



# 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**

**MARCH 2021**

**Vol. 52 No. 3**

## "A Celebration of Song"

**Tuesday, March 16 at 1pm via Zoom**

Musician John Root sings a cappella or accompanying himself on the piano, and plays the flute, clarinet, and saxophone. His diverse repertoire features the best-loved songs of the first five decades of the twentieth century. Everyone is invited to sing along, and requests for favorite selections are welcome. In honor of St. Patrick's Day, John will be pulling some Irish sing-along songs out of his repertoire!



**Call the Chatham COA to register at (508) 945-5190.**

**\*If you need assistance using Zoom, please let us know, we have volunteers ready to help.**

*This program is supported in part by a grant from the Chatham Cultural Council, a local agency that is supported by the Massachusetts Cultural Council, a state agency.*

## VET CENTER-VA CAREGIVER PROGRAM

**Wednesday March 24, 2021 at 1pm via Zoom**

Would you like to learn more about VA services and the VA Caregiver Program?  
What are the eligibility requirements? Who can assist you? How does the process work?  
What documentation do you need to apply for these various programs?

**Call the Chatham COA to register at (508) 945-5190.**

**\*If you need assistance using Zoom, please let us know, we have volunteers ready to help.**



This presentation is facilitated by:

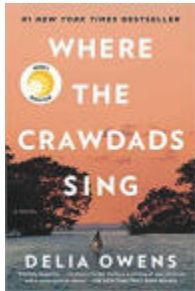
*Dr. Jocelyn Howard -Director of the Cape Cod Vet Center*

*Adam Doerfler – Outreach Specialist Cape Cod Vet Center*

*Kathy Langford – Providence VA Caregiver Program Manager*

# NEW-COA BOOK CLUB

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



## **“Where the Crawdads Sing” (2018)**

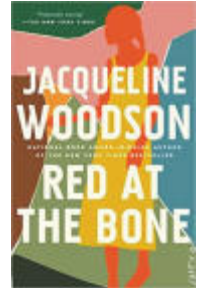
by Delia Owens

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

## **“Red at the Bone” (2019)**

by Jacqueline Woodson

**April 7, 2021 at 11am (via Zoom or call in)**



**Contact 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.***

## **“THE SAVVY CAREGIVER” EDUCATIONAL PROGRAM**

Caring for a person living with Alzheimer's or related dementia is specialized work. To do this successfully, caregivers need special skills, knowledge, good self-care, and a positive attitude. This free, six-session course provides active family caregivers with the skills and knowledge they need to provide the highest level of care for loved ones, as well as for themselves.

### **The Savvy Caregiver program covers:**

- *The pathology of dementia diseases*
- *Strategies for caregiver self-care*
- *Dementia stages*
- *Developing contented involvement for someone with dementia*
- *How to recognize options to optimize decision making*
- *Making the most of family resources*

### **Upcoming Sessions:**

Wednesdays	10am-12pm	Starting 4/7 – 5/12/21
Wednesdays	5pm-7pm	Starting 4/7 – 5/12/21
Thursdays	1pm-3pm	Starting 4/8 – 5/13/21
Wednesdays	10am-12pm	Starting 5/19 – 6/23/21
Wednesdays	5pm-7pm	Starting 5/19 – 6/23/21
Thursdays	1pm-3pm	Starting 5/20 – 6/24/21

### **FOR MORE INFORMATION OR TO REGISTER:**

Email: [info@capecodalz.org](mailto:info@capecodalz.org) or

Call: 508-896-5170

(Please include your full name, physical & mailing addresses,  
phone number, and relationship to the person with the disease.)





## **COA LIBRARY CORNER**



*By Liz Walker, Volunteer Librarian*

The worship of the word is an Irish touchstone. Irish writers Oscar Wilde, James Joyce, Samuel Becket and Iris Murdoch set the bar high. Contemporary Irish authors, including Edna O'Brien, John Banville, Mauve Binchey, John McGahern, Colm Tóibín and Eimer McBride, have made compelling contributions to the Emerald Isle's unwieldy collection of literary treasures. Here are selections to consider as the chilling March winds whistle by us:

***The Pull of the Stars* by Emma Donoghue (2020)** The novel unfolds over three days within an understaffed Dublin hospital's maternity ward at the height of the 1918 Great Flu pandemic and the ravages of World War I. Amid risk, death and unlooked-for love, Julia, the overworked nurse midwife, offers care and compassion to quarantined expectant mothers who have the life-threatening flu.

