



# THE FLASH

*A monthly newsletter published by the*

CHATHAM SENIOR CENTER [www.chathamcoa.com](http://www.chathamcoa.com)

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

**Mandi Speakman, Director**

**JANUARY 2021**

**Vol. 52 No. 1**

## Master Gardener Presentation “Continuous Color” Monday, January 11, 2021 at 1pm

While we all enjoy the exuberance of the summer garden, there are plants that enhance our gardens throughout the year. This talk incorporates some basic landscaping principles and features plants that bring splashes of color to our gardens throughout the seasons. Some of these will be familiar favorites, and others might bring some new ideas to your year-round garden.

Presented by Cherie Bryan, current President of the Barnstable County Master Gardeners program. In becoming a master gardener, she was delighted to find that the lessons she learned as a child following her father in the family garden were validated by the science-based approach of the Master Gardening program. She enjoys continuous discovery in the program. Her current gardening interests are roses, salad gardens in raised beds, and nurturing the shrubs, trees and flower beds around her home in Orleans.

**Join us on Zoom for this FREE Presentation,  
call the Chatham COA at 508-945-5190 to register.**



## “Online Safety” Tuesday, January 26, 2021 at 10:30am



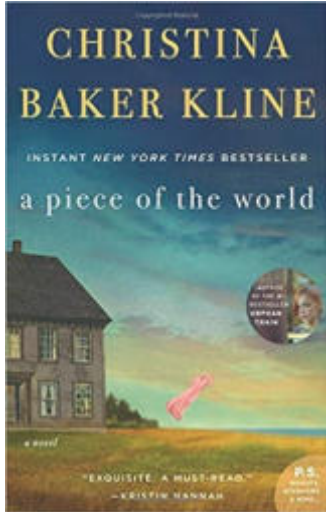
Most American Seniors are now online. As of 2018, nearly 66% of Americans over 65 were Internet users, according to a Pew Research Center survey. That number is getting bigger all the time, and for good reason. The Internet is a great way to read the latest news, stay in touch with family, get medical information and manage appointments, renew prescriptions, and access medical records. It's how many of us shop and bank without leaving our homes. For an increasing number of older adults, it's a way to stay in the workforce and even launch a new career or business.

**Learn how to keep yourself safe online!** Join Robin Putnam, Events & Outreach Manager from the Office of Consumer Affairs and Business Regulation, for a presentation on online safety. Learn about the Office and what they do. Robin will also cover how to be safe online whether it be on your smart device, social media or online banking, phishing emails, and general protection from scams and identity theft. Join us online via Zoom OR call in to the group via telephone.

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

# NEW-COA BOOK CLUB

Join us for our newly formed live online \*Zoom book club,  
led by Liz Walker



January 13, 2021 at 11am  
**“A Piece of the World”**  
by Christina Baker Kline

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.*

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

Join the Chatham COA Live on Zoom with Special Guest Speaker Ron Eaton

**Thursday, January 7th 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..*

## 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*

**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.*



### ***"The Book Woman of Troublesome Creek" (2019)***

By Kim Michele Richardson



## **BOOK CLUB**

**February 10, 2021 at 11am (via Zoom or call in)**

**Contact us at the Chatham COA at  
508-945-5190 to register.**

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

## **Life After Loss Virtual Support Group**

This is a six-week program, open to all who are grieving the death of a loved one. We will explore the many faces of grief and share coping strategies in a compassionate circle of understanding to promote healing in our own unique way and time.



**When:** Tuesdays: 1/19, 1/26, 2/2, 2/9, 2/16, 2/23  
**Where:** Online via Zoom invitation  
**Time:** 10:00am-11:30am

This group is a free offering. Space is limited. Pre-registration is required by 1/15/21.  
For more information or to register, please contact Nancy Sorbo at 508-945-4601 or email [nancysorbo@broadreachhealth.org](mailto:nancysorbo@broadreachhealth.org).



## TOWN OF CHATHAM

### LOCAL EMERGENCY PLANNING AND PREPAREDNESS

#### KNOW YOUR RESOURCES

- Chatham Emergency Management Information: [www.chatham-ma.gov](http://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



#### **! TOWN ALERT SYSTEM !**

Sign up for the Town’s SWIFT 911 Emergency Notification System if you haven’t already! Residents can receive notification by phone, email, text or pager. Emergency messages can reach TTY (teletypewriter) phones used by the hearing impaired. All the calls you receive will indicate at “Town of Chatham” Caller ID. To register, visit <https://www.chatham-ma.gov/emergency-management> or contact **the Chatham Fire Department at 508-945-2324**.

