

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

JULY/AUGUST 2025

TECHNOLOGY "SUMMER SCHOOL"

Want to be a whiz with your phone? Have a tablet at home that you haven't gotten the hang of? We'll help you learn the basics and then some. Register for one or both. After two classes, you'll have enough skills to impress the grandkids!

Registration is required and opens July 8. Be sure to choose the right series for your device (Apple or Samsung/Android) and specify which class you need in your message. A limited number of Samsung (Android) tablets are available to borrow; please request at the time of class registration. Class size is limited to 10 in order to facilitate hands-on learning.

DEVICE 101

Thursdays • 10:00 - 11:30 AM

iPhone/iPad Users: July 24

Samsung Users (Only): August 7



In this class we will start with the basics of your phone: buttons, control center, settings, changing the home screen, adding and removing apps, customizing the widgets, Find My, and much more. Anyone attending will learn more than they knew before they came in. Build confidence in using your devices—come in and learn! Please make sure you bring your device to class. Taught by Gadgets Made EaZy. **Registration required and opens 7/8; call the COA at 508-430-7550 x1.**

EXPLORING & DOWNLOADING APPS

Thursdays • 10:00 - 11:30 AM

iPhone/iPad Users: July 31

Android Users (Any Brand): August 14

During this hands-on workshop, you'll learn how to search for and download apps to your phone. We'll also cover some helpful considerations for choosing apps, how to uninstall apps, and how to adjust some important app settings. This workshop focuses on downloading apps and will not cover every smartphone/tablet question. Please make sure to bring your device to class. Sponsored by Elder Services of Cape Cod & the Islands. **Registration is required and opens 7/8; call Denise at ESCCI at 508-258-2299.**

BEACH STICKERS

Stickers required starting July 1

This year, there will be no weekday sticker sales at the Community Center. Instead, you can purchase online at www.harwich-ma.gov. Stickers are then mailed directly to you or you can pick up at the Treasurer's Office.

Prefer in person? Visit one of these locations at the times listed below:

Treasurer/Collector's Office: Monday - Friday 10AM - 3PM

Recreation Department: Saturday & Sunday 10AM - 3PM

Questions? Contact the Treasurer's office at 508-430-7501 or treasurer@harwich-ma.gov.



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508-430-7550



HarwichCOA.com



coa@harwich-ma.gov



/HarwichCOA

DIRECTOR'S DIALOGUE

Summer on Cape Cod is fleeting, but it usually doesn't feel that way when you're stuck in a long line of cars at a stop sign or looking for a parking spot at Patriot Square. How do you choose to pass the time over the summer? Are you nonstop exploring all of the fun activities you can find, or hiding from the tourists in your air conditioned living room? If you're more likely to do the latter, I hope we can tempt you into making time to check out some of the events at the Community Center this summer. You might be surprised to find that the Center is often relatively quiet over the summer, as the visitors apparently haven't figured out how much fun we have here! Join us for a movie, game, craft workshop, fitness class, or an informative talk, and stay for lunch while you're here (see page 18).



If you prefer to spend your time taking advantage of the joys of summer—late sunsets, farmers' markets, beach weather—remember that we're always here on rainy days. We typically ask for registration for many of our programs ahead of time so that we can plan seating arrangements and refreshments, but we will always do our best to accommodate you as space allows. We also now have a Keurig in our Glass Room, so feel free to sit and enjoy a cup of coffee or tea any time you just need a moment to yourself in a friendly environment.

And for those of you who may be here visiting your parents, grandparents, aunts, or uncles, please know that we're here for you too. If you're noticing things that concern you, call and ask to speak to our Social Worker or Registered Nurse. We are here year-round and aim to help all Harwich residents age safely in their own homes. If there's any medical equipment that might make their lives easier, check with us before opening your Amazon app—we distribute gently used equipment free of charge (see page 9). You can also stop in for a visit with your loved one to learn more about how we can help your family or to explore our many opportunities for socialization.

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**

BEACH WHEELCHAIRS

Beach wheelchairs are designed for use on gentle, sandy terrain. Some can enter the water. There is no cost to use a beach wheelchair, though you must sign a liability waiver with the gate guard for its use.



In Harwich, beach wheelchairs can be reserved through the **Recreation Department (508-430-7553)**. Once reserved, you can pick it up from the gate guard or lifeguard at one of the following accessible beaches: Long Pond, Pleasant Rd, Earle Rd, Bank St, or Red River.

COA BOARD OF DIRECTORS MEETING

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

Weds. July 16 & August 20, 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.

SPECIAL PROGRAMS

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BREAKFAST PROGRAMS



Enjoy a breakfast feast prepared by Town Chef Linda St. Pierre followed by a short presentation on an interesting or helpful topic. 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 July 1. "Last call" is 3pm the Wednesday before the breakfast.

July Speaker: Cape Cod Senior Softball League

August Speaker: SHINE Program

MEN'S BREAKFAST

July 18 & August 8 • 9:30 - 10:30 AM

Note the schedule change for July!