***Say Nothing* by Patrick Radden Keefe (2019)** This "true story of murder and memory" unfolds amid "The Troubles" in Northern Ireland. Keefe's meticulous research to determine who abducted and killed Jean McConville, a mother of 10 – and why, took him to the Boston College archive of sensitive IRA oral histories.

***The Heart's Invisible Furies* by John Boyne (2017)** This sprawling novel unfolds across seven decades of Irish history. "At the mercy of fortune and coincidence," Cyril, who was born out of wedlock to a teenage mother, spends a lifetime struggling to discover an identity, a home, a country and much more. (Recommended by former COA Volunteer Librarian Claire Balfour.)

***The Spinning Heart* by Donal Ryan (2014)** This slim debut novel is told by 21 engaging narrators. They chronicle the devastating aftermath of Ireland's 2008 economic collapse through the lens of the residents of a tightknit, working-class town, when the failure of a crooked construction company changes lives and causes emotional crises for all, especially hardworking Bobby.

***The Gathering* by Anne Enright (2007)** This landmark novel won the 2007 Man Booker Prize. Veronica tries to make sense of her brother's tragic end when he commits suicide. She is forced to confront troubling truths about her family as she reexamines their shared childhood.

## **TENANT RIGHTS AND EVICTION PROCESS**

**March 18, 2021 at 10am via Zoom**

South Coastal Counties Legal Services (SCCLS) and the Justice Center of Southeast Massachusetts LLC (JCSEM) are hosting a presentation for older adults on tenant rights, the current state of the eviction process during the pandemic.

Join us to learn about the Senior Law Project and how to access services.

Call the Chatham COA to register at (508) 945-5190

\*If technical assistance is needed to utilize Zoom, please notify us; we have volunteers ready to help.





## **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. Below is a list of **FREE** virtual programs open to you in March 2021! Registration for these programs will begin immediately.

**"SONGBIRDS OF THE NORTHEAST" WITH JOHN ROOT - Wednesday March 3, 2021, at 1pm (via Zoom)**

This is an hour long presentation that includes recordings and images of our region's songbirds. Supported by a MA Cultural Council grant. **To register call the Bourne COA at 508-759-0600 ext. 5300.**

**"BURIALS AT SEA" - Wednesday, March 3, 2021, at 6:30pm (via Zoom)**

Thinking of burial at sea? This may be a more viable option than you think! Join Capt. Brad White and Funeral Director, sea burial certified Christopher P. Goulet, Sr. **To register, call Susan at the Barnstable COA at 508-862-4761 or email: [susan.griffin@town.barnstable.ma.us](mailto:susan.griffin@town.barnstable.ma.us)**

**"COOKING WITH ALLY" - Tuesday, March 9, 2021 at 11am (via Zoom)**

Learn how to make easy crock pot turkey chili. **To register call the Dennis Senior Center at 508-385-5067.**

**FALMOUTH COA BOOK CLUB "The Vanishing Half" by Brit Bennett - Tuesday, 3/9/21 at 1:30pm (via Zoom)**

Led by Susan Weliky, the live book club will connect readers to have some great discussions.

**To register call the Falmouth COA at 508-540-0196.**

**"WILL THE TRAVEL INDUSTRY RECOVER FROM COVID-19?" - Thursday, March 11, 2021, at 1pm (via Zoom)**

Presented by Marie C. Clougher, Esq., Executive Director, Consumer Assistance Council. Get ready for "vaxageddon" and other travel warnings. **To register call the Yarmouth Senior Center at (508) 394-7606 ext. 1333.**

**"BUILDING OUR CONNECTIONS WITH PLANTS" - Monday, March 15, 2021, at 1pm (via Zoom)**

This class is designed to celebrate and support many ways we can learn and grow from connecting with plants. Herbalist and Mental Health Counselor, Alyssa Doolittle, MS, shares her ideas in hopes to spark your curiosity and creativity towards building or deepening your own connection with plants.

**To register call the Truro COA at 508-487-2462 or email [cmicks@truro-ma.gov](mailto:cmicks@truro-ma.gov)**

**"VOYAGE OF THE PILGRIMS" WITH RICHARD NICHOLS - Tuesday, March 16, 2021, at 10am (via Zoom)**

Join us for an engaging discussion on the Pilgrim's Journey to America.