#### BASIC SUPPLIES TO HAVE ON-HAND AT HOME

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

#### 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](http://www.chathamcoa.com) and select “Forms”.





## COASTAL CONNECTIONS

Cape COAST (Councils On Aging Serving Together) has been collaborating to strengthen our partnerships and leverage our collective resources to offer older adults on Cape Cod enhanced options for virtual programming. Join us as we connect visually through Zoom, widen our circles and take advantage of greater opportunities for engagement, enrichment and education. **Registration for these programs will begin on 12/30/20.**

### INSECT EVOLUTION ~ Wednesday, January 13, 2021 at 1:30 pm (via Zoom)

We welcome back Larry Dapsis, Cape Cod Cooperative Extension entomologist, for this fascinating presentation with plenty of time for Q&A. Insects are the most numerous and diverse group of animals on the planet representing over 25% of all forms of life. A series of examples will be highlighted to show structural adaptations for protection, including changes triggered by human-made conditions like pollution, as well as evolutionary adaptations to enhance protection from natural enemies. **To register call the Provincetown COA at 508-487-7080.**

### CBD IS HERE TO STAY...WHAT YOU NEED TO KNOW ~ Tuesday, January 19, 2021 at 1pm (via Zoom)

CBD is here to stay and it's a supplement you might want to learn more about. Let's talk about the benefits, how to safely choose a brand and what CBD can do for you! We will address uses with pain, anxiety, sleep and more. Presented by Kay Cooney RN, GCNS, APRN. **To register call the Orleans Senior Center at 508-255-6333.**

### LEGENDS, LORE & HISTORY OF WENTWORTH BY THE SEA ~ Tuesday, January 19, 2021 at 1:00 pm (via Zoom)

Join author and historian Roxie Zwicker for a presentation on one of New Hampshire's most legendary properties, the Wentworth by the Sea. Step back in time and take a virtual tour of the property, learn about the robber baron Frank Jones, and how he created a Victorian hotel in all its opulent glory. Hear stories about the legendary guests, parties and goings-on from over 100 years of history. Review the years when the hotel's future was in peril and how it was resurrected with spirits from the past. Roxie has interviewed members of the Wentworth staff, former guests and the locals for an assemblage of tales you won't soon forget. **To register call the Sandwich COA at 508-888-4737.**

### USSR – Russia Myths, Mysteries and Spying ~ Wednesday, January 20, 2021 at 1pm (via Zoom)

A one-hour plus presentation based on local author Henry Quinlan's 30 years' involvement with the former Soviet Union and Russia including living in Moscow for five years during the demise of the USSR and the rise of the new Russia. This presentation will entertain and educate you! It starts in 1986 with the Chernobyl incident disaster and carries through to 2018. Additional topics to be covered include – The collapse of the Soviet Union, the emerging of the new Russia, the Summit of 1991, publishing of the book "Make Way for Ducklings" in Russian, erecting the Make Way for Ducklings statues in Moscow, the Russian Mafia, tanks in the street, the FBI and spying, the remarkable story of Father Ciszek, SJ, the Vatican spy who spent 20 years in prison in Siberia, and secrets of the Soviet Space agency revealed to Wally Schirra and Henry. He will present his remarkable videos and photos of the Hermitage, Kremlin Museum and the Pushkin Museum and discuss Putin and the new Russia. **To register call the Sandwich COA at 508-888-4737.**

### STROKE PREVENTION EDUCATION ~ Friday, January 29, 2021 at 11am (via Zoom)

Join us for a stroke prevention educational program and learn about...what a stroke is, recognizing symptoms, and increasing awareness of risk factors and treatment options. **To register call the Falmouth Senior Center at 508-540-0196.**

## **SHINE NEWS... Can I change my Medicare Plan after Open Enrollment?**



**Even though Medicare's Annual Open Enrollment ended on 12/7/2020 (that's the period in which you can change your Medicare Part D Drug Plan or Medicare Advantage Plan –Part C) you may still have some options:**

**For those with Medicare Parts A and B (Original Medicare):** You can add a Medicare Supplement (Medigap Plan) at any time of the year in Massachusetts. If you already have a Massachusetts Medigap Plan, you can upgrade, downgrade or end your coverage at any time during the year. If you missed your initial period to sign up for Medicare Part A (hospital) and/or Medicare Part B (medical) now is the time. Then general open enrollment period for Medicare A and B is January 1–March 31 with an effective date of July 1<sup>st</sup>. Please call or visit your local Social Security office.