WOMEN'S BREAKFAST

July 25 & August 22 • 9:30 - 10:30 AM

TEN TOUGH QUESTIONS

Thursday, July 10 • 10:00 - 11:30 AM

Steven Wright, a Boston comedian, said a universal truth. He said that every birth certificate has . . . an expiration date! With this truth in mind, what are 10 of the most common End Of Life questions people have that can be very difficult to answer? This 50-minute presentation is designed to help someone overcome the apprehension of talking with and supporting those in the last chapter of their lives. It will provide effective answers to those tough questions people ask as they see the approaching of that expiration date. Facilitated by Bob Davidson, Chaplain of Continuum Hospice. **Registration required;** call anytime.

REAL ID

Friday, July 11 • 11:00 - 12:00

Do you have your REAL ID? As of May 7, 2025, anyone traveling by plane domestically or entering certain federal facilities will need a Registry-issued REAL ID-compliant driver's license or ID, or a valid passport. If you still need to obtain yours, join us to learn how and where to obtain one. **Registration required;** call any time.

SCRAPBOOKING (\$5)

Mondays, July 14 - 28 • 1:00 - 2:30 PM

Join our crafter extraordinaire, Laurie Moore, for a fun adventure in scrapbooking! Turn your memories into a tangible, vibrant piece of art over the course of three weeks. All the basic materials—including the scrapbook itself—will be



provided for this free class. Bring the photos and mementos you're looking to preserve, along with any other special touches you'd like to add (e.g., your favorite ribbon or cardstock). **Registration required and opens on July 1.** Because supplies are limited, we ask that you please commit to attending each session. \$5 fee

MEDICAL ALERT SYSTEMS

Tuesday, July 22 • 10:00 - 11:30 AM

We're hosting an informative session to answer all of your questions about wearable medical alert systems. Topics to be discussed 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? This event is free and open to all residents, family, and friends. **Registration required;** call anytime.



GENEALOGY WORKSHOP

Tuesday, August 12 • 10:00 - 11:00 AM

This beginning genealogy workshop is designed to introduce you to the exciting journey of exploring your family history using Ancestry.com Family Search, military records, and other genealogical resources. You'll learn how to trace your family roots and learn how to use Ancestry.com for building family trees and finding historical documents. Taught by our town's Cemetery Administrator, Robbin Kelley, who has a passion for genealogical research. **Registration requested;** call anytime.



PLEASANT BAY COMMUNITY BOATING



FLOATING CLASSROOM EXCURSION

COST: \$5

Session 1: Tuesday, August 5 • 1:30 - 3:30 PM

Session 2: Friday, August 8 • 1:30 - 3:30 PM

(arrive at PBCB no later than 1:15 PM)

Rain date: Tuesday, August 12 • 1:30-3:30 PM

Take a cruise around Pleasant Bay on PBCB's floating classroom, the *Friend*—a 37-foot USCG inspected, completely solar-powered pontoon boat that was donated by the Friends of Pleasant Bay. This boat is truly unique and the first of its kind in the US! A guide will talk about the area's history and ecology, while pointing out landmarks and points of interest around the bay. The *Friend* can comfortably seat 20-25 passengers, plus Captain and crew. Paired with a ramp up from our accessible dock, she's wheelchair- and mobility-aid friendly! It's stable, comfortable, and partly shaded.



HOW TO SIGN UP

Registration is required and opens on Tuesday, July 15 at 9AM. Call the COA at 508-430-7550 x1 to reserve your spot.

See page 2 for registration procedures.

Due to limited space and high demand, we are restricting this program to Harwich residents only.

Participants will be required to come in to sign a liability waiver and provide payment between July 21 - August 1.

VOLUNTEER COFFEE HOUR

Thursday, August 14 • 9:00 - 10:00 AM

Enjoy coffee and donuts with your fellow volunteers! We know that many of our volunteers work off-site doing independent work. This event provides an opportunity to net-



work and socialize with all of the wonderful people involved with the COA who you might otherwise never meet. We also welcome those who have been thinking about joining our vol-

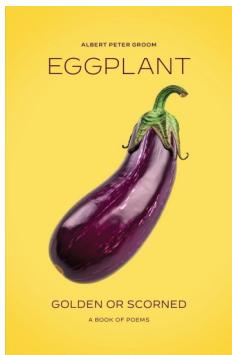
unteer team. This is a great way to learn more. **Registration is requested;** please call the COA to RSVP.

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

BEYOND THE BOOK: ALBERT GROOM

Thursday, August 28 • 10:00 - 11:00 AM

A Cape Cod native and current Harwich resident, Albert Groom was raised on the shores of Truro. His journey as a poet began with an open mic event at Brook's Park which encouraged him to enroll in a poetry writing workshop. His work has been featured in several local libraries, including the weekly Photo and Poem Series of the Provincetown Public Library, and as the Brewster Ladies Library Poet of the Month in March 2024. *Eggplant: Golden or Scorned* is his first book of published poems. The book is a collection of 100 poems, most of which explore the beauty of nature on Cape Cod, while others are reflections of the poet's past struggles with addiction, depression, and subsequent recovery. He describes writing as a therapeutic tool which has helped him to accept life's physical, mental, spiritual, and emotional challenges. **Registration requested.**



COMING SOON...