**To register call the Bourne COA at 508-759-0600 ext. 5300.**

**"CELEBRATE ST. PATRICK'S DAY" - Wednesday, March 17, 2021 at 1pm (via Zoom)**

Dave Hickey and Sean Brennan will be singing all your favorite Irish songs to celebrate St Patrick's Day in style. This program is sponsored by Friends of Yarmouth Council on Aging.

**To register call the Yarmouth Senior Center at (508) 394-7606 ext. 1333.**

**"DIVERSITY, EQUITY & PROTECTION OF COMMUNITY" - Thursday, March 18, 2021, at 1pm (via Zoom)**

This is, "An Oh-So Ordinary Tale with an Extraordinary Ending". Come meet Robert Barrows, who will speak about his personal experiences with the criminal justice system as a young person and the lessons learned as he eventually moved into law enforcement. Chief Barrows is a former member of the Special State Police and a former member of the Massachusetts National Guard. For the past eleven years, he has served as the Chief of Police for Bunker Hill Community College. He recently completed YW Boston, a leadership program focused on eliminating racism, empowering women, and promoting social equity. He brings with him a rich history of community service and dedication to the rehabilitation of those who have been incarcerated.

**To register call the Orleans Senior Center at 508-255-6333.**



**“COGNITIVE HEALTH” - Monday, March 22, 2021, at 11am (via Zoom)**

Dr. Molly Perdue, Co-founder and Executive Director of Alzheimer’s Family Support Center of Cape Cod, will discuss the impact of loneliness and isolation on cognitive health, especially during the pandemic.

***To register call the Provincetown Senior Center at 508-487-7080.***

**“BIRDS, BEES, BUTTERFLIES & POLLINATORS” - Tuesday, March 23, 2021, at 1pm (via Zoom)**

Fran Raleigh will explain why we should care about these creatures that share our ecosystem, what threats they face, and how we can support them in our own yards and neighborhoods with beautiful plants.

***To register call the Orleans Senior Center at 508-255-6333.***

**“MARITIME GHOSTS AND SEAFARING SPIRITS” - Wednesday, March 24, 2021 at 1pm (via Zoom)**

Some of the most dramatic legends and ghosts come from New England’s seafaring history and maritime past. This presentation takes guests on a voyage all along the scenic New England Coast. Tales of incredible shipwrecks and pirates from Colonial days, dramatic accounts of haunted lighthouses, fierce storms, lonely ghost ships and mysterious forgotten islands are told on this virtual tour. Set sail with this presentation for a ghostly adventure! Presented by Roxie Zwicker and New England Curiosities.

***To register call the Sandwich COA at (508) 888-4737.***

**“TICK TALK” - Wednesday, March 24, 2021, at 1:30pm (via Zoom)**

Lyme Disease is the most prevalent infectious disease in Massachusetts and is now considered a public health crisis. Larry Dapsis, entomologist, Cape Cod Cooperative Extension, will teach you how to protect yourself, your loved ones and your pets. ***To register call the Provincetown Senior Center at 508-487-7080.***

**“AWARENESS INSPIRES CONSERVATION” - Wednesday, March 24, 2021, 2pm (via Zoom)**

Join Kristen Kibblehouse to learn about the work of the Atlantic White Shark Conservancy. She’ll talk about the public perception of sharks, the role sharks play in our marine ecosystem, and the ongoing research and conservation efforts taking place right here on Cape Cod.

***To register call the Harwich COA at (508)430-7550.***

**“LEARN THE SIGNS AND SYMPTOMS OF SEPSIS” - Tuesday, March 30, 2021, at 10am (via Zoom)**

Since losing his wife to sepsis several years ago, Gerry Bedard of the Sepsis Awareness Alliance has dedicated his time to educating folks on this subject. Sepsis is the body’s overwhelming response to infection, which can lead to tissue damage, organ failure, amputation, and death.

***To register call the Dennis Senior Center at 508-385-5067.***

**“BASICS OF ESTATE PLANNING” W/ ATTY MICHAEL L. LAVENDER - Tuesday, 3/30/21, 10am (via Zoom)**

This presentation covers the basics of estate planning, powers of attorney, healthcare proxy, wills and trusts, probate of estates, estate taxation, asset protection, and nursing home concerns. Conversation will include what the COVID-19 crisis has taught us about timely estate planning.

