

HARWICH COUNCIL ON AGING



Our mission is to support and advocate for older adults, their families, and caregivers.

Located at the Harwich Community Center | 100 Oak Street, Harwich MA 02645

Open Monday - Friday 8:30 AM - 4:00 PM



SEPTEMBER/OCTOBER 2025

LIVE GAME SHOW!

Friday, October 3 • 12:30 - 2:00 PM

Have you watched Family Feud or Wheel of Fortune and thought, "I'd LOVE to be on that game show, I KNOW I'd be great!" Well, here's your chance to do just that. "It's the Music DJ" presents Family Feud and Wheel of Fortune LIVE here at the COA. Come join us for a fast-paced fun event where you'll be a contestant in a live game show. Winners will be awarded gift cards to local businesses. **Registration is required**; call the COA to reserve your spot on the "show"!



SEPTEMBER IS FALL PREVENTION MONTH!

See page 5 for two programs to help you stay safe

NORDIC WALKING PROGRAM

Mondays, Sept 22 - Nov 3 • 10:00 - 11:00 AM

This beginner programs helps participants learn the Nordic Walking technique, a form of exercise that uses poles to propel you forward which engages both your upper and lower body. Safely enjoy the outdoors and make friends while getting a great cardiovascular workout! This program is led by staff from the VNA's Public Health team who are certified Nordic Walking instructors, in collaboration with Cape Cod Nordic Walking. Participants must be able to ambulate independently and tolerate 60 minutes of walking. The first session meets indoors at the COA for demonstration and instruction. The following sessions will be held at outdoor walking trails in town (no class 10/13). **Registration is required. To sign up, please call the VNA directly at 508-957-7423.**



VISITING NURSE ASSOCIATION
OF CAPE COD
Member Cape Cod Healthcare

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508-430-7550



HarwichCOA.com



coa@harwich-ma.gov



/HarwichCOA

DIRECTOR'S DIALOGUE

The phrase *"Follow your bliss"* may sound simple—almost like a motivational quote you'd find on a coffee mug. But its roots are deep, and its meaning profound. It was coined by American mythologist and writer Joseph Campbell, whose work explored the power of storytelling, personal meaning, and the universal journey of the human spirit. But what did Campbell really mean, and why is it still relevant today, for people of all ages and stages of life?



Campbell first shared the phrase in interviews and lectures in the 1980s. He believed that each person has a unique path—an inner calling or purpose—that aligns with their true self. He said: *"If you do follow your bliss, you put yourself on a kind of track that has been there all the while, waiting for you, and the life you ought to be living is the one you are living."*

Campbell wasn't suggesting we live selfishly or chase fleeting pleasures. He was talking about something deeper: listening to what truly moves us, and living in alignment with our most authentic passions, values, and curiosities.

What does "bliss" really mean? To Campbell, it doesn't mean constant happiness or easy pleasure. Instead, it refers to a state of deep satisfaction or meaningful engagement—a feeling of being fully alive, true to yourself, and in sync with your inner voice. It's less about the activity itself and more about how it makes you feel: energized, connected, and fulfilled.

Many people associate "following your bliss" with youth, careers, or big life changes. But Campbell's message is timeless and ageless. For older adults, it can be especially powerful. After decades of responsibilities—work, raising families, caregiving—it may be the first time in life when the question, "What do I really want?" can be fully explored. There's no age limit on purpose or joy.

You don't have to make dramatic changes. You can start by simply noticing what lights you up. Ask yourself: What do I enjoy doing so much that I lose track of time? What have I always been curious about, but never tried? What would I do if I had no fear or limitations? Then take a small step. Sign up for a class. Visit a place that inspires you. Start writing that story. Call someone who encourages your growth. Each step brings you closer to that track Campbell talked about—your own unique path.

Joseph Campbell believed that when you follow your bliss, doors will open—maybe not all at once, but in surprising and meaningful ways. He reminded us that we're not here to live someone else's story; we're here to live our own. So whether you're just starting out or starting again, ask yourself: What brings me alive? Then take a step in that direction. Your bliss—your deepest joy, your clearest truth—isn't behind you. It's still ahead, ready to be followed.

Julie Witas

COA Director

PROGRAM REGISTRATION

Registration for programs is either required, requested, or drop-in and will state such in each program description. Programs generally may be registered for via phone or in-person. All programs are open to Harwich residents and non-residents unless stated otherwise, however, we do prioritize Harwich residents for our most popular programs. We accept same-day registration and will also accept drop-ins for any program as long as space allows.

For programs that list a specific day in which registration opens, registration will always open at 9AM on the stated day and is taken by voicemail only. Our COA is fortunate to have robust membership, though this does mean that many of our most popular programs reach capacity quickly. We therefore take sign ups for these programs only by voicemail so that we can track the timestamp of your message and fill the class in the order calls were received. Please leave a message with your contact info and the program you are registering for. We regret that voicemails left prior to 9AM cannot be honored. Please leave only one message; leaving duplicate messages delays our ability to return calls. Fitness program participants are required by the Town of Harwich to complete a liability waiver and list emergency contacts.

FOR PROGRAM REGISTRATION, PLEASE CALL

508-430-7550 x1

*We hope you love our new logo
as much as we do!*



COA BOARD OF DIRECTORS MEETING

The next meetings for the COA Board of Directors will be:

Weds. September 17 & October 15, 2025 at 10:00 AM

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

BREAKFAST PROGRAMS



Enjoy a breakfast feast prepared by Town Chef Linda St. Pierre followed by a short presentation from a community partner. Seating is limited, so you must call ahead to reserve your spot. **Registration required as space is limited. To register, please call the COA or sign up in person starting Sept 1.** "Last call" is 3PM the Wednesday before the breakfast.

September Speaker: Friends of Harwich Council on Aging

October Speaker: Robbin Kelley, Cemetery Administrator

MEN'S BREAKFAST

Held on the 2nd Friday

September 12 & October 10 • 9:30 - 10:30 AM

WOMEN'S BREAKFAST

Held on the 4th Friday

September 26 & October 24 • 9:30 - 10:30 AM

BIRTHDAY PARTY

Thursdays, Sept 4 & Oct 16 • 2:00 - 3:00 PM

We welcome you to come celebrate your special day with us at our new birthday party events! We'll serve cake, sing, and learn fun facts about your birth month. September babies should join us on September 4, and October babies will be celebrated on October 16. (Not a Fall baby? Don't worry—monthly birthday parties will continue to be held on the third Thursday of the month.) **Please RSVP.**



HOUSING REHAB PROGRAM

Thursday, September 11 • 10:00 - 11:30 AM

Does your home need critical home repairs such as a new roof, new siding, new windows & doors, or a new septic system? Did you know there is a program that will help pay for these construction expenses? The Housing Rehab Program provides zero-interest loans up to \$70,000 toward large home repair projects to year-round Harwich residents. Come to this informational presentation to find out more about the program, including eligibility and application process. **Registration is requested;** call any time.

