaired Technology Assistance at the Library) Program. Library staff Jamie Thornton & Carla Burke will demonstrate some of the available items and tell you how to access them. **Registration required**; call anytime.

MINDFULNESS WORKSHOPS (\$15)

MINDFULNESS FOR EMOTIONAL EASE

Tuesday, July 21 1:00-2:30 PM

We all know what it means to stuff or swallow our emotions, as well as what it means to be hijacked by our emotions, be it fear or anger, grief or shame. What would it be like to instead work skillfully with our emotions? Mindfulness practice can give us the means to do just that. Join us for an interactive workshop to learn how to find more peace and acceptance with our emotions.

Both classes led by experienced practitioner Adam Liss, co-founder of Calmer Choice.

Registration required; call anytime. \$15/class (scholarships available)

FINDING PEACE IN OUR LATER YEARS

Tuesday, August 18 1:00-2:30 PM

We all had expectations of what these later years would be like. Some of those have been met, and many have not. How can we come to a real and natural acceptance of how our lives are right now? How can we bring compassion and ease to the rest of our life? This interactive workshop gives you tools to find acceptance and ease self-judgment.



PAINT & SIP (\$10)

Thursdays, July 30 & August 6 1:30-3:00 PM

Enjoy a tropical "mocktail", make new friends, and paint a masterpiece to take home. All supplies and instruction provided, so complete novices are encouraged to come! In July, we're doing beach scenes; in August, a choice of several different landscape options. NR fee \$15

Registration required and opens July 9 (one session/person please)

BEYOND THE BOOK: CORRINE DEMAS

Friday, August 7 2:00-3:00 PM

Corinne Demas is the award winning author of five novels, two collections of short stories, a collection of poetry, a memoir, two plays, and numerous books for children. She has published more than fifty short stories in a variety of magazines and literary journals. Her most recent novel, *Daughters*, was published in Nov. 2025. She now divides her time between Western MA and Cape Cod. **Registration required**; call anytime.



See page 2
for program
registration
info

CAREGIVER WORKSHOP**Thursday, August 13 10:00-11:30 AM**

Calling all family & friend caregivers! Explore caregiver topics, tips, and self-care strategies. Learn about Elder Services' programs while you enjoy a cup of coffee and a light snack and connect with other caregivers. *Please RSVP so we can bring enough treats!*

SEVEN GENERATIONS OF CRANBERRIES**Thursday, August 27 10:00 - 11:30 AM**

Seventh generation cranberry farmer and 11th generation North Harwich resident, Alan Hall of Hall's Cape Cod Cranberries, LLC, will explore Harwich's rich history of cranberry farming at the birthplace of the commercial cranberry industry. Take a step back in time, as Alan presents cranberry history through photos, tools and stories from the early 1800's through the present-day. Discover how this industry has shaped Harwich's character and community then and now. *Registration requested*; call anytime.



*Sunshine is great, but
your health deserves the spotlight!*

DIABETES: IT'S MORE THAN JUST SUGAR**Tuesday, July 14 1:00-2:00 PM**

Learn about diabetes as a chronic condition, including symptom management and modifiable lifestyle factors to help you proactively navigate your health. Presented by Lauren Forziati, VNA Health Nurse and Certified Community Diabetes Educator.

**HEART HEALTH SCREENING****Wednesday, August 5 1:30-3:00 PM**

After a brief presentation on cholesterol and the impacts on your health, you'll have the opportunity to have a quick finger stick blood screen for your total cholesterol, HDL, HDL ratio, and a blood glucose measure. Offered by Barnstable County Public Health Nurses.



Registration required for both programs as space is limited.

See page 2
for program
registration
info



Beat the heat and enjoy a movie, with popcorn, snacks...and AC!
Call the COA to reserve your seat.

BIG SCREEN MOVIE DAYS

Friday, July 17 at 1:00 PM

Holy Days

2026 / PG13 / Comedy, Drama

Set in 1970s New Zealand, *Holy Days* follows a grieving young boy named Brian who teams up with three eccentric nuns on a chaotic road trip to save their convent from being sold to developers. Along the way, the group faces loss, family tensions, and questions of faith, ultimately finding healing, friendship, and hope in one another.



Friday, August 21 at 1:00 PM

Remarkably Bright Creatures

2026 / PG13 / Drama



Remarkably Bright Creatures follows Tova, a lonely widow working at an aquarium, who forms an unusual friendship with Marcellus, a highly intelligent giant Pacific octopus who may hold clues about her son's long-ago disappearance. As Tova's life becomes intertwined with a struggling young man searching for his own family history, the story explores grief, connection, and the surprising ways people—and creatures—help each other heal. **Based on the novel by Shelby Van Pelt. It's a "remarkably" great read, so consider visiting Brooks Free Library before or after our showing.*



MAH JONGG CLASSES

NEW BEGINNER

W/Th July 15 & 16 10:00 AM-1:00 PM

Class fee: \$105, includes a National Mah Jongg League 2025 card. Must attend both days.