I'm sure you've probably noticed the new color scheme in our newsletter! For the past year, we've been working on the design of a logo to represent the COA. This was a collaborative effort involving staff, the COA Board of Directors, and residents. We have a final draft and hope to roll it out around the same time the results of the needs assessment are published (see the righthand column). As you might have guessed by now, the colors you see here are reflected in our new logo. We took our inspiration from the hues of the ocean which helps define our beautiful town. We hope you like our new look!

HARWICH NEEDS ASSESSMENT

I am very excited to share that this summer, we will be disseminating the findings from our year-long needs assessment of Harwich older adults. The coming report, *Aging in Harwich: A Community Needs Assessment*, was researched and written by the expert team at the University of Massachusetts Boston Gerontology Institute.

The report is the result of many months of coordination and planning within the community as well as with outside partnerships. While some of you may have just heard about this initiative, many of Harwich's residents participated in this endeavor over the last year. We are excited to share the culmination of feedback and ideas from Harwich's residents who have provided their time, energy, and ideas.



We are deeply grateful to the Town of Harwich residents, community leaders, service providers, and municipal leaders who shared their time and insight into what can be done to make Harwich a vibrant community.

We will be presenting the findings at an upcoming community forum, the date of which is yet to be scheduled. I hope you will join us to hear the highlights of the report and are inspired to engage in the community around older adults' needs. We also intend to distribute the written report to all stakeholders and use the information to advance relevant projects that will have demonstrable impacts on how people live and age in Harwich. We know it will stimulate new directions to improve the lives of older adults in the Town.

The COA is very grateful to all those who took the time and effort to participate in the interviews and survey and who contributed so thoughtfully. We would also like to thank Dr. Caitlin Coyle, Dr. Claire Wickersham, and their team for their time and expertise in creating such a polished and readable document.

Thank you for your support, vision, and engagement as we make Harwich a community for all ages! **To be kept informed about the upcoming community forum, please call our office to be added to the notification list; you'll receive a call as soon as a date is scheduled!**

JOIN US FOR THE MEN'S FITNESS EXERCISE PROGRAM

This hour long group fitness class aims to improve strength, balance, flexibility, and address health concerns that affect men as they age. Class is led by an Exercise Physiologist from the VNA of Cape Cod.

WHERE: HARWICH COMMUNITY CENTER

WHEN: THURSDAYS, 11AM- 12PM
8/28/25- 10/2/25

WHO: HARWICH MEN 60+

ADVANCED REGISTRATION IS REQUIRED

A completed VNA application is required prior to start of program.
No walk ins accepted.

(508) 957- 7423



VISITING NURSE ASSOCIATION
OF CAPE COD

Member
Cape Cod Healthcare

CRANBERRY COACH OUTINGS

Cranberry Coach Outings are on hiatus for the summer while we search for a new part-time driver. We hope to have more fun trips planned for the fall.



COFFEE WITH KYLEIGH

1st Weds, July 2 & August 6 • 10:45 - 11:30 AM

Hello Harwich! I'm Kyleigh Lopes from the Harwich Police Department, starting as a dispatcher in 2021 and now serving as a Patrol Officer. I also serve as the Department's Elder Affairs Liaison, helping our senior community in many ways. Join me for coffee at the Community Center on the first Wednesday of each month to chat, share concerns, or ask questions. I look forward to continuing to serve you all - don't hesitate to say hi if you see me or my fellow officers out on patrol. Stay safe! **Registration required;** call anytime.



CRAFT WORKSHOP

Fridays, July 25 & August 29 • 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 July 1 and August 1 respectively.**

In **July**, Albert Groom will lead you in painting mermaids on wooden shingles.

In **August**, we're going on the road! We'll visit Starfish Shoppe & Studio in Dennis Port to paint ceramics.

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 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

July 2, 16 & August 6, 20 • 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.



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 1

Weds, July 16 - August 20 • 11:30 - 12:30

This is a class for people who can play the basic chord progressions, but need more practice. You'll work on strumming and chord progressions. **Registration is required; please call the COA any time. This class is not for absolute beginners. Cost: \$50/6 week session.**

BIG SCREEN MOVIE DAY

Beat the heat with our monthly Friday afternoon movie day.
Watch on our big screen while enjoying fresh popcorn and snacks!

Call the COA to reserve your seat!

