



THE FLASH

A monthly newsletter published by the

CHATHAM SENIOR CENTER www.chathamcoa.com

193 Stony Hill Road • Chatham, Massachusetts 02633 • (508) 945-5190

Mandi Speakman, Director

NOVEMBER 2020

Vol. 51 No. 11

Honoring Our Veterans...

**Join Us at the Chatham COA for a
Veterans' Day Drive-Thru Meal Pick Up**

**Tuesday, November 10th*,
Drive-thru pick up is by appointment, beginning at 12pm**

**Raindate: Thursday, November 12th*

The Chatham COA will be honoring our veterans and military spouses this Veterans' Day Holiday with a **FREE LUNCH DRIVE THRU PICK UP** for veterans and/or military spouses who are Chatham residents aged 60 or older.

**This delicious meal is prepared by our
Event Luncheon Chef, Heather Bailey,
of The Optimal Kitchen.**

**The Women's Club of Chatham Members
will also be on hand to say hello and
honor you with a special gift.**

Reservations are required:

Drive thru meal distribution begins at 12pm.

***Reservations are required by:
November 6th***

**Call the Chatham COA 508-945-5190 for more
information, and to make your reservation.**



Meal Generously paid for by Title III CARES Funds awarded by Elder Services of CC&I

Chatham COA and Blue Cross Blue Shield Present:

FREE Wellness Webinar ~ Nutrition & Sleep: Fascinating Connections



Wednesday, November 18th

10:00 a.m.–10:30 a.m.

**with Lisa Farnham &
Tricia Silverman, RD**

Join us online for a **FREE Wellness Webinar ~ Nutrition & Sleep: Fascinating Connections**, with BCBS's **Lisa Farnham & Tricia Silverman, RD.**

Learn how sleeping well can help to control your weight and revitalize your mind and body. Discover which foods, herbs, teas, and minerals can make you feel sleepier, or interfere with your sleep.

**Call the Chatham COA at 508-945-5190 to receive
online registration information and instructions.**



Everything You Ever Wanted to Know About Advanced Planning... But Were Afraid to Ask

**Join the Chatham COA Live Online on Zoom
FREE Presentation on Final Arrangements Planning**

with Special Guest Speaker Ron Eaton

Monday, November 16th, at 10:30am

Do you know the four simple steps to planning final arrangements?

Most of us plan for important life events, such as weddings, our children's education and retirement. But few of us prepare for the inevitable. This short-online program addresses the importance of making your final arrangements and gives you all the information you need to take the next steps.

Why plan ahead?

- Learn about final arrangements from the comfort of your home.
- Bring peace of mind to yourself and your family.
- Secure today's prices from inflation and price increases.

What you'll learn in the seminar:

- The four simple steps to planning final arrangements.
- How to start discussing with loved ones about planning funerals.
- How to ensure your plans are carried out, even if you move.
- Customizable funeral service components to honor a unique life.



Call the Chatham COA 508-945-5190 to register

****If you need technical assistance, please notify the Chatham COA.
We have volunteers ready to help.***



FREE Online Caregiver Education Group via Zoom

The Alzheimer's Family Support Center understands that education and training, both in the care of people living with Alzheimer's as well as self-care for caregivers, is essential to ensuring that people live the best, most fulfilling lives possible. That is why we offer the SAVVY CAREGIVER, a six-week evidence-based educational program specifically for family caregivers of people living with Alzheimer's and other dementia-related diseases. Taught by instructor Judi Devaney, the AFSC offers SAVVY CAREGIVER on a rolling basis, meant to accommodate work schedules and times.

November – December SAAVY CAREGIVER Class Meetings:

11/4 – 12/9, 10 am – 12 pm

11/10 – 12/15, 10 am – 12 pm

Class Topics Include:

Strategies for Caregiver Self-Care ~ Pathology of Dementia Diseases ~ Dementia Stages ~ Developing Contented Involvement for Someone with Dementia ~ Recognizing Options to Optimize Decision Making ~ Making The Most of Family Resources

For registration information on this program or information on the services we provide please call us at (508) 896-5170

What Does Any Reader Love More Than Reading or Recommending Books?