BEGINNER REFRESHER & STRATEGY

Tuesday, July 14 10:00 AM-1:00 PM

This class is for advanced beginners who know basic rules but want practice & help w/strategy. Fee: \$90

Registration required for both classes: contact the instructor Donna at 413-441-9492 or dtr8957@aol.com.

For more detail about class content, contact the COA or the class instructor.

SCRAPBOOKING

2nd & 4th Tuesdays 1:30-3:30 PM

July 7 & 21 + August 4 & 18

Bring your photos and mementos and turn them into a timeless treasure! We provide all standard supplies, including a scrapbook. Spend your afternoon getting creative while you get to know some new friends. All levels welcome. *Drop in.*

CRAFT WORKSHOP

Fri, July 31 & Aug 28 1:30-3:00 PM

Beginners welcome! All supplies are provided, but you are also welcome to bring any special materials that you'd like to use. NR Fee \$8

In **July**, we're painting decorative bird houses. In **August**, we'll make art with sea glass (designs are provided for inspiration, or create your own).

Registration is required & opens July 1 & August 3 respectively.



CHAIR VOLLEYBALL

Weds, July 8 & Aug 12 12:30-1:30 PM

Volley a beachball with the help of your teammates while staying safely seated in a chair. The most fun you'll have all week! Spectators & cheerleaders welcome! *Drop in.*

Ukulele will return in the fall!

BIRTHDAY PARTY

Weds, July 22 & Aug 26 2:00-3:00 PM

Celebrate your special day with us! We'll serve cupcakes, sing, and make new friends. July babies will be celebrated on 7/22; August babies on 8/26. Open to everyone who wants to help us celebrate.

Please RSVP so we bring enough cupcakes!



GAMES, GAMES & MORE GAMES

These are weekly groups that gather to play. No sign up, no lessons, just drop in as you wish. All levels of play are welcome.

CHESS CLUB

Mondays, 1:00-3:00 PM



MAH JONGG

Tuesdays, 1:00-4:00 PM

RUMMIKUB

Tuesdays, 1:00-3:00 PM

MEXICAN TRAIN DOMINOES



Wednesdays, 1:00-3:00 PM

CRIBBAGE

Fridays, 1:00-3:00 PM

COA BOARD OF DIRECTORS

Next meetings for the Board of Directors:

Weds, July 15 & Aug 19 at 10:00 AM

All agendas and meeting minutes will be available on the town website or via the Town Clerk or COA.

BROOKS FREE LIBRARY

Free Summer Resources & Programs for Kids

Whether you have grandchildren living in Harwich, or they are visiting for the summer, or you have other children in your life, Brooks Free Library (BFL) has a plethora of free summer programs, events, and resources available to help keep them entertained on rainy days or when they have had enough beach time.

Our Youth Services area is located on the main floor, where our friendly staff will be happy to assist you with questions about our services and programs for children. Ask about our Summer Reading program for kids -for every 2.5 hours a child reads, they can choose a free book and a small activity prize. Sign up can be done in the library or online at www.brooksfreeibrary.org starting when local schools are finished at the end of June.

Our Youth Services area also has board games, makers kits, and video games (for Nintendo Switch, PS4 and PS5, and other platforms) that can be checked out for two weeks, generally with three renewals. The BFL Library of Things includes fun outdoor games, crafting kits, and electronic devices, which can be checked out for a week and that will provide hours of entertainment for the children in your life. And, of course, we have thousands of books, for all age levels and abilities; as well as children's audiobooks and DVDs; the Hoopla app for e-books, graphic novels, and movies; and the Kanopy app for movies. Both apps require a Brooks Free Library account and can be set to have parental controls on the materials kids can access - ask us about them when you visit the library.

We also offer summer programming and events for young people from infants and toddlers to teens, starting in late June and going through the end of August. There will be regular storytimes on Tuesday mornings and outdoor storytimes on Thursday mornings, a Teen Arts and Crafts Program on Tuesday afternoons, Middle and High School Food and Fun on Wednesday afternoons, and Children's Crafts on Friday mornings, along with many one-time special event programs on Mondays and Thursdays. For details, see our website or come into the library for printed calendars or to talk with our staff. You can also sign up for our e-newsletter at the bottom of our homepage.

Gavin Williams, staff librarian at Brooks Free Library

HARWICH COMMUNITY CENTER

BUILDING CLOSED

Friday, July 3: Independence Day Observed

SELECTED JULY EVENTS

- Mindfulness Meditation: July 2nd, 9:30-10:30AM
- Cape Harmony Concert: July 10th, 17th, 24st, 31st, 7:30-8:30PM
- The Cape House: July 11th, 9-10:30AM
- Red Cross Blood Drive: July 13, 10-3 (Appt req'd)
- KD Quilters: July 13th, 10:45AM-3:30PM
- Master Gardeners: July 27th, 9-11AM
- Women's Club Book Club: July 27th, 2PM-3PM

SELECTED AUGUST EVENTS

- Harwich Democrats: Aug 1st, 10-11:30AM
- Harwich Republicans: Aug 6th, 5-6:30PM
- Community Yard Sale: Aug 7th, 9AM-3PM
- Cape Harmony Concert: Aug 7th, 7:30-8:30PM
- KD Quilters: Aug 17th, 10:45AM-3:30PM
- Red Cross Blood Drive: Aug 24, 12-4PM (By appt.)
- Women's Club Book Club: Aug 31st, 2-3PM



CRANBERRY ARTS & MUSIC FESTIVAL

Craft Fairs - Brooks Park

July 11 & 12 and August 8 & 9
9 AM to 4 PM | Rain or Shine!