The Friend

2025 (R) • Comedy/Drama

Rated R for moderate profanity

Friday, July 18 at 1:00 PM

In *The Friend*, Iris (Naomi Watts), a writer and teacher living a comfortable, solitary life in New York, has her world upended when her closest friend and mentor (Bill Murray) suddenly passes away, leaving her his beloved 150 lb. Great Dane, Apollo. The regal yet stubborn dog creates immediate practical problems for Iris, from damaging furniture to bringing eviction notices. But Apollo also forces her to confront deeper existential issues, constantly reminding her of her friend's complicated choices in both life and death. As Iris unexpectedly bonds with the dog, she begins to reconcile with her past, her lost friend, and her own creative aspirations.



Nonnas

2024 (PG) • Comedy

Friday, August 15 at 1:00 PM

As he mourns the passing of his mother, Joe Scaravella (Vince Vaughn) finds himself reminiscing about his childhood in 1980s Brooklyn, when his mother Maria and his Nonna would spend hours

in the kitchen cooking for friends and family. He recalls the lessons they taught him and begins recreating the dishes they once made—though he struggles to perfect his Nonna's Sunday Gravy.

Over dinner, Joe's best friend Bruno (Joe Manganiello) expresses concern for him and encourages Joe to use his mother's life insurance money to do something meaningful. Inspired, Joe spots a closed restaurant on Staten Island and envisions a new beginning. He decides to open a restaurant named *Enoteca Maria* in honor of his mother, with a unique twist: the kitchen will be run by grandmothers (Nonnas), each bringing the comforting, home-cooked flavors of their heritage to remind guests of their own childhoods.



BALANCE BOOSTERS Tues • 10:00-10:45 | Tues • 11:15-12:00 | Thurs • 12:15-1:00 PM **NO COST****No classes in August!** **Next session: Tuesdays, Sept 2-Nov 4 | Thursdays, Sept 4-Nov 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 opens [Tuesday, August 12 for all classes](#).** You may only register for ONE of the three options. Capacity: 25

**CHAIR YOGA** **Fridays • 11:00 AM - 12:00 PM OR 12:00 - 1:00 PM** **NO COST****Session 1: July 11 - August 1 | Session 2: August 8 - 29** **4-week 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 [Thursday, July 3 for Session 1](#) and [Thursday, July 24 for Session 2](#).** Capacity: 30

JILL'S SEATED EXERCISE CLASS **Mondays • 11:30 AM - 12:30 PM** **\$8/class****Session 1: July 7 - 28 | Session 2: August 4 - 25** **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, June 30 for Session 1](#) and on [Monday, July 21 for Session 2](#).** Capacity: 30

JILL'S SENIOR WORKOUT **Wednesdays • 9:15 - 10:15 AM** **Mini Session****August 6 - 27 (4 Week Mini Session)** **Payment window: 7/23 - 8/4** **\$17/4 classes**

Jill Brown, Certified Personal Trainer, teaches a total body workout fusing stretching, toning, calisthenics, and movement exercises. No floor work in this session. **Registration is required for NEW participants only.** 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, please register by [Wednesday, July 30](#).**



In September, the class will resume its typical Weds/Fri schedule.

At that time, we will be shifting to an 8-week series schedule (vs 6 week).

QI GONG **Wednesdays • 10:00 - 11:00 AM** **NO COST****Session 1: July 2 - July 30 | Session 2: August 6 - 27** **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 and opens on [Friday, June 27 for Session 1](#) and [Friday, July 25 for Session 2](#).** Capacity: 12

This class is now offered at no cost to participants!

FITNESS & WELLNESS PROGRAMS

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MENS FITNESS

Thursdays • 11:00 AM - 12:00 PM

NO COST

August 28 - October 2

This hour-long group fitness class aims to improve strength, balance, flexibility, and address health concerns of men as they age. Class is led by an Exercise Physiologist from the VNA of Cape Cod.



VISITING NURSE ASSOCIATION
OF CAPE COD
Member Cape Cod Healthcare

Advanced registration and a completed VNA application is required; please call the VNA to sign up: 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 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. This class is open to anyone with previous Tai Chi experience. **For more info, contact capecodtaichisociety@gmail.com**

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

July 9, 30 and August 6, 13, 27

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

WALK IN CLINICS:

Mondays, July 7 & August 4 • 10:30 AM - 12:00 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.



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 un-opened incontinence products. **You can drop in Monday-Friday 9AM-3PM, though we recommend calling ahead.**

Looking for more to do this summer?

Show your support for these events that help make Harwich such a special place to call home.

CRANBERRY ARTS & MUSIC FESTIVAL

Craft Fair Weekends

July 12 & 13 and August 9 & 10

Brooks Park, Harwich

9 am to 4 pm | Rain or Shine!



Community Yard Sale

Friday, August 1 at Brooks Park

9 am to 1 pm | Rain or Shine!

Cranberry Festival & CranJam Music Weekend

Harwich Community Center, 100 Oak Street, Harwich

Craft Fair: Sept 13 & 14 • 9 am to 4 pm

CranJam: Sept 13 • 11 am - 6 pm

& Sept 14 • 12 pm - 3 pm

Details at: HarwichCranberryArtsAndMusicFestival.org

SEASIDE MARKET AT SAQUATUCKET HARBOR

Explore a variety of vendors at our town's artist "shacks". From local artists, photographers, to crafters and everything in between, the Seaside Marketplace is not something to miss! At the Harbor you can not only enjoy the shacks but grab a quick bite to eat while taking in the ocean view at Dockside restaurant or Brax Landing. Open 10am-5pm Wednesday through Sunday.