**For those with a Medicare Advantage Plan (HMO or PPO):** Between January 1<sup>st</sup> and March 31<sup>st</sup>, you can drop your Medicare Advantage Plan, effectively switching back to Original Medicare. You will be able to join a Medicare Prescription Drug Plan (Part D) at this time and you may also add a Medicare Supplement (Medigap Plan). You may also switch your Medicare Advantage plan from one to another during this time frame.

**For Prescription Advantage members or if you are getting “Extra Help” paying for prescription drugs:** You can change your prescription plan during the year outside of the Annual Open Enrollment.

**Five Star Special Enrollment Period (SEP):** You can join a 5 star Medicare Advantage plan once during the year outside of the annual open enrollment period. The following have 5 star ratings from Medicare: all Tufts Medicare Advantage HMO plans.

**Other Special Enrollment Periods:** You might qualify for an exception that allows you to enroll in a Part C Medicare Advantage Plan or a Part D Prescription Drug Plan during the year. Examples may include moving in or out of your plan's service area, ending employer insurance, becoming eligible for or losing MassHealth coverage.

**How can SHINE help you?** State certified SHINE counselors are trained regarding the enrollment rules that may apply to your personal situation and your personal coverage choices. SHINE counselors are happy to talk with you at any time of the year and they can analyze your needs and compare available plans to find you the most comprehensive coverage at the best price for you. Please call the COA to make an appointment with a SHINE counselor.

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

Sincerely,  
Tracey Benson  
SHINE Program Manager



## 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 Market the day prior to delivery at [chathamvillagemkt@yahoo.com](mailto: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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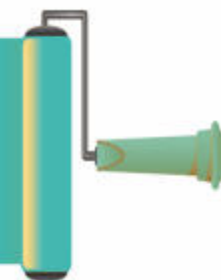




# JANUARY 2021

Mon	Tue	Wed	Thu	Fri
<b>SAVE THE DATE!</b> <i>February Book Club (2/10/21 at 11am)</i> <i>"The Book Woman of Troublesome Creek" (2019)</i> <i>See page 3 for more details.</i>				<b>1.</b>  <b>Town Offices Closed</b>
<b>4.</b> <b>SHINE</b> <b>10:30</b> Zumba Gold  <b>Grocery &amp; Rx Delivery Day</b>	<b>5.</b> <b>10am</b> FCCOA Board	<b>6.</b> <b>SHINE</b> <b>10:30</b> Zumba Gold	<b>7.</b> <b>10:30am</b> Advanced Planning  <b>Grocery &amp; Rx Delivery Day</b>	<b>8.</b> <b>10:30</b> Zumba Gold
<b>11.</b> <b>SHINE</b> <b>10:30</b> Zumba Gold <b>1pm</b> Master Gardener  <b>Grocery &amp; Rx Delivery Day</b>	<b>12.</b>	<b>13.</b> <b>SHINE</b> <b>10:30</b> Zumba Gold <b>11am</b> NEW COA Book Club <b>1:30</b> Insect Evolution	<b>14.</b>   <b>Grocery &amp; Rx Delivery Day</b>	<b>15.</b> <b>10:30</b> Zumba Gold
<b>18.</b> <b>MLK JR. DAY</b>   <b>Town Offices Closed</b>	<b>19.</b> <b>1pm</b> CBD Is Here To Stay...What You Need To Know <b>1pm</b> Legends, Lore & History of Wentworth by the Sea	<b>20.</b> <b>SHINE</b> <b>10:30</b> Zumba Gold <b>12pm</b> Healthy Meals in Motion <b>1pm</b> Russia Myths, Mysteries & Spying  <i>Presidential Inauguration Day</i>	<b>21.</b>   <b>Grocery &amp; Rx Delivery Day</b>	<b>22.</b>
<b>25.</b> <b>SHINE</b> <b>10:30</b> Zumba Gold  <b>Grocery &amp; Rx Delivery Day</b>	<b>26.</b> <b>10:30am</b> Online Safety	<b>27.</b> <b>SHINE</b> <b>10:30</b> Zumba Gold Attorney Lavender	<b>28.</b>   <b>Grocery &amp; Rx Delivery Day</b>	<b>29.</b> <b>11am</b> Stroke Prevention Education