Community Yard Sale - Brooks Park

Friday, August 1 | 9 AM to 1 PM | Rain or Shine!

Cranberry Festival & CranJam Music Weekend

Harwich Community Center, 100 Oak Street
September 19 & 20

Details at:

HarwichCranberryArtsAndMusicFestival.org

10 FITNESS & WELLNESS PROGRAMS

BALANCE BOOSTERS Tu 10:00-10:45 / Tu 11:15-12:00 / Thu 12:15-1:00 NO COST

Tuesdays, August 4 - Sept 22 / Thursdays, August 6 - Sept 17

6 classes/sessions

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. This FREE class is adapted from an evidence-based program that is shown to improve balance and reduce falls. [Registration is required and opens Tuesday, July 14](#) for all classes (you may only register for one of the three options).

CHAIR YOGA Fridays 11:00-12:00 or 12:00-1:00

NO COST

Session 1: July 10 - 31 / Session 2: August 7 - 28

Lindsay Guinan leads a gentle chair yoga class suitable for all fitness levels. Chair yoga has many benefits, including increased flexibility, improved muscle strength, better balance and coordination, lower stress, and even better sleep. [Registration is required and opens Thursday, July 2 for Session 1 and Friday, July 17 for Session 2.](#)

Monthly sessions



JILL'S SEATED CLASS Mondays 11:30 AM - 12:30 PM

\$8/class

Session 1: July 6 - 27 / Session 2: August 3 - 31

Monthly sessions

Join Jill Brown, Certified Personal Trainer, for a low impact seated exercise class that includes balance work, cardiovascular exercise, yoga, and meditation all in one! All levels of fitness are welcome. [Registration is required and opens Monday, June 29 for Session 1 and Monday, July 20 for Session 2.](#)

JILL'S SENIOR WORKOUT Wednesdays & Fridays 9:15-10:15 AM

\$70/16 classes

July 1 - August 26

Payment window: 6/17 - 7/1 @ 3PM

8-week sessions

Jill Brown, Certified Personal Trainer, teaches a total body workout fusing stretching, toning, and calisthenics. **NEW participants must register, complete required paperwork, and provide payment by Tuesday June 30 at 3PM; stop by the COA Mon-Fri 10AM-3PM.**

Participants who wish to continue from one session to the next do not need to sign up; please drop off your payment by Weds, July 1 end of day. *Because of required Accounting procedures, we regret that we are unable to offer exceptions to these dates.*



HEARING CLINIC

Thursdays, July 16 & August 20 10:00 AM - 12:00 PM

Schedule an appointment to see Susanne Powers, licensed Hearing Instrument Specialist. Services provided include a visual inspection of both ears, hearing screening, hearing aid maintenance and check-up and consultation for anything involving hearing. **Call the COA to schedule your FREE appointment.**



*See page 2
for program
registration
info*

FITNESS & WELLNESS PROGRAMS 11

QI GONG

Wednesdays 10:00-11:00 AM

NO COST

Session 1: July 1 - 29 / Session 2: August 5 - 26

Monthly sessions

Practiced for similar reasons as Tai Chi, Qi Gong is a more simple way of cultivating our life force energy to improve health and overall well-being. Rather than learning a sequence of postures, Qi Gong is done mostly in a stationary position, either standing or sitting. Prior experience is not required and there is no ongoing commitment to attend. Each class is unique and uplifting. **Registration is required. Please register directly with the instructor, A.Jay Zahn by emailing capecodtaichisociety@gmail.com.** If you do not use email, call our office and we will pass along your contact info.

TAI CHI CLASSES (\$18)

Come learn the many benefits of Tai Chi. Classes are fun and energetic, incorporating stretching warm-ups, breathing exercises, and an exploration of Traditional Chinese Medicine concepts for healing and vitality. Tai Chi practice may help lower blood pressure, improve balance, help with stress reduction, and more. Start your Tai Chi experience with our instructor A.Jay Zahn who has been practicing for over 40 years. **For more info, contact A.Jay at capecodtaichisociety@gmail.com**



BEGINNER (\$18)

Tuesdays & Fridays, Ongoing 10:00-11:00

Begin your Tai Chi journey here. If unsure of which class is best for you, contact the instructor: capecodtaichisociety@gmail.com

INTERMEDIATE BEGINNER (\$18)

Tuesdays & Fridays, Ongoing 11:15-12:15

This class will focus on developing the 8-Posture & 24-Posture Yang Style forms. Open to anyone with previous Tai Chi experience.