Simple: Talking about books with another reader.

**Come join our newly formed live online Zoom book club,
led by Liz Walker**

In our live online book club conversations, readers will come together to connect and discuss various members' book selections, and share their thoughts and ideas.

**The Book Title for our first meeting is:
A Piece of the World by Christina Baker Kline**

Our first meeting is on January 13th at 11am

We Hope You Will Join Us!

**Contact us at the Chatham COA at
508-945-5190 to register and for meeting details.**

****If you need technical assistance, please notify the Chatham COA. We have volunteers ready to help.***

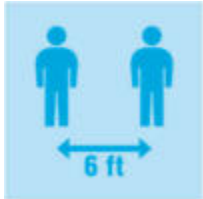


Healthy In-Person Voting Tips

*If you go out to vote -
please follow these common-sense precautions:*



Wear a mask or other face covering.



Maintain a physical distance of 6 feet to protect yourself, election workers, and other voters.



Before and after voting, wash your hands with soap and water for at least 20 seconds. Or use hand sanitizer with at least 60% alcohol.



If you are sick or concerned that you have been exposed to the coronavirus, seek medical care.

Vote at your Polling Location on Election Day

Tuesday, November 3, 2020

Chatham Community Center

702 Main Street, Chatham, MA 02633

7:00 A.M. to 8:00 P.M.

For more information visit

<https://www.chatham-ma.gov/town-clerk>,
or call the Town Clerk at (508) 945-5101



'Feisty' 103-Year-old Grandma Celebrates COVID Recovery By Drinking an Ice Cold Bud Light



This 103-year-old woman was given a slim chance of survival after she was hospitalized with a case of the novel coronavirus earlier this month. Jennie Stejna, a “feisty Polish grandmother” from Easton, Massachusetts, was the first resident of her nursing home to be diagnosed with the virus after she contracted a low-grade fever.

Despite being moved to a quarantined ward, her condition worsened. Nursing home staffers eventually called Stejna’s granddaughter, Shelley Gunn, and advised her to say her final goodbyes before it was too late. According to the Easton Wicked Local, Gunn’s husband asked Stejna if she was ready to go to heaven—and Stejna reportedly responded with a resounding “hell yes”.

To everyone’s shock, however, Stejna made a full recovery from the virus.

As a means of celebrating her recovery, nursing home staffers gave her a bottle of Bud Light—a drink which Stejna loves, but has not gotten to enjoy in a long time. Since Stejna’s story has been shared across international news outlets, social media users have hailed the grandma for her strength—and for her good taste.



Senior Days For Customers Age 75+ Whose Licenses Expire in October or Later

Massachusetts law requires drivers who are age 75 or older to renew in person. The RMV will designate days at select RMV Service Centers to serve these customers.

These service centers will be dedicated to processing license renewals for older customers whose licenses expire after October, 2020. A reservation is required.

Providing older adults with a designated RMV service center will result in a safer space for customers to visit.

The designated RMV Service Centers for customers 75+ are:

- | | |
|---------------------|------------------|
| ● Brockton | ● North Adams |
| ● Danvers | ● Pittsfield |
| ● Fall River | ● Plymouth |
| ● Greenfield | ● Revere |
| ● Lawrence | ● South Yarmouth |
| ● Leominster | ● Springfield |
| ● Martha’s Vineyard | ● Watertown |
| ● Nantucket | ● Worcester |
| ● New Bedford | |

License and ID renewal appointments are also available at our other open RMV Service Centers that offer general appointments to the public. Select Renew My Driver’s License or Mass ID option on the Make/Cancel a Reservation at **www.Mass.Gov/RMV** to view availability and make a reservation at one of these locations.