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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](mailto: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/>

**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](mailto: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**

Meets via conference call, 3rd Tuesday monthly, 10:30am. Call 508-394-3904 or email

[info@sightloss.org](mailto: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/>



## CHATHAM HOUSING NEWS

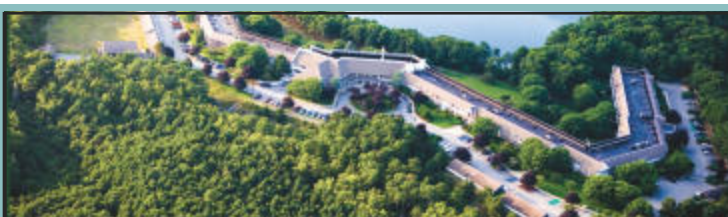
The members of the Boards of the *Chatham Housing Authority* and the *Chatham Community Housing Partnership* are joining to give you the most recent news regarding affordable and attainable housing in the Town of Chatham. Things have been very busy lately beginning with the approval of \$150,000 in funding for the Housing Authority's ongoing Rental Assistance Program. We will be processing applications as soon as the funds are released. If you would like to receive an application, please feel free to contact the Housing Authority at (508) 945-0478 or by e-mail at [info@chathamha.org](mailto:info@chathamha.org). The Housing Authority is also thrilled to announce that yet another family from our MCI Program has been able to buy their first home bringing our total of new homeowners to 12 over the life of our program thus far.

On the Housing Partnership front we are continuing to investigate potential properties for eventual building projects. These include the properties on Middle Road as well as some privately owned parcels. We are proceeding in our determination to obtain more affordable options in the area of housing for the elderly and families of Chatham. We are looking also forward to more people taking advantage of the new ADU By-Law. If anyone wants information regarding an ADU (Accessory Dwelling Unit), please reach out to Community Development at (508) 945-5168. The Town has also earmarked \$150,000 of Emergency Rental Assistance for people impacted by COVID-19. There is also the on-going Corona Virus Impact Fund in town which will give assistance for other expenses as well. Pelinda Deegan, our Housing Coordinator is the best contact for answers and guidance. Her phone number is (508)240-7873 x15 and her e-mail is [pelinda@capecdp.org](mailto:pelinda@capecdp.org). Please be sure to stay tuned for Housing news in town and try to (virtually) attend any meetings where housing is on the agenda. Your voice matters!

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(Apr. 1–Sep. 30: Mon.–Fri., 8 a.m.–8 p.m.)



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Director of Admissions/Marketing  
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## COA LIBRARY CORNER



On days when the New Year's fierce winds and frigid temperatures keep you indoors, you might consider British author Alfred Wainwright's attitude about winter. "There's no such thing as bad weather, only unsuitable clothing," Wainwright wrote. Still, when dressing in layers to walk outside into a headwind is not very appealing you could just stay home and read one of this month's selections where snow, though a prominent player, remains tucked between the pages.

### ***Disappearing Earth* by Julia Phillips (2019)**

This debut novel is described as "an exquisitely crafted, stunning story, set in a strange, yet beautiful, place defined by glaciers, volcanoes and endless cold." The abduction of two young sisters near the shore of eastern Russia's Kamchatka Peninsula is recounted, chapter-by-chapter, by different local women during the year that follows.

### ***Winter Garden* by Kristin Hannah (2011)**

Set in Russia, the novel tells the story of two sisters' complicated relationship with their cold and distant mother, Anya. When the sisters return home to see their ailing father, he shares startling secrets about their mother's past, which help them understand her icy disaffection.

### ***Into the Wild* by Jon Krakauer (2009)**

The award-winning writer examines an gripping true-life mystery about Chris McCandless, an intelligent, idealistic, but woefully ill-prepared, young man who challenged the Alaskan wilderness with devastating consequences.