FOOT CARE CLINIC

Wednesdays, 9:00 AM - 3:00 PM

Please call for current schedule

Certified podiatry providers Janet Tinney and Autumn Knight offer a general assessment of your feet and will trim, file, clean, and reduce thickening of nails, and smooth corns and calluses. Call us to schedule.

Cost: \$50/clinic

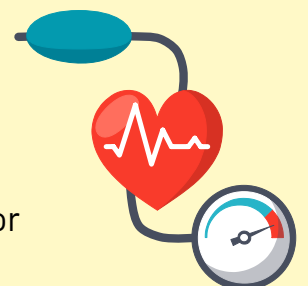


BLOOD PRESSURE & WELLNESS CLINIC

By Appt at COA: Every Weds, 10 AM - 12 PM

Walk In, at Town Hall: 1st Thursdays, 9-10 AM

Meet with the Town Nurse to have your blood pressure taken, ask health related questions or discuss your health needs. Call the COA for a FREE appointment.



GROCERY ASSISTANCE

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. Deliveries take place on Tuesday afternoons. Orders accepted **Fridays 12-3:30PM** and **Mondays 9AM-2PM**. Call 508-430-7550 x1 to order.



PHARMACY ASSISTANCE

COA staff will pick up and deliver your Rx if: (1) The Rx is filled at CVS, Shaw's/Osco, or Stop & Shop, and (2) No copay is due at time of pick up. (Some pharmacies collect payment over the phone.) Call 508-430-7550 x1.

LEGAL ASSISTANCE

Wednesdays, July 22 & August 26 12:30-4:00 PM

Do you have a legal question? Schedule a FREE half-hour consultation with attorney Michael Lavender, who specializes in elder law. Call the COA to schedule your appointment.



Call for Availability

Low and moderate-income seniors are invited to schedule a FREE half-hour consultation with an elder law attorney from South Coastal Counties Legal Services. Contact Heather Pearce at 774-487-3250.

HOMELESS PREVENTION COUNCIL

A caseworker from HPC is available to meet at the Harwich Council on Aging on **Tuesdays from 12:30 - 2:00 PM**. They can assist with housing applications, applying for SNAP benefits, fuel assistance, and other personalized case management support. Drop in service—no appointment required.



NOTARY PUBLIC

Free notary public services for those age 60+ by appointment. Call the COA to schedule.

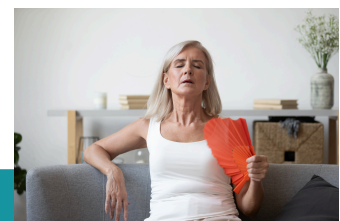


UTILITY BILLS

Discounted rates are available from Eversource and National Grid for residents who receive SNAP, MassHealth, SSI, Health Safety Net, or Veterans Disability benefits. Call Saranya for info: 508-430-7550 x3.

REAL ESTATE TAX EXEMPTIONS

Qualified residents 65+ may be eligible to lower their tax bill. Income and asset limits apply. Applications for FY27 are available now. Contact Saranya for info: 508-430-7550 x3.



SUMMER PROGRAM: WINDOW AIR CONDITIONERS & FANS

The COA has a limited number of window AC units and fans to distribute to residents in need. Call to request.

SHINE (MEDICARE) COUNSELING

SHINE provides free health insurance information and counseling to all MA residents eligible for Medicare. Learn more about your plan options and receive help signing up for a more cost-effective plan. Available by appointment.

SOCIAL WORK SERVICES

Our Social Services Coordinator Saranya Hayward, MSW is available to help Harwich residents age 60+ and their family and caregivers with a variety of services, including but not limited to: referrals to homecare agencies and assisted living communities, referrals to Elder Services and help navigating their services, SNAP applications, referrals to local emergency financial assistance programs, enrollment in the Brown Bag grocery delivery program, and referrals to many other agencies and services. Call Saranya at 508-430-7550 x3.

VETERAN'S ASSISTANCE

A Veterans Service Officer is available at the Harwich office most Tuesdays & Thursdays to assist Veterans and surviving spouses with claims, VA healthcare, VA pensions, MGL Chapter 115 low income benefits, and more. Call 508-778-8740 (Hyannis) or 508-430-7510 (Harwich) to schedule an appointment or confirm current drop-in hours.

DURABLE MEDICAL EQUIPMENT LOANS

Loans: Durable medical equipment is available for loan (canes, walkers, commodes, shower seats, etc). Loans to non-Harwich residents are limited to items we have in abundance. Incontinence products are available at no charge to residents in need, as supplies permit.

Donations & Returns: We accept equipment that is clean and in good condition (e.g., no rust). Packages of urinary incontinence supplies must be unopened. 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 unfortunately cannot accept any equipment that requires power, nor non-durable medical supplies (e.g., bandages, medications) other than un-opened incontinence products. You can drop in Mon-Fri 9:30-3:30, though we recommend calling ahead.