A renewal letter has been sent to eligible customers who currently hold a driver’s license or ID card expiring in October. Below are the options to renew by appointment:

- If you are a AAA member, you may make a reservation now to renew your driver’s license/ID at a AAA location. Visit www.aaa.com/appointments to schedule your visit.
- If you are not a AAA member, visit Mass.Gov/RMV to make a reservation to renew at an RMV Service Center. Select the “Seniors License Renewal” option on the “Make/Cancel a Reservation transaction”.
- Email the RMV for assistance to renew at MassDOTRMVSeniors@dot.state.ma
- Call the RMV at 857-368-8005.

Quick Peek: Your COA Monthly Offerings

In-person Programs and Services on hiatus. Virtual offerings noted below.

CHATHAM EMERGENCY OPERATIONS CENTER

Chatham EOC: The EOC is open Monday to Friday, 8am–4pm to respond to COVID-19 related community needs. Call 508-945-5191.

COA VIRTUAL PROGRAMMING

COA: Visit <http://chathamcoa.com/welcome/> or call 508-945-5190 for more information.

TRANSPORTATION FOR CHATHAM RESIDENTS

COA: Call 508-945-5190 for more information.

OTHER TRANSPORTATION RESOURCES

Cape Cod RTA Dial a Ride Transportation:

Door to door, \$1.50 per one-way ride for Seniors; Reservations required, call 1-800-352-7155 between 8a-5p, Monday-Friday.

FISH Transportation: Suspended until further notice.

Nauset Neighbors: Suspended until further notice.

FREE CAREGIVER SUPPORT

Alzheimer's Family Support Center

Caregiver & Dementia Support Group

NOW ONLINE, call 508 896-5170 or email at info@capecodalz.org

COA Outreach: Call COA at 508-945-5190

LGBT Caregiver Support Group

Call the Orleans COA 508-255-6333

HEALTH & WELLNESS

CALL 508-945-5190 FOR INFORMATION

Blood Pressure Screening

Foot Care

Hearing Screenings

Zumba Gold - Live Online M,W, F at 10:30am

LEGAL SERVICES

CALL 508-945-5190 FOR INFORMATION

Katherine Wibby: (housing, government benefits, health law, guardianship, reverse mortgage, consumer issues)

Michael Lavender (trusts, wills, estate planning)

SUPPORT SERVICES

Alzheimer's Family Support Center: *Coffee and Conversation For People Living With Memory Loss*

Call 508-896-5170 or visit

<https://www.alzheimerscapecod.org/>

COPD Support Group

Call Georgette Keeler at 508-420-5302

For Family and Friends of People with Mental Illness

Call NAMI CC&I at 508-778-4277

For People with Mental Illness

Call Carolyn Witt at 774-722-4528.

Grandparenting Support Group

Contact Francie Joseph at 508-430-1692 or

fjoseph@monomoy.edu

Neuropathy Support Group

Call Kristina Meserve at 774-207-0153

Parkinson's Support Group

Call Betty Magnusson at 508-945-1106

SHINE-Serving the Health Insurance Needs of Everyone, call 508-945-5190

Sight-Loss Support

Call 508-394-3904 or email info@sightloss.org

Stroke Support Group

Call Steve Franco 508-945-4611, ext. 245

Swift 911 Registration:

Call the Chatham Fire Department at 508-945-2324 or visit <https://www.chatham-ma.gov/emergency-management>

LIBRARY SERVICES

Brooks Free Library

call 508-430-7562 or visit

<https://www.brooksfreelibrary.org/stuck-home-remote-resources-during-closure/>

Eldredge Public Library

call 508-945-5170 or visit

<https://www.eldredgelibrary.org/welcome-to-our-virtual-library/>



Great News from the Friends

The Friends of the Chatham Council on Aging are pleased to announce the start of our 2020-21 Annual Appeal Fundraising Drive. If you haven't received yours yet, it should be in your mailbox soon!