THE 204 MARKET

Where farmers meet makers and provide the ultimate farmers market experience for all! Find farmers, food



trucks, arts and craft vendors, lawn games, live music, and open studios all in one place. The market will be open every Thursday in July and August, from 3-6pm.



HARWICH COMMUNITY CENTER

BUILDING CLOSED

Friday, July 4: Independence Day

Select Events are listed below. For a full list of happenings, visit the Community Center website or pick up their newsletter.

FITNESS CLASSES

- **Bit of Bliss Yoga:** Mon, Wed & Fri, 9:30AM-10:30AM
- **Zumba w/ Alissa:** Mon 5PM-6PM & Thur 7:30AM-8:30AM
- **Mary Ann's Exercise:** Wed, 11AM-12PM
- **Yoga with Kasie:** Wed & Fri, 8AM-9AM
- **Fun & Functional Fitness:** Thur, 9AM-10AM

JULY EVENTS

- **Kite Decorating & Flying:** July 2, 5PM-6:30PM
- **Little Mermaid Crafts:** July 8, 6:30PM-8:30PM
- **Summer Movie Series:** July 9, 16, 23 & 30, @ 2PM
- **Cape Harmony Concert:** July 11 & 25th, 7PM-8PM
- **Red Cross Blood Drive:** July 14, 12PM-4:30PM
(Appointment Required)
- **Cranberry Festival Committee:** July 23, 6PM-8:30PM
- **Music Bingo:** July 24, 6:30PM-8PM
- **KD Quilters:** July 21, 10:45PM-3:30PM
- **Master Gardeners:** July 28, 8AM-11AM

AUGUST EVENTS

- **Cape Harmony Concert:** Aug 1 & 8, 7PM-8PM
- **Day at the Beach:** Aug 12, 2PM-4PM
- **Cape Cod Military Museum & Sound Dunes Concert:** Aug 14, 6PM-8PM
- **Minute to Win It:** Aug 15, 6:30PM
- **KD Quilters:** Aug 18, 10:45PM-3:30PM
- **Best Friends Dance:** Aug 22, 6PM-8PM
- **Harwich Artists "Sacrifice Art Sale":** Aug 23, 10AM-3PM
- **Red Cross Blood Drive:** Aug 25, 12PM-4:30PM
(Appointment Required)
- **Cranberry Festival Committee:** Aug 27, 6PM-8:30PM

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 - Ocean State Job Lot & Dollar Tree in Dennis Port
Tues	AM - Shaw's
	PM - Family Pantry deliveries
Wed	AM - Shaw's
	PM - Call for availability
Thur	AM - Shaw's
	PM - Call for availability
Fri	AM - Shaw's (except Brown Bag days)
	PM - Stop & Shop or Shaw's, optional Harwich Port stops*



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

Monday Trip Schedule

Market Basket: July 14, 28 & August 11, 25

Hyannis shopping: July 7, 21 & August 4, 18

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 $\frac{3}{4}$ 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 re-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, July 23 • 1:00 - 4:00 PM

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

Tuesday, July 1 • 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.



LIVING FULLY WITH VISION LOSS

3rd Thursdays, July 17 & August 21 • 1:00 - 2:30 PM

A monthly program held at Brooks Free Library for people who are blind or who have low vision. Free transportation available. RSVP to Carla Burke at **508-310-4429** or cburke@clamsnet.org

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 in July. Contact the Assessor's office for a list of available exemptions: **508-430-7503**.

FUEL ASSISTANCE

Fuel assistance renewal packets will be delivered by mail starting in late August. We encourage you to return your paperwork as soon as possible! The COA can make photocopies of your documents if needed. If you did not have fuel assistance in the 2024-2025 winter season, you must apply as a new client—those applications are usually available starting in mid-October. For an appointment or more information, call Saranya at **508-430-7550 x3**.

SHINE (MEDICARE) COUNSELING

SHINE provides free health insurance information and counseling to all Mass. residents with Medicare. Learn more about your plan options and receive help signing up for a more cost-effective plan. Available by appointment; call the COA.

UTILITY BILLS

Discounted rates are available from Eversource and National Grid for residents who are receive SNAP, MassHealth, Veterans Service or Disability Benefits, SSI, EADC, or Health Safety Net. Call Saranya for information: **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.

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.

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

This program is on hiatus during the summer, but students will return in the fall to assist you with your tech questions. Check our next newsletter for updates!

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 wifi 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 the COA.**

VOLUNTEER SPOTLIGHT

**Milly O'Callaghan**

Milly O'Callaghan has been volunteering with us at the Council on Aging for over three years. She began as our amazing "organizer volunteer," dedicating her time to organizing both the office and our medical equipment room. Milly also does a wonderful job decorating the office, ensuring we stay festive for every holiday.