TECH HELP

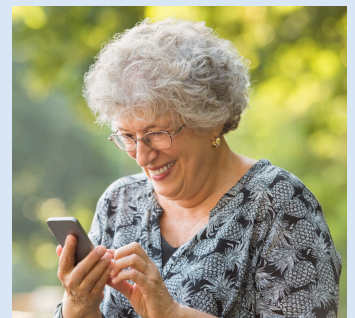
DROP IN TECH HELP CLINIC: FRIDAYS, 9-10 AM

Drop in for a 15 minute session with a tech savvy volunteer.



PEER TECH SUPPORT

Older adult volunteers are ready to assist Harwich residents age 60+ with a variety of devices (phone/tablet/PC, Mac) either in the COA office or at home. By appointment.



TABLET LOAN PROGRAM

Borrow a tablet to browse the internet, check your email, or even just play games. You can also schedule a time to use a tablet and a private room in order to conduct a virtual doctor or therapy appointment. No internet at home? Borrow a wifi hotspot from Brooks Free Library! If you need a tutorial or help using the tablet, please also request an appointment with a Peer Tech Support Volunteer, described above. To borrow a tablet or schedule a session, call the COA.

14 HEALTH NEWS

Sue Jusell, RN

Town Nurse

508-430-7550 x 2



One of the most important steps we can take to maintain our health and independence is focus on prevention.

Preventive healthcare identifies potential health concerns before they become serious problems, empowering you to make informed decisions, take an active role in your well-being, improve health outcomes, and enhance your quality of life.

Join the VNA Public Health Nurse and Community-Based Diabetes Educator on **Tuesday, July 14** for an informative presentation **"Diabetes 101 one: it's more than just sugar"**. Diabetes is much more than a blood sugar condition—it affects many systems throughout the body and requires a comprehensive approach to care. This session will explore the importance of healthy lifestyle choices to lower your risk of contracting diabetes, as well as disease management and proactive healthcare practices that can help prevent complications and support long-term wellness.

On **Wednesday, August 5**, the Barnstable County Public Health Nurses are pleased to offer a new program designed to help you better understand your personal risk factors for cardiovascular disease. A brief presentation is followed by a **cholesterol and blood glucose screening**, so you can share your results with your healthcare provider. Registration is required as there are limited appointment slots for the screening test.

Both of these programs are also listed on **page 6**. I encourage you to take advantage of these services and make prevention a priority. Small steps today can have a lasting impact on your health tomorrow! We continue to offer **wellness clinics** at the COA on Wednesday mornings (by appointment) and at Town Hall (walk in). **See page 11 for details**. I hope you enjoy a healthy, happy, and safe summer and I look forward to catching up with many of you soon!



OUTREACH NEWS

Saranya Hayward, MSW

Social Services Coordinator

508-430-7550 x 3



Food and grocery costs remain high for many households. The COA offers programs to support our town's residents, including food pantry delivery and the Brown Bag program. The Brown Bag program supports community members by providing essential grocery items at no cost. We are fortunate to receive food donations from The Greater Boston Food Bank, which supplies these items once a month. Their distributions include a variety of nutritious foods, such as canned soups and vegetables, pasta and sauces, peanut butter, cereal, shelf-stable milk, oatmeal, rice, frozen meats, juice, and frozen vegetables or fruits. We've also recently been able to supplement with items such as fresh bread and produce, thanks to other donations from partner agencies. Our dedicated volunteers deliver these grocery brown bags on the first Friday of every month between 9:30 AM and 12:00 PM. If you or someone you know might benefit from signing up for the Brown Bag program, please contact me directly to register.

Fall is Fuel Assistance Season!

Renewal packets are usually mailed out in August. If you need help with yours, please call ASAP!



Applications for new participants are typically available in mid-October. Check with us for updates anytime after September 8.

Contact Saranya at 508-430-7550 x3.

VOLUNTEER SPOTLIGHT

Medical Ride Driver Appreciation

Please join us in recognizing and celebrating our dedicated Volunteer Medical Ride Drivers!

Among our most invaluable volunteers is this remarkable team of individuals who selflessly give two hours or more each time they transport someone to a medical appointment. Many drive twenty miles or more and often devote three to four hours of their day—without complaint, compensation, or expectation of reward. They generously use their own vehicles, their own time, and their own energy to support others.

This program ensures that clients who need transportation to medical appointments are never left without help. Our drivers not only bring clients to their appointments—they wait with patience and kindness, then safely return them home. These trips sometimes fill most of their day, yet our volunteers continue to step up. These tasks are often thankless. Many of these same volunteers also assist the team that delivers food to vulnerable members of our community. In the past year alone, 280 medical rides were completed for those in need. Not a single appointment was declined due to a lack of volunteer availability. That is an extraordinary achievement!

We at the Harwich COA want to take this moment to express our gratitude and acknowledge the value of these exceptional volunteers. Thank you Volunteer Medical Drivers, for all you do.