***To register call the Yarmouth Senior Center at (508) 394-7606 ext. 1333.***

**“EXOTIC TURNEFFE ATOLL, BELIZE” - Wednesday, March 31, 2021 at 10:30am (via Zoom)**

Beyond the second largest barrier reef in the world lies Turneffe Atoll. Away from the cruise ships, soar magnificent frigate birds and red-footed boobies. Winter migrants, including warblers and hummingbirds, can be seen on these remote islands. Locals, such the golden-fronted woodpecker and spiny iguana, can be seen competing for space on the same tree! From above the water, dolphins can be seen frolicking in the waves while manatees slowly cruise along feeding on sea grasses. Under the crystal-clear waters are beautiful scenes of colorful reef fish and corals with the occasional turtle or spotted eagle ray. Join us for images of this beautiful place as naturalist Joy Marzolf, leads our virtual tour and takes live questions.

***To register call the Sandwich Council on Aging at (508) 888-4737.***



## **SHINE NEWS**

### **Medicare COVID-19 Vaccination Reminder**

Original Medicare Part B covers the COVID-19 vaccine, regardless of whether you have Original Medicare or a Medicare Advantage Plan. You will owe no cost-sharing (deductibles, copayments, or coinsurance). Insurance information may be asked for by those administering the vaccine in order to bill-back to insurance. However, you will not be charged. If you do not have insurance, you are still eligible to receive the vaccine free of charge. If someone says they can get you a vaccine quicker and all they need is your credit card or Medicare number, it is a SCAM. Hang up and report the call to your local police department.

### **Medicare Advantage Plans**

There have been many questions surrounding Medicare Advantage Plans and the additional benefits that have been advertised on television. Benefits such as transportation, meal delivery, equipment to improve indoor air quality (such as air conditioners, dehumidifiers), home modifications, and social needs benefits (such as park passes) are not ones that we are seeing being offered with our current available Medicare Advantage plans. Each plan available to us in Barnstable County is certainly different and vary in what they offer, but we cannot expect what we might hear on a national advertisement to hold true locally. It is always best to check with the plan directly for specific details on the benefits they are currently offering.

For beneficiaries who are eligible for both Medicare and MassHealth, there are Senior Care Option plans available in Barnstable County. These plans may indeed incorporate those additional benefits mentioned above. SHINE can help you navigate the options and questions regarding Medicare Advantage plans. We want you to be a knowledgeable consumer when it comes to your health plan choices. Call the COA to make an appointment with a SHINE counselor at 508-945-5190.

### **Become a Volunteer SHINE Counselor!**

Do you have some spare time and like to help people? Do you like technical information and problem solving? If so, you may be the perfect SHINE volunteer.

SHINE volunteers offer free, confidential insurance counseling on Medicare options to beneficiaries and their families. Once you become a certified counselor, we are confident you will find SHINE a rewarding, as well as a challenging, volunteer experience.

Without volunteers, SHINE would not be able to help the many Medicare beneficiaries on Cape Cod and the Islands. Our group of more than 50 volunteers has monthly meetings where you can connect with your fellow SHINE counselors.

Currently, all SHINE counseling sessions are telephonic, and our monthly meetings are held virtually. Once it is safe to do so, we will resume in-person counseling sessions at the local COA locations, as well as in-person monthly meetings at a set location.

To volunteer, the interested person must participate in a 10-day training and pass a state certification test. To meet the needs of our communities you may be asked to serve in an area other than where you live.

**For more information contact SHINE Program Manager Tracey Benson at  
[tracey.benson@barnstablecounty.org](mailto:tracey.benson@barnstablecounty.org) or call 508-375-6762.**

## HEART HEALTH

Heart disease remains a leading cause of death in the US, it is very important to prioritize your heart health as early as possible. The American Heart Association recommends following a heart healthy diet, getting regular physical exercise and making lifestyle changes to protect your heart.

**Exercise regularly:** Aim for 150 minutes of moderate activity or 75 minutes of higher intensity physical activity weekly.

**Do not smoke:** If you smoke or use tobacco or nicotine containing products, you should quit. It is also important to avoid secondhand smoke whenever possible.

**Consume alcohol in moderation:** No more than one drink per day for a female and two drinks per day for a male. Speak with your doctor about your conditions and medications to ensure moderate alcohol consumption is acceptable.

**Take medications as prescribed:** All medications, especially those prescribed for your heart, should always be taken as directed by your physician.

**Follow a heart healthy diet:** Limit sodium, replace saturated fats with healthier fats and aim to eat as many nutritious foods as possible.