MATTERS OF THE HEART

Wednesdays, Sept 10 - Oct 1 • 3:30 - 5:00 PM

Join Carole MacKenzie, a registered nurse with broad experience in health care and health education to learn about *Matters of the Heart*. Living a heart healthy lifestyle benefits our quality of living in many ways. This program is a series of four 1.5 hour engaging classes to start you on the road healthy heart living. During each class, you'll learn key information about your heart, easy ways to help keep it strong and healthy, and you'll practice new skills for heart health. Action steps to take in an urgent or emergency health situation will be included in the class. Participants will also receive a toolkit of information containing useful handouts from leading heart health organizations. **Registration is required;** please contact the Community Center at 508-430-7568 or email reagan.wilda@harwich-ma.gov.

COMPUTER BASICS

Mon & Thur, Sept 15 - Oct 23 • 12:30 - 2:00 PM

(no class 10/13 or 9/29)

In this 5-week, PC-based course, you'll learn the basics of how to operate a computer and navigate the internet in ways that can enrich your life. During the course, you'll learn how to use email, search the internet for information, access sources of entertainment, and connect to people, organizations and interests that matter to you. This course is designed for people who have very little experience with computers and want a solid introduction. Participants should attend all 10 classes and be prepared to practice the skills they learn between classes. Laptops will be provided for all participants to use during class and for home practice. **Registration is required & opens September 2.** To sign up, contact Denise Magnett at Elder Services of Cape Cod & the Islands at denise.magnett@escci.org or 508-394-4630. Class capacity: 12 people



ASSISTIVE LISTENING DEVICES ARE AVAILABLE FOR OUR PROGRAMS; PLEASE ASK THE COA FRONT DESK

NUTRITION BASICS

Thursday, September 18 • 10:00 - 11:30 AM

Registered Dietician Brittany Grigorenko visits the COA to share her wealth of knowledge about nutrition. In this talk, you'll learn about food label reading, meal planning, the three macronutrients (carbs, fat, and protein) including what they are and what they do for your body, and the impact of your food choices on your heart and kidneys. If you've been wanting to eat better but don't know where to start, this presentation will give you the tools you need.

Registration is requested; call the COA anytime.

MEDICARE PLANS

Friday, September 19 • 10:30 AM - 12:00 PM

Medicare recipients have options for additional health insurance coverage. Learn the difference between a Medicare Supplement plan and a Medicare Advantage Plan (sometimes called Part C). Learn which one is right for you in this helpful information session presented by Blue Cross Blue Shield of MA. This talk will prepare you for Open Enrollment, which is just around the corner. **Registration is required;** call the COA anytime.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

An education program presented by the Alzheimer's Association®



ALZHEIMER'S IS NOT NORMAL AGING.

It's a disease of the brain that causes problems with memory, thinking and behavior.

Join us to learn about:

- » The impact of Alzheimer's.
- » The difference between Alzheimer's and dementia.
- » Alzheimer's disease stages and risk factors.
- » Current research and treatments available to address some symptoms.
- » Alzheimer's Association resources.

**Thursday, September 25
10:00 a.m. - 11:00 a.m.**

**Harwich Council on Aging
100 Oak St.
Harwich, MA 02645**

**Registration is required. Please call the
Harwich COA to save your spot**

508-430-7550

Visit alz.org/CRF to explore additional education programs online and in your area.

ALZHEIMER'S ASSOCIATION®

2509/2025

NANTUCKET'S GREAT FIRE

Wednesday, October 1 • 2:00 - 3:30 PM

Nantucket Historical Association's On the Road Overseas program returns with a captivating new talk. Every Community has fires and Nantucket is no different. The Great Fire of 1846 not only helped destroy the economy of the Island but also led to it no longer being one of the whaling capitals of the world. This program will discuss the Great Fire and the response for help from people on Cape Cod. After the fire, Nantucket struggled to find itself and tried several other industries. Finally realizing if they concentrated on the resources that they had, they could become a world-class tourist destination. This program will look at the steps the island took to become as prominent as it is today. **Registration requested;** call anytime.



MY LITTLE BLACK BOOK PRESENTATION

September 24, 2025

9:00 - 11:30 AM Followed by \$5 Lunch

Harwich Community Center: 100 Oak Street, Harwich

PRESENTERS:
Cape VSO Dept.
Cape Cod Vet Center
Mass. National Cemetery in Bourne
Cape Cod 5
Chantal Rice, Esq.
Cape & Islands Veterans Outreach

TOPICS:
Legal Issues
Health Care Proxy
Wills
Powers of Attorney
Financial Issues
Veteran Benefits including Chapter 115
Veteran Burial Benefits
CIVOC Transportation Program

Pre-Registration REQUIRED
for presentation & lunch: 508-237-3349

LAW OFFICE OF
CHANTAL RICE, ESQ.

**PLEASE VISIT PAGE 2 FOR PROGRAM
REGISTRATION INSTRUCTIONS**

HOSPICE 101

Monday, October 6 • 10:30 AM - 12:00 PM

People tend to have a reaction when they hear the word hospice, one that can fill them with fear and trepidation. But what, exactly, is hospice? Who is eligible, and what is its goal? What are the advantages of utilizing this portion of our healthcare benefit? Join Broad Reach Hospice Program Administrator Jamie Nunes, RN, for a conversation on the topic of hospice care, with plenty of time for questions and conversation. **Registration is required**; call the COA anytime.



DENTAL BLUE

Wednesday, October 8 • 2:30 - 3:30 PM

Dental care is essential to your overall health! Regular dental checkups help protect your smile and prevent problems down the road. This educational session, led by a Blue Cross Blue Shield of MA representative, will detail the benefits of each of their three Dental Blue 65 plans, which are available to people aged 65+ even if they don't have a BCBS medical plan. **Registration is requested**; call anytime.

ESTATE PLANNING 101

Thursday, October 9 • 10:00 - 11:30 AM

Are your estate plans in order? Many people put off this vital step, but it's crucial for protecting your loved ones and your assets. Join us for an informative presentation about estate planning and learn how the start of a good estate plan begins with foundational documents (e.g., wills or trusts). Attorney Rebecca S. Spinner, Esq. will share the importance of quality foundational documents, what they are, and why every adult should have them. She will also cover topics related to long-term care planning, asset protection, avoiding probate, estate tax minimization, and bloodline planning. **Registration required**; call anytime.

