



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

DECEMBER 2020

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NEW! COA BOOK CLUB

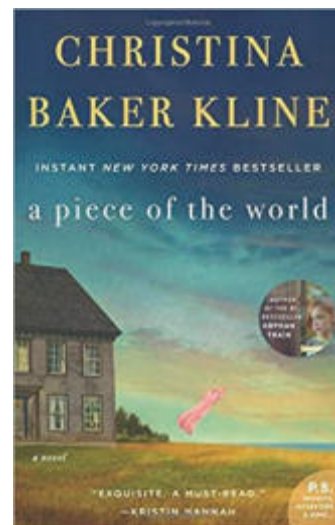
***What Does Any Reader Love More Than Reading or
Recommending Books?
Talking about books with another reader!***

Come join our newly formed live, online Zoom book club, led by Liz Walker. In our live book club conversations, readers will come together to connect and discuss members' thoughts and ideas.

FIRST MEETING

January 13, 2021 at 11am

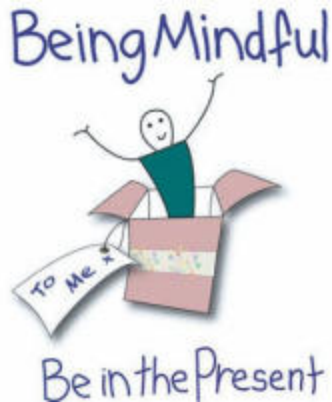
**“A Piece of the World”
by Christina Baker Kline**



*Join us online via Zoom OR call in to the group via telephone.
Contact us at the Chatham COA at 508-945-5190
to register and for meeting details.*

****If you need technical assistance with Zoom, or assistance acquiring the book,
please notify the Chatham COA. We have volunteers ready to help.***

FREE Wellness Webinar
"Taming Your Mind with Mindfulness Techniques"



Tuesday, December 8th
2 pm–2:30pm

Presented by Janet Fontana,
RN and Certified Health Coach
Blue Cross Blue Shield

When stress levels rise, our minds can become filled with worried, anxious thoughts. Mindfulness, the practice of focusing on the present moment, can quiet your mind and help you feel calmer. Join us to practice a mindful breathing exercise and a five-minute sitting meditation. Discover ways to be more mindful throughout your day. We'll share resources for free mindfulness meditations.

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



"COOKING FROM YOUR PANTRY"
WEDNESDAY, DECEMBER 16th at 9am

During these challenging times when getting to the store is a much bigger deal than in the past, knowing how and what to use that you already have on hand is key to surviving these unusual times. We often have lots on hand that we simply don't think about and it has never seemed like a big deal to just run to the store for a single item, but it certainly feels that way now. This class will help you learn how to adjust recipes and use what you already have on hand to make delicious and cost effective substitutions, which also keep you healthy but preventing you from running to the store at every turn.

Please join us for this online, free cooking class, generously sponsored by the Friends of CCOA. Call the COA to reserve your spot and receive the class materials at 508-945-5190.

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



Chatham Council on Aging ~ Fitness Class Openings:

FREE Zumba Gold Live Online Classes

With instructor: Christina Arabadzhieva

Mondays, Wednesdays, & Fridays 10:30am - 11:30am

Class Generously Sponsored by the Friends of Chatham Council on Aging

- ♦ Using the Latin and international dance rhythms found in the original Zumba, Zumba Gold was created for active older adults or beginners.
- ♦ Actively engage with others to improve your flexibility, balance and muscle strength!

Come Join Us Online!

Contact the Chatham COA at 508-945-5190.

To participate you must have a liability release form and a valid medical release form on file. Once registered, you will receive the password and log-in instructions.

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



HOLIDAY DRIVE THRU TREAT TRAIL



**Thursday, December 17, 2020
1-2 PM**

**The COA Drive Thru will be a “sweet spot” for
cookies, camaraderie and carols.**

“Sound Dunes”

This swing ensemble with a big band sound will be performing for your drive thru enjoyment!

This free, drive thru event is first come, first served. Call the COA to register 508-945-5190.

Santa hats are optional, but please remember your mask!