### ***Snow Falling on Cedars* by David Guterson (1994)**

This award-winning novel is set in 1954 on a fictional island in the Puget Sound. A Japanese-American is accused of killing a fisherman in the small island community. His trial, held during an unrelenting snowstorm, reveals the depth of post-World War II anti-Japanese prejudice. A conflicted local journalist covers the trial.

### ***Smilla's Sense of Snow* by Peter Hoeg (1993)**

Beautifully written, the mystery unfolds against the backdrop of Copenhagen snow. When a neighbor boy, a Greenlander like Smilla, falls to his death from the roof of their apartment building, the police immediately pronounce the child's death an accident, but Smilla thinks otherwise.

*Liz Walker-Library Volunteer*



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# FACT vs FICTION



What you should know about a negative COVID-19 test result



## FICTION:

If I get a negative result, I can see friends and family again and not worry about spreading the virus



## FACT:

A person can be asymptomatic and test negative and still have the virus; unknowingly passing it on to others



## FICTION:

If I am exposed to someone with COVID-19 today I will test positive for the virus tomorrow



## FACT:

It can take 3-5 days after exposure before a test result will show up as positive

Regardless of your COVID-19 test result, you must quarantine for length of time advised by your public health authority

For more information visit [mass.gov/wait4results](https://mass.gov/wait4results)



FOR THE LATEST  
COVID-19  
INFORMATION VISIT:

*[chatham-ma.gov](https://chatham-ma.gov)*

*click on  
"Covid-19  
(Coronavirus)  
Information"*

COVID-19 Executive Order #55

Face Coverings in Public Places

(Effective November 6, 2020)



Violation of this order may result in a civil fine of up to \$300 per violation.



All persons over age 5 must wear a mask when in a public location, whether indoors or outdoors. Masks or face coverings are encouraged but not required for children between the ages of 2 and 5.

The order in its entirety (including exemptions and definitions) can be accessed at: <https://www.mass.gov/doc/covid-19-order-55/download>



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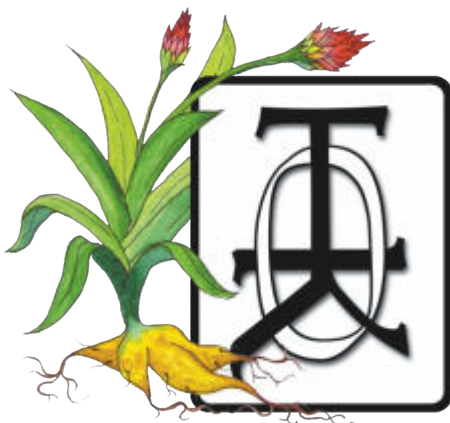
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## **“Resolutions for a Better 2021”**

I think it is fair to say that most of us will be thrilled to say goodbye to 2020 and usher in a new year. The tradition of resolution making is sure to continue, and after a year like this one I think we should all choose our resolutions wisely. First off, 40% percent of all resolutions people make are about trying to live a healthier lifestyle. That should tell you something, because it is pretty clear many of us don't always make the smartest choices. However, only 8% of the people say they maintain their resolutions after January. Conversely, a pandemic sort of strips things away and lays bare how precious our health is, both physical and mental.

So let's hope that in the year 2021 we can all find some balance and make choices good for our minds body and spirits. When making a resolutions always set up a manageable concrete goal, like giving up sugar. It is one thing, can be done fairly easily and has a tremendous positive effect on your overall health. Another is giving up red meat which is actually quite difficult and uses lots of metabolic energy to digest, making it not an ideal choice for seniors. If you want to focus more on what to add than what to take away set a goal to eat 6 servings of vegetables everyday, with all those fiber rich veggies you won't have much room left for those unhealthy choices. Whatever you decide, just try and be realistic about your goal because you will do a much better job of achieving it if that is the case.

The next 2 recipes are recent ones I have been working on and no matter what your resolutions turn out to be when it comes to how you feed yourself, I have no doubt that these 2 recipes will fit the bill. Since I know that we all need a bit of something sweet to make us happy I am sharing a decadent but healthy plant based treat along with a soup that I have no doubt will become a new community favorite.