MINDFULNESS WORKSHOP

Thursday, October 23 • 10:00 - 11:30 AM

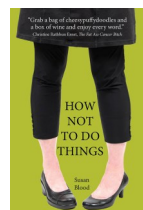
Learn the basics of our human stress response, and more importantly, how mindfulness can help us find moments of peace even in the midst of that stress. Anyone who can breathe can learn the practice of mindfulness. Join us to share some peaceful moments. This program will start with a short Powerpoint presentation explaining how we react to stress. We will then learn how mindfulness can soften our natural reactivity by engaging in simple mindfulness practices everyone can do. Adam Liss, a Barnstable resident since 1977, trained at the Stress Reduction Clinic and Center for Mindfulness and has offered classes for more than twenty years. He co-founded the organization that grew into Calmer Choice, bringing mindfulness to students in local schools. **Registration requested**; call anytime.

BEYOND THE BOOK:

CANDACE HAMMOND & SUSAN BLOOD

Tuesday, October 28 • 1:00 - 2:30 PM

Local author, playwright, and journalist Candace Hammond joins us to tell us about her new book, *Spring in Cranberry Harbor*, the second in a four-part series. She calls this series a "love letter to Cape Cod" and describes the books as "sweet, cozy stories with a bit of a social conscience." Candace will be joined by local author



Susan Blood, whose collection of essays entitled *How Not to Do Things* has been praised for its wit, resolve, insight, and humor. Hear more about their books, writing process, and inspiration. **Registration requested**; call any time.

SEPTEMBER IS FALL PREVENTION AWARENESS MONTH

Falls are the leading cause of injury and injury-related death among older adults. These programs will help you stay safe at home. **Registration is required** for each program—sign up for one or both! Call the COA anytime to register.

FALL PREVENTION

Tuesday, September 16 • 1:00 - 2:00 PM

Learn how to decrease your risk of falling, strategies to improve memory, and exercises that can help. Presented by a Public Health Exercise Physiologist from the Visiting Nurse Association of Cape Cod.



MEDICAL ALERT SYSTEMS

Tuesday, October 21 • 1:00 - 2:00 PM

This informative session will answer all of your questions about wearable medical alert systems. Topics include: What is a medical alert device? How does it work? What can I use it for? How can I get one? And how much is it?



SCRAPBOOKING (\$10) *New!*

Mondays • Sept 8, 15 & Oct 6, 27 • 1:30 - 3:00 PM

By popular demand, we have extended our summer scrapbooking workshop into a year-round recurring activity, coordinated by our crafter extraordinaire, volunteer Laurie Moore. Bring your photos and mementos and turn them into a timeless treasure! We provide all standard supplies, including a small scrapbook, for a one-time fee of \$10. Spend an afternoon getting creative while you get to know some new friends. **If you are new to the group, please call to register for the program before your first visit.** You are then free to drop in as often or as little as you'd like.

CRAFT WORKSHOP

Fridays, Sept 26 & Oct 24 • 1:30 - 3:00 PM

Come play with us! All supplies are provided, but you are also welcome to bring any special materials that you'd like to use. Capacity: 12 people/session. **Registration is required and opens September 2 & October 1 respectively.**



In **September**, we'll create greeting cards using leaf rubbings and apple stamps.

In **October**, you'll make fall-themed beaded garden stakes to brighten up your garden or potted plants.

GAMES, GAMES & MORE GAMES

These are weekly groups that gather to play a variety of games. There is no sign up, no lessons, just come down to play. All levels of play are welcome.

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



CAREGIVER CONNECTIONS

Now weekly!

Every Monday • 10:00 - 11:00 AM

Are you a family caregiver? We look forward to meeting you! The Family Caregiver Support program advocates for caregivers. It facilitates connections to resources, services,

supports, education, and community. This is a free program offered by Elder



Elder Services
of Cape Cod and the Islands

Services of Cape Cod & the Islands for those who are caring for someone age 60 or older, are a grandparent age 55+ caring for a child, are age 55+ and caring for a person with a disability, or for those caring for someone of any age with dementia. **Registration is required; call Laura Cheesman of Elder Services at 508-258-2476.**



DEMENTIA CAREGIVERS SUPPORT GROUP with CONCURRENT COMPANION GROUP

1st and 3rd Wednesdays

September 3, 17 & October 1, 15 • 2:00 - 3:30 PM

The Alzheimer's Family Support Center hosts a caregiver's support group on-site at the Harwich COA. This support group, facilitated by a social worker, 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 staff.



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

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; please call the AFSC office in Brewster at 508-896-5170.**



UKULELE - BEGINNER 2

Mondays, Sept 15 - Oct 27 • 1:00 - 2:00 PM

(no class 10/13)

This is a class for people who can play the basic chord progressions. You will learn songs that you can play with the Cape Cod Ukulele Club. **Registration is required**; please call the COA. **Cost: \$50/6 week session.**

UKULELE - BEGINNER 1

Mondays, Sept 15 - Oct 27 • 2:00 - 3:00 PM

(no class 10/13)

This is a class for people who have taken the "Absolute Beginner" class and can play the basic chord progressions. You will be working on chord progressions and strumming. **Registration is required**; please call the COA anytime. **Cost: \$50/6 week session.**

UKULELE - ABSOLUTE BEGINNER

Mondays, Sept 15 - Oct 27 • 3:00 - 4:00 PM

(no class 10/13)

Found a ukulele in your closet, or you were given one and don't know how to play, or just want to jump into something new? Then this is your class! This class is for people who are new to ukulele. Learn to tune the instrument, how to play the basic 8 chords (C, F, G, D7, Am, Em, Dm, and G7) and beginner strumming with easy songs. **Registration is required**; call the COA anytime. **Cost: \$50/6 week session.**

**PLEASE VISIT PAGE 2 FOR PROGRAM
REGISTRATION INSTRUCTIONS**

BIG SCREEN MOVIE DAY

Watch a movie on our big screen, with fresh popcorn!

Call the COA to reserve your seat!

Nomadland

(2021): Drama

Rated R for moderate nudity and profanity

Friday, September 19 • 1:00 PM

Nomadland (2021) is a poignant drama directed by Chloé Zhao, based on the non-fiction book *Nomadland: Surviving America in the 21st Century* by Jessica Bruder. The film follows Fern (Frances McDormand), a woman in her late 60s who, after losing her job and home during the 2008 Great Recession, becomes a modern-day nomad. She travels across the American West in her van, taking on seasonal, low-wage work, and forming connections with others who also live on the road in search of freedom and survival. Through Fern's journey, the film explores themes of economic hardship, isolation, and the search for community, while capturing the beauty and vastness of the American landscape.



Beetlejuice Beetlejuice

(2024): Comedy/Horror

Rated PG-13

Friday, October 17 • 1:00 PM

Directed by Tim Burton, *Beetlejuice 2* reintroduces the mischievous and unpredictable ghost, Beetlejuice (Michael Keaton), in an all-new supernatural adventure. Decades after the events of the original, the story centers around a new group of unsuspecting victims: a young family who moves into the infamous Maitland house, blissfully unaware of the bizarre and chaotic afterlife lurking within. The film brings back the quirky visual style and dark humor that made Burton's 1988 classic a cult hit, while introducing fresh, spooky challenges. Winona Ryder reprises her role as Lydia Deetz, and Catherine O'Hara returns as Delia. Of course, Beetlejuice himself is back, bringing his signature brand of mayhem to the mix. Joining the familiar faces are Jenna Ortega, Justin Theroux, and Willem Dafoe, ensuring a perfect blend of macabre comedy and eccentric charm.