As you get acclimated to following a more heart healthy diet, it is helpful to keep a daily log of what you eat and drink. Reading labels and adding up the amount of calories, sodium and saturated fats can help you identify areas of your diet that could be improved upon. Adding more herbs and spices when cooking can help add flavor to your low salt meals. Visit <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart> for more information.

**Stephanie Lattanzio, RN-BSN**  
(Public Health and Wellness Town Nurse, Visiting Nurse Association of Cape Cod)



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# MARCH 2021

Mon	Tue	Wed	Thu	Fri
<b>1.</b> <b>SHINE</b> <b>10:30</b> Zumba Gold  <b>Grocery &amp; Rx</b> <b>Delivery Day</b>	<b>2.</b> <b>10am</b> FCCOA Board	<b>3.</b> <b>SHINE</b> <b>10:30</b> Zumba Gold <b>1:00</b> NE Songbirds <b>6:30</b> Sea Burials	<b>4.</b>   <b>Grocery &amp; Rx</b> <b>Delivery Day</b>	<b>5.</b> <b>10:30</b> Zumba Gold
<b>8.</b> <b>SHINE</b> <b>10:30</b> Zumba Gold  <b>Grocery &amp; Rx</b> <b>Delivery Day</b>	<b>9.</b> <b>11:00</b> Cook w/Ally <b>1:30</b> Falmouth Book Club	<b>10.</b> <b>SHINE</b> <b>10:30</b> Zumba Gold <b>11:00</b> Chatham Book Club	<b>11.</b> <b>1:00</b> Travel Industry Recovery?  <b>Grocery &amp; Rx</b> <b>Delivery Day</b>	<b>12.</b> <b>10:30</b> Zumba Gold
<b>15.</b> <b>1:00</b> Building Connections w/Plants  <b>Grocery &amp; Rx</b> <b>Delivery Day</b>	<b>16.</b> <b>10</b> Pilgrims' Voyage <b>1:00</b> Celebration of Song	<b>17.</b> <b>SHINE</b> <b>10:30</b> Zumba Gold <b>12:00</b> Healthy Meals in Motion <b>1:00</b> Celebrate St. Patrick's Day	<b>18.</b> <b>1:00</b> Diversity, Equity & Protect Community  <b>Grocery &amp; Rx</b> <b>Delivery Day</b>	<b>19.</b> <b>10:30</b> Zumba Gold
<b>22.</b> <b>SHINE</b> <b>10:30</b> Zumba Gold <b>11:00</b> Cognitive Health  <b>Grocery &amp; Rx</b> <b>Delivery Day</b>	<b>23.</b> <b>1:00</b> Pollinators: Bird, Bee, Butterfly	<b>24.</b> <b>SHINE</b> <b>10:30</b> Zumba Gold <b>1:00</b> Vet Center <b>1:00</b> Sea Spirits <b>1:30</b> Tick Talk <b>2:00</b> Sharks <b>Attorney Lavender</b>	<b>25.</b>   <b>Grocery &amp; Rx</b> <b>Delivery Day</b>	<b>26.</b> <b>10:30</b> Zumba Gold
<b>29.</b> <b>SHINE</b> <b>10:30</b> Zumba Gold  <b>Grocery &amp; Rx</b> <b>Delivery Day</b>	<b>30.</b> <b>10:00</b> Signs of Sepsis <b>10:00</b> Estate Planning	<b>31.</b> <b>SHINE</b> <b>10:30</b> Zumba Gold <b>10:30</b> Turneffe Atoll, Belize	<b><u>SAVE THE DATE</u></b> <b>"Earth Rhythms: Songs for the Environment"</b> with Roger Tincknell Tuesday, April 13, 2021 1:30pm (via Zoom) 	

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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 [www.chathamcoa.com/staying-active-while-flattening-the-curve/](http://www.chathamcoa.com/staying-active-while-flattening-the-curve/) or call 508-945-5190.

### **TRANSPORTATION FOR CHATHAM RESIDENTS**

The COA currently offers free grocery and pharmacy delivery for Chatham residents. Call 508-945-5190 for more information.

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 the COA 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

**ESCCI-Coping With COVID While Caregiving**

Call Sarah Franey 508-394-4630 x204

**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:** 508-896-5170 ([www.alzheimerscapecod.org](http://www.alzheimerscapecod.org)) offers 47 FREE virtual support groups for caregivers & people with memory loss. Call for more info and to register for the group that best meets your needs and schedule. Support provided for accessing these groups through Zoom.