TOWN OF CHATHAM

LOCAL EMERGENCY PLANNING AND PREPAREDNESS

KNOW YOUR RESOURCES

- Chatham Emergency Management Information: www.chatham-ma.gov
(find Emergency Management under the “Departments” tab)
- Barnstable County Emergency Planning Committee: <http://www.bcrepc.org>
(for information on Sheltering in Place and Regional Shelters)

HELPFUL PHONE NUMBERS

- | | |
|--|------------------------------|
| • All Emergencies | 911 |
| • Chatham Emergency Operation Center | 508-945-5191 |
| • Chatham Police (EMERGENCY only) | 508-945-1212 |
| • Chatham Police (non-emergency) | 508-945-1213 or 508-945-1217 |
| • Chatham Fire (EMERGENCY only) | 508-945-2323 |
| • Chatham Fire (non-emergency) | 508-945-2324 |
| • Chatham Council on Aging | 508-945-5190 |



COA CLOSURE INFORMATION and WEATHER POLICY

Council on Aging closure information will be posted online and on-air by the following radio stations: WQRC 99.9, WKPE 103.9, WOCN 104.7, WFCC 107.5 FM. If the Monomoy School System is closed due to weather, all COA activities including the bus are cancelled. If schools are on vacation, the COA Director will determine closures with safety in mind. The staff will be at the Senior Center to provide information and support, unless Town Hall is closed, in which case the Senior Center will close entirely.

BASIC SUPPLIES TO HAVE ON-HAND AT HOME

- | | |
|---|--|
| • Flashlight, radio and batteries (NO open lit candles) | • 1 gallon of water per person/per day |
| • Fuel for a generator (if you have one) | • 1 week supply of medication and other necessary equipment (such as oxygen) |
| • Full tank of gas in the car | • Pet food, water and supplies |
| • Non-cordless phone and charged cell phone | • Basic first aid kit |
| • 3-4 day supply of food | |

SPECIAL ASSISTANCE PROGRAM

If you or other members of your household would require special assistance in the event of a power outage or an emergency evacuation, please complete and return this form now so special arrangements can be made in advance. The Special Assistance form is a preplanning form designed to supply Chatham Emergency Management with information to help assist you during an emergency. For more information or to enroll in the Special Assistance program contact the Chatham COA at 508-945-5190 or visit www.chathamcoa.com and select “Forms”.

The pandemic has rekindled our love of books

People have rediscovered the pleasure of reading during the pandemic, according to publisher Bloomsbury, which announced this week that lockdown readers have boosted its profits by 60 per cent.

It has been a difficult decade for the publishing industry, which competes with a growing number of content providers for people's attention – but reports of booming sales are not just positive news for publishers.

With titles such as Why I'm Not Talking to White People About Race and White Rage being among Bloomsbury's bestsellers, the reading renaissance has also helped underrepresented BAME authors reach a wider audience.



Senior Days For Customers Age 75+ Whose Licenses Expire in December

Massachusetts law requires drivers who are age 75 or older to renew in person. The RMV will designate Wednesdays in December 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 in December. A reservation is required.

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

The designated RMV Service Centers for customers 75+ are:

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

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 December. 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.



~ 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



Protect Yourself from Social Security Scams

Telephone and email scammers are pretending to be government employees. Scammers will try to scare you and trick you into giving them your personal information and money. Don't be fooled! Social Security will not:



- Threaten you
- Tell you there is a problem with or suspend your Social Security number
- Demand immediate payment from you
- Require payment by retail gift card, pre-paid debit card, internet currency, wire transfer, or by mailing cash

If you receive a call or email like this, please report it to the Office of the Inspector General at oig.ssa.gov or call 1-800-269-0271.



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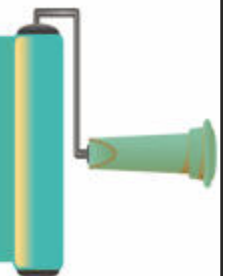
Call for a free hearing test and consultation
(508) 247-0088