BALANCE BOOSTERS Tues • 10:00-10:45 | Tues • 11:15-12:00 | Thurs • 12:15-1:00 PM **NO COST**

Tuesdays, September 2 - November 4 | Thursdays, September 4 - November 6

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 opened Tuesday, August 12 for all classes.** Classes are likely to be filled by the time newsletters are delivered, but please call the COA to inquire. Capacity: 25

CHAIR YOGA Fridays • 11:00 AM - 12:00 PM OR 12:00 - 1:00 PM **NO COST**

Session 1: September 5 - 26 | Session 2: October 3 - 31

Monthly sessions

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, reduced pain, and even better sleep. **Registration is required and opens Tuesday, August 26 for Session 1 and Tuesday, September 23 for Session 2.** Capacity: 30



JILL'S SEATED EXERCISE CLASS Mondays • 11:30 AM - 12:30 PM **\$8/class**

Session 1: September 8 - 29 | Session 2: October 6 - 27 (no class 10/13)

Monthly sessions

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. **Registration is required and opens Monday, August 25 for Session 1 and on Monday, September 29 for Session 2.** Capacity: 30

JILL'S SENIOR WORKOUT

Wednesdays & Fridays • 9:15 - 10:15 AM

\$70/16 classes

September 3 - October 24

Payment window: August 20 - 29, 10 AM-3 PM

8-week sessions

Jill Brown, Certified Personal Trainer, teaches a total body workout fusing stretching, toning, calisthenics, and movement exercises. No floor work in this session. Participants who wish to continue from one session to the next do not need to sign up; please drop off your payment during the payment window listed above. **NEW participants must register, complete required paperwork, and provide payment by Friday, August 29; stop by the COA between 10 AM - 3 PM to complete paperwork and obtain a scan card.**



QI GONG Wednesdays • 10:00 - 11:00 AM **NO COST**

Session 1: September 3 - 24 | Session 2: October 1 - 29

Monthly sessions

Practiced for the same reasons as Tai Chi, Qi Gong is a more simplified method 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. Drawing from centuries of Traditional Chinese Medicine wisdom, our instructor, A. Jay Zahn will help you learn to improve and maintain good health and vitality. **Registration 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. Capacity: 15



FITNESS & WELLNESS PROGRAMS

9

MINDFUL MOVEMENT

Thursdays • 9:30 - 10:30 AM

NO COST

November 6 - December 18 (no class 11/27)

Early bird registration—call now!

Decrease your stress levels through movements, stretching, and breathing exercise that helps improve your fitness while calming the mind. Participants must be able to ambulate independently and be able to do standing, seated, or floor exercises. **Registration is required; sign up directly with the VNA at 508-957-7423.**



TAI CHI: BEGINNER

Tuesdays & Fridays, Ongoing • 11:15 AM - 12:15 PM

\$18/class

Come learn the many benefits of Tai Chi. Recent studies show Tai Chi practice can help lower **New Class Starting!** blood pressure, improve balance, help with stress reduction, and more. Classes are fun and energetic, incorporating stretching warm-ups, breathing exercises, and an exploration of Traditional Chinese Medicine concepts for healing and vitality. Start your Tai Chi experience with our instructor A.Jay Zahn, who has been practicing for over 40 years and teaching at the Harwich COA since 2020. All are welcome! **Registration is helpful, but not required.** Call the COA with any questions.

TAI CHI: INTERMEDIATE

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

\$18/class

This class focuses on practicing the 24 Posture Yang Style Tai Chi Form. Classes include basic warm-up exercises, QiGong practice, and insights into traditional Chinese Medicine for healing, vitality, and longevity. Tai Chi practice can help improve balance, hand-eye coordination, and lower stress. Our instructor A. Jay Zahn, is a long time practitioner.

For more information, contact capecodtaichisociety@gmail.com

FOOT CARE CLINIC

BY APPOINTMENT ONLY

Wednesdays • 9:00 AM - 3:00 PM

September 3, 17, 24 and October 1, 8, 15, 22

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 & calluses. Call the COA to schedule.

Cost: \$50/clinic



WELLNESS & BLOOD PRESSURE CLINIC with TOWN NURSE

BY APPOINTMENT ONLY

Wednesdays • 10:00 AM - 12:00 PM

Mondays • 4:00 - 5:00 PM

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.

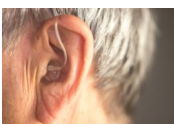


HEARING CLINIC

New!

Thursdays, September 18 & October 16 • 10:00 AM - 12:00 PM

Schedule an appointment to see Susanne Powers, licensed Hearing Instrument Specialist with over 14 years' experience. 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.



MEDICARE OPEN ENROLLMENT SHINE APPOINTMENTS

Are you ready for Medicare Open Enrollment?

SHINE Can help!

Open Enrollment is **October 15 - December 7** and state certified SHINE counselors are available **by appointment ONLY** to help you understand health care coverage, review cost increases, and find out what's new with Medicare.

The time is **now** to review your Medicare coverage! By September 30th, each Medicare beneficiary receives an ***Annual Notice of Coverage*** which includes important information regarding Medicare costs and benefits. You can compare your Medicare benefits and health insurance options at no cost with your local SHINE counselor.

Meeting with a certified SHINE volunteer during open enrollment may reduce your out of pocket medical and/or prescription drug costs. In addition, a SHINE counselor can help you identify programs that can help with premiums, copayments, and health coverage based on income and assets.

SHINE appointments fill up fast during this busy period, so contact us now to avoid making last-minute decisions or staying in a plan that no longer works for you!

Bring the following info to your SHINE appointment:

- Medicare A/B card
- Medigap or Medicare Advantage Card
- Prescription Drug Plan Card (if you have a Part D plan)
- List of RX-medications & dosages (can be obtained from your pharmacy)
- If you have created an account with Medicare.gov, bring your username and password – this will save time

For those who prefer to view Medicare plan choices and costs online please visit www.Medicare.gov, then, click on the ***"Health and drug plans"*** tab.

How Do I Schedule A SHINE Appointment?

Our office will begin scheduling Open Enrollment appointments on **Wednesday, October 1 at 9:00 AM**.

HEAT/FUEL ASSISTANCE

The Home Energy Assistance Program (aka Fuel Assistance) provides low and moderate income households help with paying home heating bills for service between November 1 - April 30. Households who qualify also receive discounts on both gas and electric bills.

This year, the income limits for the program are \$51,777 (one person household) and \$67,709 (married/cohabitating couple). If your income is under this amount and you do not own a second property, consider applying for assistance with your heating bills!