CURRENT VOLUNTEER OPPORTUNITIES

We are currently looking for compassionate people for the following roles:

- Peer Tech Support
- Volunteer Medical Driver
- Craft Workshop Leader

For more information about these or other roles, contact Program Specialist Rosa Wright: 508-430-7550 x5 or rosa.wright@harwich-ma.gov

You can also check our website for more details: www.HarwichCOA.com

VOLUNTEER COFFEE HOUR

Thursday, August 20 9:30 - 10:30 AM

Enjoy coffee and pastries with your fellow volunteers! We also welcome those who have been thinking about joining our volunteer team—this is a great way to learn more. Take this opportunity to network and socialize with all of the wonderful people involved with the COA who you might not meet during your day to day work. **RSVP is requested.**



Friends of the Harwich Council on Aging

100 Oak Street
Harwich, MA 02645
FriendsofHarwichCOA@gmail.com



A message from the Friends

Dear Friends and Neighbors,

You'll probably receive this when summer activities are in full swing. Many of us find the summer months create a mix of emotions. The weather is great and invites us to enjoy everything outdoors on the Cape. We'll be at the beach, shell fishing, kayaking and biking while others will be enjoying band concerts, baseball games, whale watches, boating and fishing. So much to choose from, we're really quite fortunate to live here. We're also looking forward to our visitors but just don't understand why there are so many other visitors - although the prior sentences pretty much answer that. My family is excited to have our newest grandchildren, twin boys, visit us with their three older female cousins. My daughter had boys and my son had girls - go figure.

The Friends of Harwich COA was pleased to support the volunteer lunch in April and thank all of the volunteers that help the COA but also all of our members whose support of the Friends makes our support of volunteer recognition activities possible. Our Director, Julie Groom, will tell you that the volunteers contribute over 2 full time equivalent employees to help the COA assist Harwich's older adults. I'm sure none of them volunteer so they can come to a lunch but everyone feels a little better when their contributions are recognized. Thank you for helping us with that.

The Friends hope you're able to benefit from some of the programs we sponsor through the COA. Helping older adults be safe in their home and supporting those affected by dementia are two areas in which we focus our support. We're planning on doing a limited fund raiser this summer with a goal of targeting more of our summer residents.

The Friends will also be present at the Harwich Port Evening Stroll on Wednesdays. Please stop by and say hello. Enjoy this beautiful season.

Thank you,

Bob Hamilton on behalf of the Board of the Friends of the Harwich Council on Aging

FY 26 FRIENDS OF HARWICH COA MEMBERSHIP

Annual dues are \$15 per person or \$25 per couple

Name _____

Name _____

Mailing Address _____

Mailing Address _____

Town/Zip _____ Phone _____

Town/Zip _____ Phone _____

Email: _____

Email: _____

ANNUAL INDIVIDUAL: \$15____

ANNUAL COUPLE: \$25____

In Honor Of / In Memory Of:

Additional Donation: \$_____ Bronze: \$100 Silver: \$250 Gold: \$500 Platinum: \$1,000

Please make checks payable to: Friends of Harwich COA & Mail to: FHCOA, 100 Oak St., Harwich, MA 02645

ROCK HARBOR RESPITE

Rock Harbor Respite is a regional adult supportive daycare program for older adults in need of social engagement and those living with physical disabilities or cognitive changes. The program offers a structured day which includes a variety of activities to promote optimal social, emotional, and physical wellness.

The Town of Harwich subsidizes the cost of attendance for our residents. The cost for Harwich residents is \$65/day.

For more information or to learn about the opportunity to schedule a complimentary trial day, contact Supportive Day Program Director, Maria Cecchi, at 508-255-6333 x19.

If transportation or cost is a barrier to attendance, please contact Julie at the Harwich COA at 508-430-7550 x4. Scholarships available.



DENNIS GOLDEN AGE PROGRAM

The Golden Age Program (GAP) is a Social Day Program for persons with cognitive impairment. Participants enjoy the company of friends, have fun enjoying games, crafts, field trips, music, exercise, dance, and much more. GAP meets Tuesday-Friday 9:30AM to 2:30 PM. For more info, call the Dennis Center for Active Living: 508-385-5067.

GUIDE PROGRAM

Medicare's GUIDE program (Guiding an Improved Dementia Experience) is a new initiative providing free, comprehensive support for eligible Medicare beneficiaries with dementia and their caregivers. To see if the program is right for you, contact **Elder Services of CC & the Islands at 508-394-4630** or **AFSC (next column)**.

ALZHEIMER'S FAMILY SUPPORT CENTER OF CAPE COD

AFSC provides free support to families affected by dementia. Services include support groups, consultations, care planning, phone support, education, insurance support, and social and cultural programming. The AFSC is committed to providing support through every stage of dementia-related illness, not only for family caregivers and professionals but for people living with cognitive disease, from pre-diagnosis to bereavement and all of life that happens in between. A respite center in Hyannis is also operated M-F. For assistance, call 508-896-5170.