We're using a new format this year and there will NOT be a membership application included in the invitation to donate. The GOOD NEWS is that your donation will include full membership in the Friends!

Even though you haven't been able to come to the senior center since early March, Mandi Speakman and the COA staff have been hard at work providing services and creating virtual programs to help us get through these stressful times. Some of these programs are supported financially by the Friends so your donations are very important to us.

We look forward to hearing from you, and THANK YOU in advance for your support!!



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WELLNESS WORDS



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Nutrition Education Program

We would like to invite you to sign up for our Wellness Words e-newsletter . . . for free! This would come directly to you on a monthly basis from the Cape Cod Cooperative Extension Nutrition and Education Program.

Each newsletter will include an informative article, a nutrient spotlight, a recipe, food safety tips and a crossword or wordsearch. It is full of fun and exciting tips and information. The first issue includes:

PREPARING FOR POWER OUTAGES
NUTRIENT SPOTLIGHT: WATER
RECIPE: QUICK BLACK BEAN SALAD
FOOD SAFETY TIP: FOOD SPOILAGE & POWER OUTAGES
POWER OUTAGE CROSSWORD PUZZLE

Why wait? Go to <https://conta.cc/2G0IUIE> sign up for Wellness Words and get ready to enjoy the next issue.

Nutrition Education Program
Cape Cod Cooperative Extension
Barnstable, Massachusetts 02632
(508) 375-6690
www.capecodextension.org



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~ Don't Delay ~

Medicare Open Enrollment Ends December 7th!

Now is the time to review your Medicare plan options. A quick review could save you money in 2021. Medicare's Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment began October 15th and ends December 7th. Please make sure you review your 2021 Medicare options during this time period so that you have the most cost-effective plan for 2021.

During this Annual Open Enrollment (October 15 - December 7), you will have a chance to CHANGE your plan. This change will take effect January 1, 2021. SHINE Counselors can help you understand your plan's changes, screen you for assistance programs and discuss other options you may have. If you do not change your plan during this period you may have to stay with your existing plan for another whole year. (Note: the open enrollment may not affect those with retiree coverage).

THERE WILL BE NO IN-PERSON SHINE APPOINTMENTS:
Until further notice all SHINE appointments will be telephonic.

You can still call the Chatham COA at 508-945-5190, to make an appointment with a SHINE counselor for this year's open enrollment, but the appointment will be by telephone.

If possible, create a mymedicare.gov account before your appointment. This will expedite the process. Please be sure to have a list (or bottles) of your current medications ready for the appointment and if you are a couple, please ask for 2 appointments. SHINE is here to help.

For more information, call the Chatham COA at 508-945-5190.

Sincerely,
Tracey Benson
SHINE Program Manager



COA LIBRARY CORNER

The dynamics of staying home, working from home and homeschooling have taken on new dimensions and presented great challenges since the onset of the Coronavirus pandemic. This month's selections include well-told domestic dramas that redefine the meaning of "home."

The Dutch House by Ann Patchett (2019)

The novel recounts the unbreakable bond between siblings set against the backdrop of the grand house that became their obsession rather than their home. Abandoned by their mother, ignored by their father and banished by their stepmother, Maeve and Danny perennially reexamine their loss through the prism of their fractured fairytale childhood. Their loss is set in motion by the adults who should have loved and protected them, and by the house that should have been a real family home.

The Big House: A Century in the Life by George Howe Colt (2003)

A "poignant tribute to the 11-bedroom jumble of gables, bays and dormers" that defined the Cape house that bore witness to the weddings, divorces, birthdays and deaths of five generations of the author's family. After 42 summers spent in the now deteriorating family manse, Colt makes a last visit as it is about to be sold.

Empty Mansions: The Mysterious Life of Huguette Clark and the Spending of a Great American Fortune by Bill Dedman and Paul Clark Newell, Jr. (2013)

The true-life story features American heiress Huguette Clark, whose staff maintained her fabulous, but empty, mansions for decades, while she lived as a recluse in her Manhattan apartment. "Fascinating, compelling and a rare insight into exploitation," writes Joanie at Where the Sidewalk Ends Bookstore in Chatham.