Fuel Assistance Renewal Applicants: If you received Fuel Assistance during the 2024-2025 season, you will receive a recertification/renewal packet from South Shore Community Action Council by mail sometime in August or early September. As soon as you get a recertification/renewal form, do not wait to complete the application. The original application must be completed and signed, and do not forget to submit the necessary documents as directed in the renewal letter. The original applications must be mailed directly to the South Shore Community Action Council. Faxes and copies of applications are not acceptable. If you need help with renewal applications, Social Service Coordinator Saranya Hayward is available by appointment. We can make copies of documents, check over your application, and mail it.



Fuel Assistance for New Applicants: If you did not have Fuel Assistance last year, you must apply as a new applicant. South Shore Community Action Council will determine eligibility and benefit levels based on your household income. New applicants can apply anytime between November 1, 2025 through April 30, 2026. Application forms are usually delivered to the COA in mid-October.

Social Services Coordinator Saranya Hayward is available to help you apply. She can walk you through the process and ensure you submit the right documents the first time. **New applicants can contact the COA for an appointment starting October 6.**

For an appointment, call Saranya at **508-430-7550 ext 3**

**- FOR HARWICH RESIDENTS ONLY -
PLEASE VISIT PAGE 2 FOR
PROGRAM REGISTRATION INSTRUCTIONS**

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.

- The capacity on our largest van is 14 passengers.
- 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.
- **Reminder: Rides are to scheduled locations only.** Drivers cannot bring you to any location not scheduled through the COA office in advance. Our transportation coordinator needs to account for every trip in our daily schedule to ensure the van runs on time.

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 - Job Lot, Dollar Tree, and/or Marshalls
Tues	AM - Shaw's PM - Family Pantry deliveries
Wed	AM - Shaw's or Stop & Shop PM - Shaws & optional Harwich Port stops*
Thur	AM - Shaw's or Stop & Shop PM - Call for availability
Fri	AM - Call for availability PM - Stop & Shop or Shaws & optional Harwich Port stops*



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

MONDAY TRIP SCHEDULE

Market Basket: September 8, 22 & October 6, 20

Hyannis shopping: September 15, 29 & October 27

**Call the COA to schedule all rides
508-430-7550 x1
24 hours notice for Cranberry Coach
4 business days for Medical Rides**

RIDES TO MEDICAL APPOINTMENTS

Volunteer Drivers provide rides to medical appointments. Requests must be made **AT LEAST 4 BUSINESS DAYS in advance**. Call 508-430-7550 x1 to request a ride.

Guidelines:

- Travel between **Wellfleet and Sandwich** only.
- Rides must commence and end during 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 are possible.
- Riders must be able to enter and exit a vehicle without assistance. Caregivers may accompany if needed.
- A cash donation of \$5-20 to your driver to offset the cost of gas is requested (can be waived if needed).
- 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. For available times and to make a reservation, call the CCRTA weekdays from 8am-5pm. Booking 72 hours in advance is highly recommended.

Smart DART: An app based, on-demand service that is a door-to-door, ride-hail service. Download SmartDart from the app store (Apple or Android) by searching "CCRTA SmartDart". Fixed fare of \$3/ride. For travel within Harwich, with free transfer to fixed routes for longer trips.

H2O: 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 between Harwich and Provincetown and also flexes off its route up to ¾ of a mile to serve people who have difficulty getting to a regular bus stop. Reservations are required for the off-route stops.

Boston Hospital Transportation: Transportation provided for 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.

\$30 round trip, \$15 one way



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 in Harwich, and (2) No copay is due at time of pick up. (Some pharmacies collect payment over the phone.) Call the COA to request service.

LEGAL ASSISTANCE

Wednesdays, September 24 & October 22 • 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.

Tuesday, September 4 • 1:00 - 4:00 PM

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. For an appointment, contact Rasheda Dickerson at **774-487-3251**.

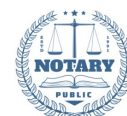
HOMELESS PREVENTION COUNCIL

A caseworker from HPC is available to meet at the Harwich Council on Aging on **Tuesday afternoons from 12:30 - 2:00 PM**. They 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.



NOTARY PUBLIC

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



REAL ESTATE TAXES

Qualified residents may be eligible to lower their tax bill via exemption programs. Income and asset limits apply. Applications for FY26 are available. Contact the COA or the Assessor's office (**508-430-7503**) for a list of available exemptions.

FUEL ASSISTANCE

Fuel assistance season is approaching! For details on this program and how to apply, please see page 10.

UTILITY BILLS

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

CAREGIVER SUPPORT

See page 6 for our current support group offerings for caregivers, and page 19 for a partial listing of local respite programs.

SHINE (MEDICARE) COUNSELING

The Medicare Open Enrollment period is October 15 - December 7. See page 10 for details on how SHINE can help.

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 service offerings, consultation regarding aging at home, home safety assessments, SNAP applications, Fuel Assistance applications, referrals to local emergency financial assistance programs, enrollment in the Brown Bag grocery delivery program, referrals to food pantries or help accessing our on-site emergency food bank, and referrals to many other local agencies and COA services. Call Saranya at **508-430-7550 x3**.

VETERAN'S ASSISTANCE

A Veterans Service Officer is available at the Harwich office on a part-time basis 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 learn the office's current drop-in hours.

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 we have in abundance & is subject to a \$25 deposit.

Donations & Returns: Please only donate or return 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.** Further, we cannot accept any equipment that requires power, nor non-durable medical supplies (e.g., bandages, medications) other than unopened incontinence products. **You can drop in Monday-Friday 9AM-3PM, though we recommend calling ahead.**

PEER TECH SUPPORT

Senior 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. Available by appointment; call the COA to schedule.

TECH SUPPORT BY CAPE COD TECH

At the time of this printing, the schedule for Cape Cod Technical High School's fall outreach programs was not available. For information about current offerings, call the COA.



TABLET LOAN PROGRAM

The COA now has a few tablets that you can use to browse the internet, check your email, or even just play games. Harwich residents can use these on-site at the COA or reserve a tablet to borrow for 3 days (72 hours). A deposit of \$25 is required. 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 Wi-Fi hotspot from Brooks Free Library.

Please note that we do not have the staff capacity to provide technical assistance for use of the tablets. If you need a tutorial, consider arranging an appointment with a Peer Tech Support Volunteer, described above. You can reserve a tablet for use during the sessions. **For more info or to schedule a session, call COA Program Specialist Rosa at 508-430-7550 x5.**

VOLUNTEER SPOTLIGHT



Meet Jim Hughes

Jim joined our volunteer team three years ago as a Medical Ride Driver. His dedication and flexibility are greatly appreciated. He is willing to step-up to help our clients get to and from medical appointments. Jim also volunteers at the Family Pantry of Cape Cod. We are fortunate to have a well-mannered, kind team member who wants to serve others and enjoys meeting and talking with his fellow residents of Harwich.