Before joining us, she had a rewarding career in education as an administrator of pupil and personnel services for special education.

Although Milly and her family have had a home in North Harwich for 17 years, they made it their permanent residence about 8 years ago. In addition to keeping us tidy and organized, Milly also lends a hand at the reception desk. While not a regularly scheduled reception volunteer, she's always one of the first to pick up extra shifts when we need coverage.

Travel is a passion for Milly and her family. In 2025, they visited Japan and Charleston, South Carolina and in 2024, they explored England, Scotland, Iceland, Spain, and Morocco. When she's not traveling, Milly enjoys quilting, walking the beautiful beaches of Harwich, and is an avid reader.

When asked what she enjoys most about volunteering at the COA, Milly shared that it's the "pleasant, fun environment" that keeps her coming back, as well as the opportunity to help others. She also appreciates learning more about the wonderful services available to older adults in Harwich.

Thank you, Milly, for all you do!

CURRENT VOLUNTEER NEEDS

The Council on Aging is always seeking new volunteers. We ask for a 6 month minimum commitment for most of our roles. To find out more about our current opportunities, contact Julie Witas at julie.witas@harwich-ma.gov or 508-430-7550 ext 4.

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

Craft Workshop Facilitator: At our monthly craft workshops, facilitators lead participants through the process of making, creating, and/or decorating a project that can be completed by someone with a beginner skillset. Choose from our project ideas or bring one of your own. Supplies provided. Shifts: 4th Fridays, 2-3 hours, 1-2 times a year.

Friendly Visitor: Friendly Visitors are matched with an older adult client for a meaningful 1:1 companion home visit with them for an hour each week. Our outreach coordinator will do an interview and try to match clients based on similarities in interests, ideas and experiences. Shifts: Approximately 1 hour each week, according to your own 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.

VOLUNTEER COFFEE HOUR

Thursday, August 14 • 9:00 - 10:00 AM

Enjoy coffee and donuts with your fellow volunteers! We know that many of our volunteers work off-site doing independent work. This event provides an opportunity to network and socialize with all of the wonderful people involved with the COA who you might otherwise never meet.



We also welcome those who have been thinking about joining our volunteer team. This is a great way to learn more. **Registration is requested;** please call the COA to RSVP.



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

What good is the warmth of summer without the cold of winter to give it sweetness? —John Steinbeck

Just because I love the summer does not mean that everyone else does; it's only taken me 50 years to figure that out! It's been wonderful over the past couple of weeks to see our summer friends returning to the Cape for the season! There are days in July and August for everyone, find the days that are best for you and get out and enjoy them.

Staying hydrated is one of the most important things we can do to take care of ourselves. So, if someone you love is concerned that you're not drinking enough, then good chances are, they're probably right! As you get older you're at an increased chance of heat exhaustion, especially if you're mildly dehydrated – this could lead to a heat stroke. Would you know what to look for? Being aware of the symptoms may save you or someone you know. They include: dizziness, confusion, loss of appetite, nausea and vomiting, excessive sweating, pale or clammy skin, cramping in the arms, legs and stomach, fast breathing, rapid pulse, excessive thirst, or elevation in body temperature, which may even cause you to pass out. If you're presenting with these symptoms, you should call 911 to be assessed.

We also develop Urinary Tract Infections more often in the summertime, with women at a higher risk than men. A UTI may present with general malaise or mental status changes, like confusion or agitation. Other symptoms to be aware of can include falls, dizziness, fatigue, fever or chills, strong- or foul-smelling urine, pain & frequent or urgent need to urinate. Take a minute to look back and see if your urine is a light amber color. *If your urine appears cloudy or dark in color, then you need to drink more fluids.* Don't wait to call your primary care doctor if you're symptomatic of a UTI or get yourself to a medical center that same day.

It's best to be proactive and take loving care of yourself and report to your doctor any changes that have not been resolved in just a few days. There are endless causes for a rash to develop, some can be very serious and should be looked at the same day. As soon as you become aware of it, take a picture and leave a message at your doctor's office. If it progresses in severity, then you should seek medical attention and direction. We are fortunate to have a number of walk-in clinics in our area to avoid going to the busy emergency room for less serious concerns in the summertime. Some of these clinics allow you to schedule an appointment online and will let you know what the wait time is before you go.

It's good to keep track of your blood pressure once a month. We will have a walk-in blood pressure clinic at the COA on Monday, July 7 and Monday, August 4 from 10:30-12. There will not be Monday evening blood pressure clinics over the summer. We will have appointments for Wednesday clinics as usual from 10-12 – please call the COA to sign up. If these times don't work for you, we will find a time that does.

I hope you're all having a happy and safe summer. Come in and say hi!



Saranya Hayward, MSW
508-430-7550 x3

Nothing could go wrong with having a beautiful nice sunny day in the summer and enjoying spending more time outside. Summertime reminds me of good memories of my lovely grandmother who had a green thumb and loved planting flowers.