DECEMBER 2020

Mon	Tue	Wed	Thu	Fri
<p><u>NEW! COA Book Club</u></p>  <p><i>See page 1 for details!</i></p>	<p>1. SHINE</p>	<p>2. 10:30 Zumba Gold SHINE</p>	<p>3.</p> <p>Grocery & Rx Delivery Day</p>	<p>4. 10:30 Zumba Gold</p>
<p>7. SHINE 10:30 Zumba Gold</p> <p>Grocery & Rx Delivery Day</p>	<p>8. 1:00 CORD "Options" Program (Zoom) 2pm BCBS Mindfulness (Zoom)</p>	<p>9. SHINE 10:30 Zumba Gold</p>	<p>10.</p>  <p><i>Hanukkah Begins</i></p> <p>Grocery & Rx Delivery Day</p>	<p>11. 10:30 Zumba Gold</p>
<p>14. SHINE 10:30 Zumba Gold</p> <p>Grocery & Rx Delivery Day</p>	<p>15.</p>	<p>16. SHINE 9am Cooking from your Pantry (Zoom) 10:30 Zumba Gold 12pm Healthy Meals in Motion</p>	<p>17. 1pm Treat Trail Drive Thru with the Sound Dunes</p> <p>Grocery & Rx Delivery Day</p>	<p>18. 10:30 Zumba Gold</p> 
<p>21. SHINE 10:30 Zumba Gold</p> <p>Grocery & Rx Delivery Day</p>	<p>22.</p>	<p>23. SHINE 10:30 Zumba Gold Attorney Lavender</p> <p>Grocery & Rx Delivery Day</p>	<p>24.</p>  <p>Christmas Eve</p>	<p>25.</p>  <p>Merry Christmas</p> <p>Town Offices Closed</p>
<p>28. SHINE 10:30 Zumba Gold</p> <p>Grocery & Rx Delivery Day</p>	<p>29.</p>	<p>30. SHINE 10:30 Zumba Gold</p> <p>Grocery & Rx Delivery Day</p>	<p>31.</p>  <p>NEW YEAR'S EVE</p>	

**SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY**



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

Due to COVID-19 safety concerns the COA transportation program is not operating at this time. See page 13 of this newsletter for our free grocery and pharmacy delivery option.

The CCRTA is operational and running all of their routes, call 1-800-352-7155. If you are need of assistance in paying for transportation please call us at 508-945-5190.

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.brooksfreeibrary.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/>

A Very COVID Holiday Season: How To Safely Celebrate With An Older Adult During A Pandemic



What we have learned about the spread of COVID-19 since March 2020 can inform how we safely celebrate this holiday season. Here are a few ideas to make your holiday celebrations special and safe:

1. **Share secret recipes.** If your relatives haven't yet passed down their most beloved family recipes, now may be the perfect time to do so. This creates new and fun ways to celebrate the holidays during COVID-19.
2. **Cook together via video chat.** Have a video call during which you can cook together. Extended family and friends can log in and show you how to prepare their favorite family recipes.
3. **Eat together via video chat.** Consider eating holiday dinner via a video chat session. Place your computer or mobile device in a spot where your friends and relatives can easily see everyone at the table.
4. **Become more personal.** Sounds contradictory doesn't it? Staying at home to avoid COVID-19 has led many people to discover new hobbies to pass the time while maintaining social distance. Instead of giving gift cards this year, purchase something more meaningful that aligns with hobbies and interests.
5. **Drop off meals using contactless delivery.** Prepare your friends' and relatives' favorite meals and treats, then drop them off on their front porches without handing them off directly. If you live farther away or in another state, order their favorite meals from a restaurant in their local area and arrange to have them delivered by a third-party delivery service using contactless delivery.

There is no doubt that 2020 has tested our resiliency. If we are creative, we can certainly make the holiday season special and perhaps will include some of these new experiences into our holiday traditions in the future.
(Excerpted from Caregivers Corner moderated by Nicole Clagett)

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COA LIBRARY CORNER



Books make great holiday gifts. Reading the same book offers new ways to connect with family and friends. Simply choose a book and agree on a date/time to Zoom, Skype or dial-in with loved ones or pals to share your opinions and insights. An animated discussion with your one-time, pop-up book group might get the New Year off to a lively start – and spark more shared book experiences.

A Redbird Christmas by Fannie Flagg (2005)

After an unexpected diagnosis, a Chicago man leaves the Windy City's chill for the Alabama warmth. He assumes he'll spend his last Christmas in the welcoming small town of Lost River, where he meets up with the do-gooders of the Mystic Order of the Royal Polka Dots Secret Society. Another local, a little redbird is perched at the center of this magical Christmas story.

Beneath a Scarlet Sky by Mark Sullivan (2017)

This novel is inspired by the true and "tri-umphant tale of a young Italian man's courage during one of history's dark-est hours." Pino Lella wants nothing to do with the war or the Nazis. He joins an under-ground rail-road helping Jews escape over the Alps. And then life takes a more dangerous turn... (Recommended by the new Sea Howl Bookstore in Orleans)

Arthur Ashe: A Life by Raymond Arsenault (2018)

This well-researched biography traces the remarkable life of tennis great and tireless human rights advocate Arthur Ashe from the "motherless boy who grew up in segregated Richmond, Virginia, to the high-achieving athlete who triumphed on tennis courts around the globe. The author tries to help the reader to fully comprehend just how much was lost when Ashe died far too young at 49.