The Outermost House: A Year of Life on the Great Beach of Cape Cod by Henry Beston (1928)


Beston's two-week vacation in his two-room beachfront cottage on the 50 acres the Quincy native purchased in Eastham stretched into a full year. From 1927-28 Beston faithfully chronicled "the wind in the grass," bird migrations, shipwrecks, storms and the "voice of the sea." His quiet book of keen observations became a literary classic, and led to the creation and preservation of the Cape Cod National Seashore.



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DAYLIGHT SAVINGS is November 1st

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Change Your Smoke Alarm/Carbon Monoxide Detector Batteries: An easy way to remember is to change these batteries when you change your clock.



Check Your Smoke Alarms/Carbon Monoxide Detectors: After inserting fresh batteries in your Smoke Alarm, make sure the Alarm is working by activating the safety test button.



Count Your Smoke Alarms/Carbon Monoxide Detectors: Have one in every sleeping room and in the hallway directly adjacent to those rooms. If sleeping rooms are on an upper level, a Smoke Alarm should also be installed in the center of the ceiling directly above the interior stairway. It's best to have at least one working Smoke Alarm on every level of your home, including the basement and family room.



Clean Your Smoke Alarms/Carbon Monoxide Detectors: Help your Smoke Alarm remain sensitive and ready to protect you by gently using a vacuum cleaner once a month to remove dust and cobwebs.

Risk Reduction

Need Help? Call us!



The Chatham Fire Department is pleased to assist with any of the steps above. For more information call the Chatham Fire Department at 508-945-2324 or Chatham COA Outreach at 508-945-5190.



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\$\$ for Senior Homeowners & Renters

Put up to \$1,150 in your pocket!

You May Qualify If:

- ⇒ Are 65 or older on or before December 31, 2020
- ⇒ Own or rent in Massachusetts as your principal residence
- ⇒ Your assessed real estate valuation does not exceed \$848,000
- ⇒ Homeowner's property tax plus 50% of your water and sewer bill must exceed 10% of your income. Multi-acre property owners: only one acre plus your home count toward your qualifying assessment. Consult your local assessor to compute assessment for application. Renters: 25% of your annual rent must exceed 10% of your gross income.

Your 2020 total income does not exceed the following

(including Social Security, and other income not ordinarily taxed in Massachusetts)

- ⇒ Single \$61,000
- ⇒ Head of household \$76,000
- ⇒ Married filing joint \$92,000

Whether or not you owe taxes, you may be eligible for cash or a tax credit of up to \$1,150 this tax year, even if you did not file Massachusetts state income tax forms. To obtain the benefit, you must file for the 2020 tax year beginning in January 2021.

Retroactive Benefits

You may also file retroactively for any benefits you could have qualified for in the past three years. The maximum credit you may receive for tax year 2019 is \$1,130; 2018 is \$1,100; and 2017 is \$1,080. The deadline for retroactive filing for tax year 2017 is April 15, 2021.

You May Qualify for Retroactive Benefits If:

- ⇒ You are Age 65 or over by the end of tax year for which you are filing
- ⇒ Your Income does not exceed the limits for the tax year for which you are filing
- ⇒ Your primary residence, owned or rented, is in Massachusetts
- ⇒ The assessed value of your home not exceed the limits for the tax year for which you are filing



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Visit www.mass.gov/service-details/senior-circuit-breaker-tax-credit**



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SHIFTING TO PLANT BASED: THE WHY'S AND HOW'S

During these crazy times I think it is safe to say many of us are spending a bit more time thinking about what goes into our bodies. At least I hope many of us are thinking about it, because feeding ourselves well is the first layer of protection against illness. Eating the right foods ensures your immune system is working properly and these days that is more critical than ever. Shifting closer to a plant based diet helps strengthen the immune system and forces us to eat more vegetables and whole grains that promote wellness; and removes many foods that cause inflammation and acidic pH levels, which leave us more vulnerable to disease. Plant based diets have become all the rage and with good reason. A plant based diet is essentially just that, if it grows on the planet, go ahead and eat it.