I have had a lot of requests recently for soups that do not contain onions or garlic, not sure why this is becoming so popular. Some are recovering from or under going chemotherapy and that is affecting how their stomach responds to allium, or they are on the FODMAP diet which is popular these days with physicians trying to get their patients to tackle some gastrointestinal issues with food instead of medications, a good thing. Whatever the case, this is a healing soup with loads of anti-inflammatory compounds, full of fiber and loaded with beta carotene rich veggies. Be sure to make up a batch and freeze some, so you always have this magical soup on hand.

(Continued on page 15)

## GOLDEN BISQUE

- 2-4 inch long pieces of fresh turmeric, peeled and chopped
- 1 2-inch piece of fresh ginger peeled and chopped
- ¼ cup maple syrup
- 1tbs olive oil
- 1 can full fat coconut milk
- 1 lb carrots, peeled and roughly chopped
- 1 lb sweet potatoes, peeled and chopped
- 1 lb butternut squash, peeled and chopped
- 1 quart vegetable stock

1. Place a bit of oil in your soup pot and add ginger, turmeric and maple syrup
2. Simmer for a few minutes until syrup begins to bubble and then add coconut milk
3. Let simmer for an additional 3-5 minutes before adding the chopped vegetable
4. Cover with stock and cook over a medium flame for 30 to 40 mins, if necessary add a bit more water
5. Once carrots are soft, they are the hardest of the vegetables, use an immersion blender to blend smooth and serve
6. Be sure to fill some pint size containers with soup for the freezer to make sure you always have some on hand

## AVOCADO CHOCOLATE MOUSSE

- 2 Avocados, be sure they are not too ripe, those black spots make the flesh bitter
- ¼ cup good quality cocoa powder
- 4 ounces of melted dark chocolate, more than 55% Cacao
- ¼ cup pure maple syrup ( you could also use blue agave or honey)
- 3 tablespoons Almond or Oat milk
- 1 tsp pure vanilla extract
- ¼ tsp sea salt

1. Put all the ingredients in a food processor and blend until smooth and creamy
2. If mixture seems too stiff too be smooth add a tsp more Almond milk until you get a creamy, smooth consistency
3. Pour mixture into small ramekins and put in the freezer for at least an hour before serving for a mousse like texture

**As promised, a healthy treat which has loads of dark chocolate and other healthy fats.**

**The best part is it takes less than 5 minutes to make!**

**So let's make 2021 an awesome year where we make healthy choices and take care of ourselves!**

## 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.***

## COA DISCLAIMER

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*

## The Chatham COA Would Like to Acknowledge and Thank...

- ◆ Alzheimer's Family Support Center of Cape Cod
- ◆ Broad Reach Health Care
- ◆ Cape and Islands Shredding
- ◆ Chatham Candy Manor
- ◆ Chatham Village Market
- ◆ Friends of Chatham Council on Aging
- ◆ Nickerson Funeral Homes
- ◆ The MA Office Of Consumer Affairs
- ◆ The Old Harbor Inn
- ◆ The Optimal Kitchen
- ◆ Potted Plants for Seniors
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193 Stony Hill Road, Chatham MA 02633  
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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...SO LONG 2020-WELCOME 2021!***

Dear Community Member,

By the time you read this, we will have turned the calendar page to the new year...an action that will, perhaps, have increased emotional significance for us all. Closing the book on 2020 (frustration? relief?) Opening a new chapter for 2021 (uncertainty? hope?)

**My New Year's message to you is, whatever you are feeling, it's okay. Really.**

Whether you live alone or with others, whether you are a caregiver for children or a loved one (or both), whether young or older, we are all striving for "normal". These are not normal times, and I invite you to consider new strategies for taking care of yourself. Acknowledge uncomfortable feelings with kindness and curiosity, for yourself and others. At the same time, stay connected. Research has shown that social connections not only impact your mental health, but your physical health as well.

Safe, social connections look different right now. The COA has shifted operations to provide live, virtual programming for you. Seeing other's faces on a screen or hearing their voices over the phone may not be your ideal, but it is connection in real time with real people! As they say, "try it, you might like it"! Intimidated by technology? Need help? Most of our programs include a call-in option that requires only dialing a phone number. Ready to try Zoom? Please call us, we have volunteers ready to assist.

**My New Year's wish for you is that 2021 fulfills your hopes and needs.**

**Visit us at [www.chathamcoa.com](http://www.chathamcoa.com) or call us at 508-945-5190.**

**We are here for you!**