She taught me a lot when it comes to gardening, but I don't think I have a green thumb like she does. Her garden would be filled with different types of roses, and especially white Jasmine flowers which we call "Mali flower" and that was my grandmother's favorite flower. When Mali flowers are blooming, my grandmother would pick a bunch of them and put them in tea or water. It made the water taste good like jasmine-infused water which has a beautiful, nice aromatic fragrance. In Thai culture, jasmine flower is a symbol of love, good wishes and loyalty to the family. We also use Jasmine flower to make flower garlands during our Mother's Day celebration. Mother's Day in Thailand is August 12th each year. This date coincides with the birthday of her Majesty Queen Sirikit, the beloved Queen Mother of Thailand.



I am sure most of you have some good memories of your loved ones as I did with my grandmother. Take a moment to think of what was a good memory that you have had in the past and how those memories reflected your daily life. There are many therapeutic ways for everyone in any age to be able to relax and enjoy things that you like to do, even little things such as reading a book, listening to someone else's story or sharing your own story with someone. We have so many support services and resources available in our community. We have many programming activities that we have been offering at our COA. You can come to see me or call me if you have any questions regarding resources in the community.

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 have always supported the COA in many different endeavors. One of these is a collaborative effort between the COA and the Harwich Fire Department. The Friends purchase lockboxes which the Fire Department installs for older adults that have been identified through the COA. The lockbox, as you might guess, is a box that locks, but that's not a very helpful description. The lockbox is installed on the outside of your home for emergency services to use if they need to enter your home. How would a box help them enter your home? The box part of the lockbox contains a key to your home. If that sounds risky, having a key to your home outside of your home, the lock part of the lockbox keeps the key safe. Only emergency services can unlock the lockbox to retrieve the key. Why would they need this? If you're unable to answer the door and called emergency services, they'll respond. But if they're unable to enter your home, them may need to break your door to provide assistance. Needless to say, breaking a door means the door needs to be replaced, which can be expensive. So the lockbox not only provides access to emergency services quickly, it also can save the homeowner a significant expense in replacing their door.

The Friends think this is an important service and helps keep older adults safer in their homes. A member of our Board recently suggested we provide another safety measure. The suggestion was fire blankets. Fire blankets are blankets to put out fires. The blanket won't burn and can be laid on the fire, rapidly extinguishing it. Our board member had the opportunity to use one in his kitchen and thought it should be in everyone's kitchen. The board agreed and we'll be purchasing several fire blankets for the COA to distribute along with the lockboxes.

Your donations to the Friends of the Harwich COA allow us to support the programs of the COA like the lockbox and add to them when we learn of other important safety programs to offer. Thank you for helping us keep the older adults of Harwich safe.

Thank you for your support,

Bob Hamilton

- **Bob Hamilton, President, and the *Friends* Board: Joanne Brown, Jo Clancy, Richard Cogen,**

Bob Dawson, Ralph Ferrigno, Jim Knickman, and Susan Lellis



FY 25 FRIENDS OF HARWICH COA MEMBERSHIP

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

Name _____

Name _____

Mailing Address _____

Mailing Address _____

Town/Zip _____ Phone _____

Town/Zip _____ Phone _____

Email: _____

Email: _____

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

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

Additional Donation: \$ _____

Additional Donation: \$ _____

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

Name: _____

Please make checks payable to: Friends of Harwich COA

Mail to: FHCOA, 100 Oak St., Harwich, MA 02645

BROOKS FREE LIBRARY NEWS

Free Summer Resources & Programs for the Kids in Your Life

If you have grandchildren or other young family members living in Harwich (or nearby towns), or they are visiting for the summer, Brooks Free Library (BFL) has a plethora of free summer programs, events, and resources available to help keep them entertained when they have had enough beach time or heat (we have a/c), or on rainy days. If you have not been to BFL before (or it's been a while), we are located in the heart of historic Harwich Center, at the corner of Bank Street and Main Street (Route 39). We have a dedicated parking lot on Bank Street right behind the library, with additional parking across the street at Brooks Park & Town Hall.

When you enter the library from our parking lot and walk up the stairs (or take our elevator) to the first floor, walk to your left into our Youth Services area, 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 online at <https://brooksfreelibrary.beanstack.org/reader365> or in the library.

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. 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, and children's DVDs and audiobooks available for checking out, in addition to the Hoopla app for e-books, graphic novels, and movies and the Kanopy app for movies. Both apps 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 June 20th and going through the end of August. There will be regular storytimes on Tuesday mornings and outdoor storytimes on Thursday mornings, a Teen Art Program on Tuesday afternoons, Middle and High School Food and Fun on Wednesday afternoons, and Children's Crafts on Friday mornings, along with many other one-time special event programs. For details, see our website at <https://brooksfreelibrary.libcal.com/calendar/> or come into the library for printed calendars or to talk with our staff. We look forward to seeing you and your family this summer!