Plant based includes all fruits, vegetables, whole grains, nuts, seeds, mushrooms, legumes and beans, offering a lot of choice. Eating a plant based diet has been linked to improving health outcomes for those suffering from a variety of chronic illnesses such as: cardiovascular disease, fatty liver disease, diabetes, and cancer.

As we age, it is more taxing for the body to digest animal products, which often leaves us tired and lethargic after eating. Plant based foods are easily digested, and deliver vitamins and minerals more quickly and efficiently. There is also no need to worry about animals for protein. Beans, legumes, nuts, seeds and many whole grains are chock-full of protein, and often are paired with fiber which helps us feel full and keeps our digestive tract operating smoothly.

If the health benefits alone don't convince you; the benefits of shifting to a plant based diet for the environment is about the most significant change an individual can make. Raising livestock is the largest contributor to greenhouse gases, and uses a vast amount of water resources. A simple math equation to help you understand how much of our resources it takes to grow food. For example: 1 pound of Kale = 10 Gallons of water; 1 pound of wheat = 100 Gallons of Water; 1 pound of ground meat = 10,000 Gallons of water.

For some, you may need to jump all in and adhere to strict vegan style of eating, for others you may choose to be vegan until 6pm or maybe just be vegan Monday through Friday, or some may just eat vegan at home, but are omnivores when eating out. Whatever your choice is, know that switching just a few weekly meals to plant based options can have a significant impact on your health.

Plant based diets should rely heavily on fresh whole foods, especially fruits and vegetables to keep inflammation levels down. In addition the increase in consumption of alkaline plant foods instead of animal products, keeps the body from becoming too acidic. It is the acidic body which is unhealthy and can lead to a variety of poor health outcomes. However, not all vegan food is healthy. Sugar is a plant, and many chips and other junk foods qualify as plant based, but that does not always mean it is a healthy choice.

For some, switching to a plant based diet dramatically increases grain consumption, which can lead to an inflammatory response. How the inflammation manifests in your body is individual to you. There is a class of vegetables, called nightshades, that can also result in an inflammatory response, but it depends on your body's reaction. Every person has unique sensitivities to foods which makes finding the right foods often challenging.

Any conversation about plant based needs to address Vitamin B 12. This is the only vitamin solely derived from animal products, and thus those eating a strictly plant based will not be consuming any Vitamin B 12. This is an important vitamin. If you are going to adhere to a strict plant based diet for a length of time, then supplementing this vitamin in pill form or in fortified nut milks or cereals will be necessary. Shellfish and fin fish are rich in B 12, and better sources than eggs or dairy due to the ability of the body to absorb and use the vitamin efficiently.

Plant based cooking does provide some unique challenges, and making adjustments is key. Common ingredients like cheese and butter are a no-no. Olive oil is great for salads and on breads but, it doesn't like too much heat, so when using high heat opt for coconut oil. Spices and fresh herbs are the key to livening up flavors. Using a good quality vegetable stock is an essential in the plant based pantry. Quick breads, muffins and pancakes are easy to do using flax as an egg substitute, and nut milks for dairy.

(Continued on page 15)

Textures have a lot to do with what we like or don't like to eat. When you cut out foods, often it is the texture, rather than the flavor, that you might not like. When shifting to plant based, I find that it is the creamy textures that dairy provides, that are often what people miss. There are loads of nut milks on the market and you can even make your own. There are a variety of vegan cheese and butters on the market. However, if you are familiar with the Optimal Kitchen, you know I am not about faking people out, and stick to pure flavors that celebrate exactly what they are. So instead of using nut milks or soy based products; we simply create a creamy dressing with our favorite fiber and nutrient rich green orb, the avocado. Avocados are key to a plant based diet because the fat and fiber combination fills you up and makes you feel satiated.