He comes to us with two careers: one in retail marketing research and financial planning. Having lived forty-one years in Needham, Jim and his wife raised four children who now are spread across the country. After vacationing on Cape Cod for years they discovered the Cape is the place to be, and so, eight years ago they moved home to Harwich.

In, Jim's "off-time" he and his wife enjoy walking our beaches and exploring the Audubon Wildlife Sanctuaries. They drive across the bridge often. He has season football tickets to his alma mater, Boston College. You may see this face on the jumbotron cheering on the Eagles!

Jim, we thank you for your attention and dedication to giving back to others.

CURRENT VOLUNTEER NEEDS

The Council on Aging is always seeking new volunteers. To find out more about our current opportunities, contact Rosa Wright (508-430-7550 x5 or rosa.wright@harwich-ma.gov).

Reception Desk: Volunteers who staff our reception desk are integral to our work! If you have a background in administrative work, love working with people, and enjoy staying busy, we would love to have you join our team! Shift available: Friday 12:30-4:00 and/or as needed substitute coverage

Peer Technology Assistant: You'll work 1:1 with an older adult who struggles with technology, helping them work through a specific minor problem, teaching them along the way. Shifts: Approx 1 hour 2-3x month, on your schedule.

Medical Driver: Transport seniors to doctor's appointments in your own vehicle. Small stipend (\$5-\$20) provided to offset the cost of gas and vehicle maintenance. Application process and car inspection required. Shifts: Volunteer for 1 or 2 appointments per month that work for your schedule.

Girl Power Program Mentors: Girl Power is a 6-week program that pairs Harwich Elementary 3rd grade girls with older women mentors, to learn about healthy friendships, nutrition, & positive self-esteem. We will also have fun participating in energizing activities! Program meets for six weeks on Thursday afternoons in October-November.

AARP Tax Aide Program: Tax-Aide is a free tax preparation service focused on helping taxpayers with low-to-moderate income. New volunteers are needed at locations across the Cape. A background in taxes is NOT required. Volunteers are also needed to contact, greet, and check-in clients; assist with administrative tasks; or help manage technology. All volunteers get training and support to learn the necessary skills and procedures. Training starts in the fall and a Tax Aide Computer is supplied. Email TAVolunteer18@gmail.com for more info.



*Please
join us!*



VOLUNTEER APPRECIATION BRUNCH

Friday, October 17 • 10:00-11:30 AM

at the Harwich Community Center

RSVP to 508-430-7550 x1



HEALTH NEWS



Susan Jusell, RN - Town Nurse
508-430-7550 x2

Can you hear it? The peace and quiet, and the ability to take a left-hand turn on Route 28 again! We're so fortunate we get to enjoy summer on Cape Cod in September. I do love to see people out together having a great time, restaurants packed, and I'm grateful for the seasonal revenue that keeps so many of our local families afloat. There continues to be fun and affordable events in Harwich between just the Community Center and Chamber of Commerce alone. Have you stopped by The Grateful Mug Café for a tasty treat and your favorite coffee fix? This is a town-supported business out of the Chamber building, providing work opportunities to our community members with intellectual, developmental, and physical disabilities. The Community Center will resume free monthly pasta dinners in September—look to their newsletter for details; I hope to see you all there!

Over the next couple months, I'd like to connect with people trying to manage diabetes or those helping care for someone who is trying to manage a healthier lifestyle due to diabetes. I want you to know you can be in control, feel well, and with preventative action make improvements to your overall health! Together with the Health Department, we're offering a two part program, taking a broader look on how to best manage diabetes and how to prepare simple and delicious meals for yourself. Brittany Grigorenko, MS, RD, LDN, CDCES, our Clinical Dietitian for Cape Cod Hospital will join us as a very special guest, to help empower individuals with their diabetic management. She doesn't typically offer teaching outside of her clinical setting but has set aside the time to join us on Thursday, September 18th at 10:00 AM. This connection was made by Lauren, our VNA public health nurse, following her recent presentation on diabetes, when we identified a greater need for diabetic teaching in our community. Brittany will highlight how to navigate a healthy life style, discuss medication and follow through, and review how to prevent complications due to diabetes. We will save time for Q&A at the end of her presentation. Please RSVP to ensure we have a seat for everyone.

Have you ever heard of the Glycemic Index (GI)? This is a system that offers a guide line on how quickly a carbohydrate/sugar might elevate your blood sugar level. It's measured on a range of low, medium, or high GI foods. A food with a high GI score will cause a rapid spike in your glucose levels, versus a low score which gives you a more gradual

Continued on next column

OUTREACH NEWS

15



Saranya Hayward, MSW
508-430-7550 x3

Summer has gone by so fast. I can't believe that we are almost into fall season. I hope everyone has enjoyed the summer. Keep your eye out for recertification paperwork for HEAP (Home Energy Assistance Program) also known as Fuel Assistance and for SNAP (Supplemental Nutrition Assistance Program) formerly called Food Stamps. If you are a Harwich resident age 60 and over and need help to complete HEAP applications or SNAP applications, please feel free to contact me.

SNAP Benefits: If you have been receiving SNAP benefits, please make sure to look for a recertification letter from the Department of Transitional Services (DTA). SNAP renewal time frame is between one to three years which will depend on if there are any changes in your income. You will receive a letter from DTA when it is time for renewal benefits.

HEAP/Fuel Assistance: Please see page 10 for details on recertification or new applications.

Health News continued:

increase, providing sustained energy, leave you feeling full longer, which is overall better for your health. The types of food you would see on the low GI would include non-starchy vegetables, fruits such as apples and berries, whole grains, legumes, nuts and seeds, unsweetened dairy products, meats, and eggs.

Did you know there's actually a national pumpkin seed day!? It's celebrated on the first Wednesday in October. I love adding pumpkin seeds to foods because it's packed with nutrients and healthy fats. It gives a little extra crunch instead of adding croutons to a salad; it's a great addition to a snack mix and blends in nicely with warm cereals and in baked goods.

We understand it's preferable to eat foods low in sugar, higher in protein and fiber. How do we prepare meals for one while making it affordable and simple to do routinely? We'll talk more about this when we come together to make an easy and balanced meal at a cooking demonstration in November. We've tentatively planned this second part of our program for November 18, but please look at the next newsletter for the exact details and when to sign up. I hope you're all doing well. Please feel free to reach out to say hello or discuss any challenges you're having.

Friends of The Harwich Council on Aging

100 Oak Street, Harwich MA 02645

508-432-5050

FriendsofHarwichCOA@gmail.com



A Message from the Friends'

Dear Friends, Donors, and Members:

The Friends of the Harwich Council on Aging are pleased to announce that the Cape Cod Foundation has awarded the Friends a grant of \$3,581.49 from The James B. And Helen P. Athens Fund of the Cape Cod Foundation for general support. These funds will support our efforts to improve the lives of the older adults of Harwich. Specifically, this grant will go towards improving digital literacy, providing support for individuals with dementia and their caregivers and improving the safety of homes.