Alzheimer's Family Support Center
Until there's a cure, there's community.

On-site at COA ↘

DEMENTIA CAREGIVERS SUPPORT GROUP & COMPANION GROUP

1st & 3rd Wednesdays, 2:00-3:00 PM

July 1 & 15 / August 5 & 19

The Alzheimer's Family Support Center hosts a caregiver's support group on-site at the Harwich COA. Facilitated by a social worker, this group is open to anyone who provides caregiving to a loved one with dementia, Alzheimer's Disease, or any other form of cognitive impairment. While the caregivers meet, your loved ones will be engaged in activities in a companion group that is run by experienced, compassionate staff.

Join us and take time to fill your cup with self-care. There is no commitment to attend all sessions; come and go as works for your family. **Registration requested, but drop ins welcome; call the AFSC office in Brewster at 508-896-5170.**



CRANBERRY COACH

Transportation on our wheelchair-accessible van is available for trips to grocery stores, pharmacies, and post offices within Harwich, as well as to onsite COA programs, Brooks Free Library, and Town Hall.

- You must make a reservation at least 24 hours ahead. More notice always helps!
- Riders with symptoms of respiratory illness will be asked to wear a mask or reschedule.
- **Reminder: Rides are to scheduled locations only.** Drivers cannot bring you to any location not scheduled through the COA office in advance. We must account for every trip in our daily schedule to ensure the van runs on time.

CRANBERRY COACH WEEKLY SCHEDULE

Mon AM: Market Basket or Hyannis shopping (below)

Mon PM: Ocean State Job Lot & Dollar Tree

Tues AM: Shaw's

Tues PM: Family Pantry delivery

Wed AM: Shaw's

Wed PM: Call for availability

Thur AM: Shaw's

Thur PM: Call for availability, schedule varies

Fri AM: Shaw's, Brown Bag, or COA Breakfast

Fri PM: Stop & Shop or Shaw's + Harwich Port stops

- *Harwich Port stops (CVS, Post Office, and local banks) **must** be scheduled when booking your ride.*
- *Schedule is subject to change based on rides to/from COA programs.*



MONDAY TRIP SCHEDULE

Market Basket: July 6, 20 + Aug 3, 17, 31

Hyannis shopping: July 13, 27 + Aug 10, 24

Call the COA to schedule all rides:

508-430-7550 x1

24-hour notice for Cranberry Coach

1 week notice for Medical Rides

VOLUNTEER MEDICAL RIDES

Volunteer Drivers provide rides to local medical appointments. Requests must be made AT LEAST ONE WEEK in advance. Call 508-430-7550 x1.

- Travel between Wellfleet and Sandwich only.
- Rides must fall within our regular business hours (pick ups at 8:30 or later; drop off by 4:00).
- Limit of 2 medical rides per month.
- We cannot transport anyone who has been under any form of anesthesia; rides TO procedures ok.
- **Riders must be able to enter and exit a vehicle without assistance**, or you may bring a caregiver to assist. Drivers cannot assist you in/out of car, so trips cannot commence if you require help getting into the car.
- A donation of \$5-20 to your driver is encouraged but not required (amount based on distance).
- Prescription delivery also available; see page 12.

COMMUNITY TRANSPORTATION

Contact CCRTA for all options below: 800-352-7155

DART: Door-to-door, ride-by-appointment service that is wheelchair accessible. Fare is \$1.50/ride for seniors. To make a reservation, call the CCRTA M-F 8am-5pm.

Smart DART: An app based, on-demand service that is a door-to-door, ride-hail service. \$3/ride. Search "CCRTA SmartDart" in your app store.



H20: CCRTA's fixed route public transportation between Orleans and Hyannis, with stops in Harwich Port and at Shaw's in Harwich. Fare is free for seniors.

FLEX: The CCRTA's Flex bus picks up and drops off passengers at designated stops and also flexes off its route up to ¾ of a mile as needed. Reservations are required for the off-route stops.

Boston Hospital Transportation: Transportation provided to medical appointments at Boston hospitals weekdays by the CCRTA, with a pick-up in Harwich. Call the CCRTA to reserve by 11am the day before. Medical appts should be scheduled 10AM-2PM. \$30 round trip.

BREAKFAST

Enjoy a breakfast feast prepared by Chefs Linda St. Pierre & Linda Kelley accompanied by a brief presentation from a community partner. Seating is limited, so you must call ahead to reserve your spot. To register, please call or sign up in person starting July 1. "Last call" is 3pm the Wednesday before the breakfast.

July Speaker: Harwich Mariners

August Topic:

Veteran's "Wall that Heals" Memorial

MEN'S BREAKFAST

Held on the 2nd Friday
July 10 & August 14 / 9:30 - 10:30 AM

WOMEN'S BREAKFAST

Held on the 4th Friday
July 24 & August 28 / 9:30 - 10:30 AM

LUNCH

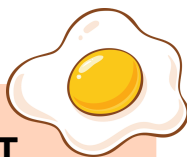
Lunch is available Monday - Friday, 11:30 AM to 12:30 PM. We offer the option to dine onsite (Tu-F) or take your meal as a "grab & go" (M-F). Max. of 40 G&G meals per day.