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

YOUTH & FAMILY SERVICES NEWS

Check out these fun events planned by Harwich's Department of Youth and Family Services. For more information on these or other kid-friendly programs, contact the department's Director, Ashley Symington, at 508-430-7836 or ashley.symington@harwich-ma.gov.

 Harwich Youth and Family Services Presents

Connect and Grow! Storytelling Festival

Join us for an oral storytelling event showcasing tales that celebrate our connection to nature and promote environmental wellness, suitable for audiences of all ages!

Tuesday, July 15, 2025
4:00PM-6:00PM

 The People's Garden on the front lawn of The 204 (204 Sisson Road, Harwich).

 Have a story? Apply to become a storyteller!



Harwich Youth and Family Services
invites you and your family to

Teddy's Bear Picnic!



Bring your family along with your favorite stuffed animals and a picnic lunch!
We've got special gifts for special stuffed animals with the first 20 who join us.
Consider bringing a new stuffed animal to donate. These will be given to Harwich Police to give to children in crisis to bring them comfort.

Tuesday, August 19, 2025 11:00AM-1:00PM

The People's Garden
On the Lawn of The 204
(204 Sisson Road, Harwich).
Inside The 204 if it's raining!

Questions? Contact Ashley - 508-430-7836
ashley.symington@harwich-ma.gov



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 [July lunches opened June 16](#) and registration for [August lunches opens on July 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 then produce an "invoice" at the end of the month showing a suggested donation amount. 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!**

JULY - Registration opened Monday, June 16

Tue 7/1	Chowder w/garlic bread
Wed 7/2	American chop suey + roll
Thu 7/3	Grilled cheese & tomato soup — Note, G&G only today!
Fri 7/4	NO LUNCH—CLOSED FOR INDEPENDENCE DAY HOLIDAY
Mon 7/7	Egg salad roll + chips
Tue 7/8	Super salad w/ham and salami
Wed 7/9	Chicken parm sandwich
Thu 7/10	Pasta w/sausage & peas + garlic bread
Fri 7/11	Chicken Ceasar salad
Mon 7/14	Turkey & cheese sandwich + chips
Tue 7/15	Fried chicken and potato salad
Wed 7/16	BLT pasta salad + roll
Thu 7/17	Burger w/swiss cheese & mushrooms
Fri 7/18	NO LUNCH—MEN'S BREAKFAST (register by Wed 7/16)
Mon 7/21	Ham, egg, & cheese croissant
Tue 7/22	Mac & cheese + salad
Wed 7/23	Beans, ham, and potato salad
Thu 7/24	Salad w/tuna + roll
Fri 7/25	NO LUNCH—WOMEN'S BKFAST ("Priority" G&G requests due)
Mon 7/28	Hot ham & cheese sandwich + chips
Tue 7/29	Pasta w/meatballs + garlic bread
Wed 7/30	Chowder & grilled cheese
Thu 7/31	BBQ chicken sandwich + chips

AUGUST - Registration opens Tuesday, July 15 at 11:30am

Fri 8/1	Pizza and salad
Mon 8/4	Corned beef Rueben + chips
Tue 8/5	Garden salad w/chicken
Wed 8/6	Hot dog, beans, & coleslaw
Thu 8/7	Chicken patty sandwich + chips
Fri 8/8	NO LUNCH—MEN'S BREAKFAST (register by Wed 8/6)
Mon 8/11	Roast beef sandwich + chips
Tue 8/12	Pulled pork & salad
Wed 8/13	Chicken parm w/pasta + roll
Thu 8/14	Cheese ravioli w/garlic & herb sauce
Fri 8/15	Fish sandwich & coleslaw
Mon 8/18	Chicken salad on pita bread + chips
Tue 8/19	Seafood chowder & clam cakes
Wed 8/20	Burger w/brie cheese & red onions + chips
Thu 8/21	BLT + chips
Fri 8/22	NO LUNCH—WOMEN'S BREAKFAST (register by Wed 8/20)
Mon 8/25	Bologna & cheese sandwich + chips ("Priority" G&G requests)
Tue 8/26	"The Rachel" sandwich + chips
Wed 8/27	Fried chicken & pasta salad
Thu 8/28	Pulled pork sandwich & coleslaw
Fri 8/29	Tuna roll + chips

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

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.



The MIT AgeLab CareHive wants to learn more about the experiences of those who help adult family members

If you help an adult family member with anything from calling to check in, to grocery shopping, to providing occasional transportation, or more, we want to hear from you!

Join others like you, and be entered for chances to win Amazon.com gift cards!

<https://tinyurl.com/caregiverpanel>

Contact us or visit our webpage!

Email: mit-caregiving@mit.edu
Webpage: <https://agelab.mit.edu/carehive>



HARWICH COUNCIL ON AGING
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HARWICH COUNCIL ON AGING

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The printing of this newsletter was made possible with grant funding from the Massachusetts Executive Office of Elder Affairs.

Postage is generously provided by the Town of Harwich.

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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