We continue to review the Needs Assessment with the Council on Aging Director and the COA Board. After thorough consideration of results, we look forward to beginning progress to better meet the needs of the older adults of Harwich.

On behalf of the Board of the Friends of the Harwich Council on Aging, I wish you an enjoyable autumn a things quiet down for us.

Thank you for your support,

Bob Hamilton, President, and the *Friends* Board: Joanne Brown, Jo Clancy, Richard Cogen, Bob Dawson, Ralph Ferrigno, Jim Knickman, and Susan Lellis

The Friends have purchased fire blankets for the COA to distribute. These may be easier to use than a fire extinguisher for people with dexterity or grip limitations.
To obtain one, call the COA office at 508-430-7550 x1



FY 25 FRIENDS OF HARWICH COA MEMBERSHIP

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

Name _____

Mailing Address _____

Town/Zip _____ Phone _____

Email: _____

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

Additional Donation: \$ _____

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

Name _____

Mailing Address _____

Town/Zip _____ Phone _____

Email: _____

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

Additional Donation: \$ _____

Name: _____

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

BROOKS FREE LIBRARY NEWS

Hearing Assistive Technologies at Brooks Free Library

Brooks Free Library is excited to announce a new assistive listening system, fully integrated with the latest wireless microphones, speakers, and a mounted projector, in our Thornton Meeting Room. The new Williams Sound assistive listening system is designed to help individuals overcome challenges like background noise, distance from the sound source, and hearing loss, making audio more accessible in the meeting room.

Any sound in the meeting room will be transmitted to the Williams Sound system, whether it is audio playing from the projector or a speaker using a microphone. There are several ways to use this system. The first is by using a receiver. We can provide you with a standard pair of headphones, a single-ear headphone, or a wearable loop that can be used if you can toggle your telecoil (t-coil) on your hearing aid. If you do not have that option, you will need to speak with your audiologist to set it up prior to using the system as library staff will not be able to turn it on for you.

Williams Sound also has an app! As long as your hearing aid or headphones are connected to your phone or tablet, you will just need to connect to the Brooks Meeting Room WiFi, open the Williams Sound WaveCAST app, and select the Brooks Meeting Room channel to listen in. A link to step-by-step instructions for using our new system, in addition to links to download the WaveCAST app, can be found on the Brooks Free Library website homepage at www.brooksfreelibrary.org under Library News.

Please note that this is a new system, so our staff is still learning and some technology issues may arise. If you have any questions, we ask that you arrive a little early for the program you would like to attend, or you can schedule a time to sit down with a staff member to make sure you are ready for the next program. Please call us at 508-430-7562 or stop by anytime the library is open and we can help you! The new system was funded in part through gifts from the James and Hellen Athens fund, as well as outstanding articles in our budget. Please reach out to us if you have questions about our new assistive listening technology at Brooks Free Library.

Gavin Williams is a staff librarian at Brooks Free Library, 739 Main Street, Harwich.

HARWICH COMMUNITY CENTER

BUILDING CLOSED

Monday, September 1—Labor Day
Monday, October 13—Indigenous Peoples' Day

SEPTEMBER EVENTS

- **Pasta Dinner:** Sept 4 @ 5:30PM
- **Harwich Republicans:** Sept 4, 5PM-6:30PM
- **Harwich Democrats:** Sept 6, 10AM-11:30AM
- **KD Quilters:** Sept 8 & 29, 10:45AM-3:30PM
- **Nordic Walking Club:** Sept 9, 4PM-6PM
- **Garden Club General Mtg:** Sept 9, 1PM-3PM
- **Women's Club Game Day:** Sept 11, 1PM-4PM
- **Cape Cod Quilters Guild:** Sept 11, 4:30PM-8:30PM
- **Harwich Artists "Make it-Take it":** Sept 13, 10AM-3PM
- **Harwich Women's Chorus:** Sept 18, 4:30PM-5:30PM
- **Cranberry Rug Hookers:** Sept 20, 9:30AM-1:30PM
- **Harwich Artists Demo:** Sept 20, 2PM-4PM
- **Barks in the Park:** Sept 10, 10AM-4PM (at Brooks Park)
- **Live Owl Show:** Sept 20 at 11 AM & 2 PM
- **Red Cross Blood Drive:** Sept 22, by appointment
- **CPR Class:** Sept 25 @ 2:30PM
- **Hydrangea Society:** Sept 27, 9AM-1PM
- **Master Gardeners Monthly Mtg:** Sept 29, 8AM-12PM
- **Women's Club Book Club:** Sept 29, 2PM-3PM

Harwich Cranberry Arts & Music Festival

September 13 & 14 @ Community Center

Craft Fair: 9 am to 4 pm Both Days

CranJam: Sept 13 • 11 am - 6 pm | Sept 14 • 12 - 3 pm

OCTOBER EVENTS



- **Pasta Dinner:** Oct 2 @ 5:30PM
- **CPR Class:** Oct 2 @ 6:30PM
- **Harwich Republicans:** Oct 2, 5PM-6:30PM
- **Sports Trivia Night:** Oct 3 @ 6:30PM
- **Harwich Democrats:** Oct 4, 10AM-11:30AM
- **KD Quilters:** Oct 6 & 20, 10:45AM-3:30PM
- **Garden Club General Mtg:** Oct 7, 1PM-3PM
- **Women's Club Monthly Mtg:** Oct 9, 1PM-4PM
- **Best Friends Dance:** Oct 17, 6PM-8PM
- **Cranberry Rug Hookers:** Oct 18, 9:30AM-1:30PM
- **Harwich Artists Demo:** Oct 18, 2PM-4PM
- **Red Cross Blood Drive:** Oct 20, by appointment
- **Halloween Boo-tique:** Oct 23, 5:30PM-7:30PM
- **Betty Trummel Talk:** Oct 22, 2:30PM-4PM
- **Master Gardeners Monthly Mtg:** Oct 27, 8AM-12PM
- **Women's Club Book Club:** Oct 27, 2PM-3PM
- **Halloween Party & Crafts:** Oct 30th @ 5:30PM

Meals are available Monday - Friday, 11:30 AM to 12:30 PM. We offer the option to dine onsite or take your meal as a "grab & go". (Monday is grab & go only.) One meal per person please. We have a capacity of 70 meals total each day: 45 dine in patrons and 25 G&G meals per day.

REGISTRATION: Registration in advance is required, and you must **sign up at least 24 hours in advance** of your desired meal. Please note that some dates fill up well in advance, so reserving your spot as early as possible is recommended! Registration for [September lunches opened 8/15](#) & registration for [October lunches opens on 9/15](#), always starting at 11:30 AM.