REGISTRATION: Advance registration is required. Please note that some dates fill up well in advance, so reserving your spot as early as possible is recommended! Clients with documented Health Needs or Financial Needs will be prioritized for Grab & Go Meals (ask for more info). Registration for lunches opens at 11:30 AM on June 15 (July) & July 15 (August).

ATTENDANCE: Diners must be seated by 11:40 AM, and Grab & Go meals must be picked up by 12:30 PM. Cancellation and no-show policies apply. **Please call if you will be late.**

PAYMENT: Suggested donation per meal is \$4 for Harwich residents & \$5 for non-residents.

Order forms & a full description of program policies are available from our office or by email.



JULY - Registration opened Monday, June 15 at 11:30AM

Wed 7/1	Fried chicken w/potato salad & coleslaw
Thu 7/2	Cesar salad w/chicken
Fri 7/3	CLOSED—INDEPENDENCE DAY HOLIDAY, OBSERVED
Mon 7/6	Ham & swiss sandwich w/chips
Tue 7/7	Hotdog w/potato salad
Wed 7/8	Stuffed shells w/salad
Thu 7/9	NO LUNCH TODAY
Fri 7/10	Pizza w/salad
Mon 7/13	Roast beef sandwich w/chips
Tue 7/14	Taco boat w/rice
Wed 7/15	The "Rachel" sandwich w/chips
Thu 7/16	Chicken parm w/ziti
Fri 7/17	MEN'S BREAKFAST - Register by Wed 7/8 3pm
Mon 7/20	Tuna roll w/chips
Tue 7/21	Veggie lasagna w/garlic bread
Wed 7/22	Chicken marsala w/rice
Thu 7/23	Alfredo pasta w/shrimp <i>Priority lunch forms due 7/24</i>
Fri 7/24	WOMEN'S BREAKFAST - Register by Wed 7/22 3pm
Mon 7/27	Chicken salad sandwich w/chips
Tue 7/28	Baked stuffed sole w/potatoes & veg
Wed 7/29	Corn beef Reuban
Thu 7/30	Pasta w/Italian sausage & peas
Fri 7/31	Stuffed peppers w/salad

AUGUST - Registration opens Wednesday, June 15 at 11:30 AM

Mon 8/3	BLT pocket w/chips
Tue 8/4	Mushroom cheeseburger w/coleslaw & chips
Wed 8/5	Hot roast beef sandwich w/potatoes & veg
Thu 8/6	Salad w/chicken
Fri 8/7	Pizza w/salad
Mon 8/10	Turkey BLT wrap w/chips
Tue 8/11	Chicken parm w/ziti
Wed 8/12	BLT pasta salad
Thu 8/13	Ham w/beans & potato salad
Fri 8/14	MEN'S BREAKFAST - Register by Wed 8/12 3pm
Mon 8/17	Salami & cheese w/chips
Tue 8/18	Chili w/garlic bread
Wed 8/19	Roast pork w/potatoes & veg
Thu 8/20	Grilled cheese w/tomato & pesto
Fri 8/21	Baked haddock w/potatoes & veg
Mon 8/24	Egg salad sandwich w/chips
Tue 8/25	Scallops w/potatoes & veg <i>Priority lunch forms due 8/25</i>
Wed 8/26	Grilled ham & swiss sandwich w/chips
Thu 8/27	Salad w/tuna
Fri 8/28	WOMEN'S BREAKFAST - Register by Wed 8/26 3pm
Mon 8/31	Italian sub w/chips

RAFFLE

**EVERY WEDS AT DINE-IN LUNCH:
RAFFLE FOR \$25 GROCERY GIFT CARD!**

HARWICH COUNCIL ON AGING
100 OAK STREET
HARWICH, MA 02645

HIRING FOR VAN DRIVER

The COA is hiring for a part-time van driver. Daytime, weekday hours. Minimum of 12 hrs/wk. A 20 hr/wk position (w/benefits) is also an option. Call Julie: 508-430-7550 x4

DIGITAL NEWSLETTERS

Postage & printing costs are increasing, so please consider switching to email delivery. Email coa@harwich-ma.gov to request. Newsletters also available at www.HarwichCOA.com.



HARWICH COUNCIL ON AGING

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Town Nurse	Sue Jusell, RN
Social Services Coordinator	Saranya Hayward, MSW
Program Specialist III	Rosa Wright
Executive Assistant	Lauren Swift
Program Specialist I	Kate Seeley
Town Chefs	Linda St. Pierre & Linda Kelley
Van Drivers	Ken Watson, Roger Miller

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

FOR THOSE WITH VISUAL
IMPAIRMENTS, A LARGE PRINT
VERSION IS AVAILABLE
UPON REQUEST



The Harwich COA offers many legal, financial, medical, recreational, and other services and/or activities by volunteers or nominal cost practitioners. Older adults 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.