Homeland Elegies by Ayad Akhtar (2020)

Set in a nation coming apart at the seams, this "profound and provocative" story by the Pulitzer Prize-winning author tells the story of an immigrant father and his son in search of identity, belonging and each other. This deeply personal novel, equal parts family drama, memoir and social essay, blends fact and fiction to tell an epic story of longing and dispossession in the post-9/11 world.

Consider joining the COA's new virtual, online Book Club~ see page 1 of this newsletter for details!

Liz Walker-Library Volunteer



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WHAT IS OPTIONS COUNSELING?

Options Counseling is free and provides unbiased information about community services that may prevent consumers and people with disabilities from having to go into nursing homes.

Tuesday, December 8 at 1pm

Join Steve Spillane, PhD from the Cape Organization for Rights of the Disabled (CORD) as he discusses Options Counseling and provides information that will allow people to make informed choices about long term supports and settings.

Join us via Zoom OR call in via telephone. If you need technical assistance with Zoom, please notify the Chatham COA when you call to register at 508-945-5190, we have volunteers ready to help.

Cape Organization for Rights of the Disabled (CORD) is a non-profit organization that advances independent living and the rights of people with disabilities on Cape Cod and the Islands in Massachusetts.

GROCERY & PHARMACY DELIVERY PROGRAM

The COA is pleased to offer free, grocery and pharmacy delivery assistance to Chatham residents.

Delivery days are Mondays & Thursdays.

GROCERY: Please email or call grocery orders in to Chatham Village the day prior to delivery at chathamvillagemkt@yahoo.com or 508-945-9783 and indicate that your order is part of the COA delivery program. Please leave a message for the COA at 508-945-5190 letting us know you have placed an order. When the Chatham Village Market confirms that your order is ready to pick up, please call the COA for the driver to be dispatched for your delivery.

PHARMACY: Orders can be picked up for delivery from CVS in Chatham and E. Harwich; Stop & Shop Pharmacy; Outer Cape Health Services Pharmacy in Harwich. Please give the COA as much advanced notice as possible, same day deliveries are not always possible.

Call the Chatham COA at 508-945-5190 for more information.



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Nutrition Corner

KEEPING THE HOLIDAYS HEALTHY

Every year the Holiday Season comes and brings with it a combination of stress, excitement and exhaustion, a recipe that often leads us down a path towards unhealthy behaviors. This year promises to be vastly different from past Holiday Seasons anxiety levels, even more heightened due to the pandemic. Food is always a great stress reducer and many of us will make some unwise choices as we find comfort in those holiday favorites. This Holiday Season more than ever, it is critical to find a balance between treating ourselves so as to maintain our mental and emotional health; and making good choices to maintain our physical health.

At the holiday eating season, we all have family favorites we can't imagine going without, but those recipes are often filled with butter, cream and grains which are foods that many of us try to avoid. If you can believe it, on average, most people consume 2 sticks of butter at the holiday table. Between the stuffing, the gravy, the mashed potatoes and of course, the pie, it is easy to consume huge amounts of butter without even knowing.

However, it isn't just the butter that can be problematic for many who have dietary issues that make navigating the Traditional Holiday Feast a tricky feat. Many people are avoiding grains. Some, because they may have celiac disease, and others who might avoid refined grains because it exacerbates joint pain from inflammation. Also, there are those who are trying to keep their blood sugars controlled for Type II Diabetes. Dairy, usually a staple in the traditional meal, is another problematic, and responses vary from allergic reactions, to stomach upset, to an increase in pain from inflammation. There are also those who have a plant based diet, so the free range turkey, which seemed like the safe bet of the meal, is off limits.

This does not mean that you can't have a Classic Holiday Meal that is both incredibly delicious, providing healthy options which are inclusive of everyone's dietary needs who are at your table. In fact, here are some healthier recipe options and tips, which are a spin on traditional holiday favorites. Soups are great to have when hosting a gathering. It is easy to make a soup that hits all the food intolerances in one, like this recipe for classic squash bisque that uses sweet potato instead of cream to give it a beautiful texture and uses the same spices as our beloved pumpkin pie, but what's best is that it is gluten free, dairy free and vegan. Make a day or two ahead and then keep warm in a crockpot for guests to enjoy all day. It provides loads of Vitamin A and C and is high in fiber making an ideal addition to the holiday table for its immune boosting capabilities. Soup is also a great way to start a meal because it fills you up with nutrient dense foods and leaves less room for some of those less healthy choices.