ATTENDANCE: For folks dining in, please arrive in time to be seated at 11:30 AM. **We are unable to seat diners after 11:45 AM.** For folks taking meals to go, you may arrive any time between 11:30 AM - 12:30 PM. G&G meals are not guaranteed to be available after 12:30 PM unless we know you will be late.

At 12:30 PM, remaining lunches will be distributed to others.

CANCELLATION: If you're unable to attend/pick up, we request that you cancel your reservation at least 24 hours in advance to ensure food does not go to waste. **Repeated "no shows" may result in temporary suspension from our lunch program.** We do understand emergencies happen—if you're unable to attend due to an emergency, this will not count against your eligibility.

PAYMENT: The suggested voluntary donation per meal is [\\$3 for Harwich residents](#), [\\$4 for non-residents](#). We track your lunches and let you know your suggested donation amount at the end of the month. If you are unable to pay the suggested amount, you can talk to us to come up with a lower per-meal rate, or simply pay the amount you feel is appropriate. **More details about donations are available at the COA. Look for the orange handout.**

WANT TO SIGN UP? CALL 508-430-7550 x1!

We have a limit of 25 Grab & Go meals/day (Tue - Fri)

- Clients with documented **Health Needs** or **Financial Needs** will be prioritized for Grab & Go Meals.
- Please ask the office for details on what documentation you need to submit to meet this criteria.
- Once you have submitted the appropriate documentation for "priority" status, to ensure that we are able to accommodate you, please submit your lunch reservation forms by the **25th** of each month (or next business day if it's a weekend/holiday).
- **You are always welcome to Dine In if G&G is full!**

SEPTEMBER - Registration opened Friday, August 15

Tue 9/2	Veggie lasagna + salad & garlic bread or roll
Wed 9/3	Chili + garlic bread
Thu 9/4	Spinach penne pasta + garlic bread
Fri 9/5	Salisbury steak + potatoes & veg
Mon 9/8	Roast beef sandwich w/cheese + chips
Tue 9/9	Sliced ham steak + cowboy pasta salad
Wed 9/10	Italian wedding soup + garlic bread
Thu 9/11	Steak & cheese sandwich + chips
Fri 9/12	MEN'S BREAKFAST (NO LUNCH) - Sign up by 9/10 3pm
Mon 9/15	Tuna roll + chips
Tue 9/16	Pasta & meatballs + garlic bread
Wed 9/17	NO LUNCH—VETERAN'S PROGRAM (See page 4)
Thu 9/18	Swedish meatballs + mashed potatoes
Fri 9/19	Chicken salad on a roll
Mon 9/22	Egg salad + chips
Tue 9/23	Turkey & cheese sandwich + chips
Wed 9/24	Balsamic roasted sausage w/pasta
Thu 9/25	Burger w/bacon, brie & red onions + chips
Fri 9/26	WOMEN'S BREAKFAST (NO LUNCH) - Sign up by 9/24 3pm
Mon 9/29	Salami & cheese sandwich + chips
Tue 9/30	Lemon tarragon shrimp scampi with orzo

OCTOBER - Registration opens Monday, Sept. 15 at 11:30AM

Wed 10/1	Stuffed shells + salad & garlic bread
Thu 10/2	Fried chicken + pasta salad
Fri 10/3	Salad with sliced turkey
Mon 10/6	Pulled pork sandwich + chips
Tue 10/7	Chicken marsala with rice
Wed 10/8	Kale soup + garlic bread
Thu 10/9	Cold plate with goodies
Fri 10/10	MEN'S BREAKFAST (NO LUNCH) - Sign up by 10/8 3pm
Mon 10/13	CLOSED—INDIGENOUS PEOPLES' DAY/COLUMBUS DAY
Tue 10/14	Butternut squash soup + salad
Wed 10/15	Spinach pie + salad
Thu 10/16	Turkey Reuban on rye + chips
Fri 10/17	NO LUNCH—VOLUNTEER BRUNCH (See page 14)
Mon 10/20	Chicken salad on roll + chips
Tue 10/21	Grilled cheese w/tuna + chips
Wed 10/22	Chicken parm with pasta
Thu 10/23	Stuffed peppers + salad
Fri 10/24	WOMEN'S BREAKFAST (NO LUNCH) - Sign up by 10/22 3pm
Mon 10/27	Italian sub + chips
Tue 10/28	Roast beef dinner w/potatoes & veg
Wed 10/29	Tuna roll + chips
Thu 10/30	Chicken stir fry w/oriental veg & rice
Fri 10/31	NO LUNCH—HALLOWEEN PARTY (See page 1)

ROCK HARBOR RESPITE

ROCK HARBOR RESPITE is a regional adult supportive day-care program for older adults in need of social engagement and those living with physical disabilities and cognitive changes. The program offers a structured day which includes news and conversation, fitness, and engaging 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. **Scholarships are available if cost is a barrier to attendance; contact Julie at the Harwich COA (508-430-7550 x4) for information.**

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

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.

ALZHEIMER'S FAMILY SUPPORT CENTER OF CAPE COD

AFSC provides free support. 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 Monday - Friday. For assistance, call 508-896-5170.



Alzheimer's Family Support
Center of Cape Cod

Look for the Caregiver Support Group Info on page 6!

NUTRITIONAL SUPPORT PROGRAMS

BROWN BAG PROGRAM: The COA works with the Greater Boston Food Bank and the Family Pantry to distribute brown bags of food for seniors on the first Friday of the month. Bags may include fresh fruit or vegetables, meat or frozen food, and shelf stable items. All Harwich residents age 60+ are eligible for the program. **For more information, call Saranya at 508-430-7550 x3.**

MEALS ON WHEELS: A program of 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 Saranya at 508-430-7550 x3.**

CALEB CHASE FUND

The Caleb Chase Fund is a Town of Harwich fund intended to help Harwich residents in urgent financial need. We can help with emergency payments for rent, utilities, medical bills, child care, and a few other essential needs. Application, proof of Harwich residency, and proof of income documents required. **Contact Julie at 508-430-7550 x4 for an appointment or information on how to apply.** Please note that funds are limited, and grants are subject to the availability of funding.

"LET'S TALK ABOUT TOMORROW"

The Homeless Prevention Council is offering two free informational events for older adults this fall in their Let's Talk About Tomorrow series:

- Meet with a SHINE worker on 9/23 at 2 PM: We will explore a range of strategies to help Medicare beneficiaries better manage their health care costs.
- Meet with an Estate Attorney on 10/7 at 1 PM: This session is geared towards homeowners who would like to find out more about estate planning and how to manage their housing as they age.

Events held at 8 Main Street in Orleans. Please pre-register by calling HPC at 508-255-9667.

HARWICH COUNCIL ON AGING
100 Oak Street
Harwich, MA 02645

HARWICH COUNCIL ON AGING

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**FOR THOSE WITH VISUAL IMPAIRMENTS,
A LARGE PRINT VERSION OF THE NEWSLETTER
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.



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