GREEN GODDESS DRRESSING

- 1 avocado
- juice and zest from 1 lemon
- 2-3 garlic cloves
- ¼ cup olive oil
- salt and pepper to taste
- water as needed

1. Place all ingredients in a blender or food processor or use an immersion blender.
2. Blend until smooth, adding water when necessary to gain desired consistency.

This recipe can be used both as a dressing and as a dip so the desired consistency depends on what you are using it for.

BLACK BEAN AND QUINOA BURGERS

- 2 cups black beans, cooked or canned
- 1 red onion
- 2 chipoltes in adobo
- 1 tsp cumin
- ¼ cup olive oil
- 1 cup cooked quinoa
- 1/3 -1/2 cup masa flour
- salt and pepper to taste
- oil for cooking

1. Place the first 5 ingredients in a food processor and blend until smooth.
2. In a bowl combine black bean mixture with quinoa, masa flour, season with salt and pepper.
3. Form mixture into 3 to 4oz. patties.
4. Pour about ¼ cup of olive oil on a jelly roll pan and place in a 375 degree oven for 5 minutes.
5. Place patties on hot oil on pan and place back in oven, bake for 10 minutes and then flip and cook for another 5 to 8 minutes.
6. Serve over greens and top with green goddess dressing.

MISSION STATEMENT

Since its inception in 1974, the Chatham COA has worked to unify the community in enriching the lives of our over 60 population and those who are caregivers. We offer a wide range of programs and services which are health and wellness oriented and which promote congenial, social and educational opportunities. As a dynamic organization the COA must work in these times to meet the evolving needs of Chatham's over 60 population. ***We support Chatham residents age 60 and over with a range of health and wellness, social, educational and outreach programs and services to enhance the quality of their lives. We welcome the support of Chatham residents of all ages to promote our mission through community service and resource development.***

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The Chatham Council on Aging (COA) promotes programs and opportunities for patrons of the Chatham Senior Center to receive legal, financial, medical, recreational and other services or activities by volunteers or nominal cost practitioners. Seniors participating in these services or activities do so with the understanding that the COA, the Town of Chatham and/or its employees do not assume any legal or other responsibility for any advice or services rendered by such volunteers or nominal cost practitioners.

Thank You

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Printing and Postage for the FLASH are generously provided by the Friends of the Chatham Council On Aging and a grant from the Executive Office of Elder Affairs.

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From the Director's Desk...

VOTING AND HEALTH: 5 Reasons It's Good For You

Modified from Huffington Post: Healthy Living

1. **It Strengthens Social Ties** Voting helps to strengthen our social ties. Feeling part of a close-knit society is linked with greater quality of life according to Stanford researchers.
2. **It's Linked With Reports Of Greater Health** A 2001 study in the American Journal of Public Health shows that people are more likely to self-report "fair" or "poor" health in states where there's below-average voter turnout.
3. **It's Good For Mental Health** Among people who are at risk, voting could help to lower stress and even ward off future mental health conditions according to researcher Lynn Sanders, Ph.D., an associate professor of politics at the University of Virginia.
4. **It Sets A Good Example for Kids** Children may not be able to actually cast a ballot, but they can see their caregivers vote, which could help to open dialogue about issues affecting society today. "Parents and caregivers don't realize that even though kids can't vote they can learn about the voting process and learn about how their parents think about different issues," said Marc Zimmerman, a psychologist and professor at the University of Michigan.
5. **Political Activism Boosts Well-Being And Life Satisfaction** Being politically active is linked with greater well-being and life satisfaction, according to research conducted by Tim Kasser, Ph.D. and reported in Political Psychology.

See page 4 for local polling information and how to stay safe and healthy while voting ~ take care!