When it comes to the classic holiday dishes there are actually lots of tricks to swapping out much of the fat and calories, but still keeping rich and delicious flavors. Here are some simple swaps to clean up that holiday table and help you stay on track for healthy eating. **For Traditional Mashed Potatoes**, try substituting chicken or vegetable stock for the butter and milk, and toss in a handful of parmesan cheese to give it some creaminess. Substitute cauliflower for half of the potatoes to increase the fiber and lower the calories and starch. Use fresh herbs like rosemary, garlic and parsley and drizzle of olive oil to give them great flavor without all the extra saturated fat. **For Candied Yams or Sweet Potatoes with Marshmallows**, opt for roasted winter squashes, acorn or butternut; which have loads of fiber and a much lower glycemic load, and sweeten with a touch of blue agave or maple syrup. **For Stuffing/Dressing**, try using some broth to reduce the amount of butter you use; and if you are sautéing onions and other veggies to add to your stuffing, use olive oil instead. Oyster stuffing is a better option than sausage because oysters are rich in heart healthy minerals which may counteract some of the other foods we eat that day. Even better, add lots of veggies such as sautéed greens and even fruits like apples and pears to your dressing. **Gravy** is one of the most delicious and revered part of the Holiday Meal and unfortunately there is not much you can do to make it healthier; but, you can make it Gluten Free by making a corn starch slurry using sherry or white wine and some corn starch instead of roux, cutting; both the flour and butter so it is an improvement. **For Cranberry Sauce**, make homemade, and try using stevia or blue agave syrup to sweeten it instead of sugar, and add cinnamon which helps regulate insulin production, and fresh orange juice and zest for added flavor and more vitamin C. **Pies**: Here is the thing, as a food purist I have to say why mess with a good thing. Instead be sure to control your portion size and opt out of the ice cream. If you really love pumpkin pie and can't

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imagine a small piece; skip the crust which has more fat and calories than the filling. If making the pies, opt for whole wheat pastry flour, it is a change no one will notice but will add a bit of fiber to those pies.

Like most everything in life the key to keeping the holidays healthy is finding your balance. The Holiday Season is also an important time to remember to rest and to enjoy those around us. In that spirit, here is a recipe for a holiday treat that satisfies any sweet tooth but, causes far less guilt than most. Use quality ingredients, especially the dark chocolate. By all means, celebrate with friends and family, social connection is crucial now more than ever, but be reasonable with what you choose to eat and drink, and start the new year healthy and strong.

SQUASH AND APPLE BISQUE

- 2 lbs winter squash, peeled & cut in 1 inch pieces
- 2 lbs apples, roughly chopped
- 1lb sweet potato peeled and cubed
- 1 onion, chopped
- 3 cloves of garlic, minced
- 1 inch piece of fresh ginger grated
- 1tsp cinnamon
- ½ tsp clove
- ½ tsp nutmeg
- 1 quart+ vegetable stock or water

1. Heat a large saucepan over medium heat; coat pan with cooking spray, and add garlic, ginger and onions and sauté for 5 mins or until onions are clear, add cinnamon.
2. Add apples, squash and the sweet potatoes and saute.
3. Add 1 quart + of broth and simmer until potatoes are very soft.
4. Let cool a bit and using a blender or food processor blend until smooth adding a bit more stock or water to get the tight consistency.
5. Top with toasted pumpkin seeds or nuts for a bit of crunch and extra flair.

HOLIDAY FRUIT AND NUT BARK

- ½ pound good quality dark chocolate, (60% or more cacao)
- ¾ cup chopped dried fruits (your favorites)
- ½ cup walnuts or sliced almonds
- ½ cup oats
- 1 tsp cinnamon
- ½ tsp ground clove



1. On a rimmed cookie sheet spread out the oats and nuts and sprinkle with cinnamon and cloves.
2. Toast in a 325 degree oven for 8-10 mins or until lightly brown.
3. In a microwave or in a double boiler on the stove, melt the chocolate.
4. Stir in nut and oat mix and chopped fruit.
5. Line a rimmed cookie sheet with parchment paper and press out the chocolate mixture into a thin even sheet about ¼ inch thick.
6. Chill in refrigerator until firm, break into bite size pieces and keep in a sealed container in the fridge for several weeks.

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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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together while we
continue to stay safely
apart!

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*well...
THAT
was
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Wishing a Happy and
Healthy Holiday
Season to you from the
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