**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)

**Grief Support-Life After Loss by Broad Reach Hospice**

contact Nancy Sorbo at 508-945-4601

**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.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/>



## **AARP FOUNDATION TAX PREPARATION**

Tuesdays, March 2nd through April 13th

**Call the Chatham COA 508-945-5190**

AARP Foundation Tax preparation is available FREE to taxpayers with low and moderate income, with special attention to people aged 60+. ensuring they receive applicable tax credits and deductions. AARP Foundation Tax Aide is offered in cooperation with the IRS.

Chatham seniors will be served at the AARP regional site at the Harwich Community Center. Appointments to drop off your intake packet and to pick up your completed tax return are now available.

*Please call the Chatham COA at 508-945-5190 to make your appointment and receive your Intake Packet.*

## **FREE Zumba Gold Live Online Classes**

*With instructor: Christina Arabadzhieva*

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



***Come Join Us Online!***

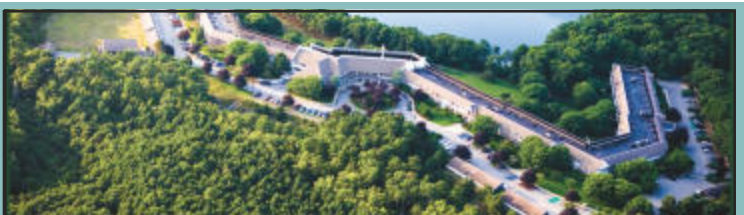
***Contact the Chatham COA at 508-945-5190***

***Class Generously Sponsored by the Friends of Chatham Council on Aging***

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### **Open Arms Home Health Care Services**

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



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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 March 2021. **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  
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New Bedford  
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Plymouth  
Revere  
South Yarmouth  
Springfield  
Watertown  
Worcester

Select the "Senior Transaction" option in the "Make/Cancel a Reservation" transaction at [www.Mass.Gov/RMV](http://www.Mass.Gov/RMV) to view availability and make a reservation at one of these locations.

Below are the options for an appointment:

- If you are a AAA member, you may make a reservation now to renew your driver's license/ID or registration at a AAA location. Visit [www.aaa.com/appointments](http://www.aaa.com/appointments) to schedule your visit.
- If you are not a AAA member, visit [Mass.Gov/RMV](http://Mass.Gov/RMV) to make a reservation to visit an RMV Service Center. Select the "Senior Transaction" option on the "Make/Cancel a Reservation" transaction.
- Email the RMV for assistance at: [MassDOTRMVSeniors@dot.state.ma](mailto:MassDOTRMVSeniors@dot.state.ma)
- Call the RMV at 857-368-8005.

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# Better Business Bureau Tip: Don't share your COVID-19 vaccine card on social media

By [Better Business Bureau](https://www.bbb.org). January 29, 2021.

[www.bbb.org](https://www.bbb.org)



Got your COVID-19 vaccine? Great job! But don't share a photo of your vaccination card on social media. The self-identifying information on it makes you vulnerable to identity theft and can help scammers create phony versions.

## What to watch out for

You got your COVID-19 inoculation, and you are excited to share the good news and encourage others to do the same. You take a selfie holding your vaccination card and post it to Facebook, Instagram, or another social media platform.

Unfortunately, your card has your full name and birthday on it, as well as information about where you got your vaccine. If your social media privacy settings aren't set high, you may be giving valuable information away for anyone to use.

Sharing your personal information isn't the only issue. Scammers in Great Britain were caught selling fake vaccination cards on eBay and TikTok. It's only a matter of time before similar cons come to the United States and Canada. Posting photos of your card can help provide scammers with information they can use to create and sell phony ones.

## Share safely on social media

**Share your vaccine sticker or use a profile frame instead.** If you want to post about your vaccine, there are safer ways to do it. You can share a photo of your vaccine sticker or set a frame around your profile picture.

**Review your security settings.** Check your security settings on all social media platforms to see what you are sharing and with whom. If you only want friends and family to see your posts, be sure that's how your privacy settings are configured.

**Be wary of answering popular social media prompts.** Sharing your vaccine photo is just the latest social trend. Think twice before participating in other viral personal posts, such as listing all the cars you've owned (including makes/model years), favorite songs, and top 10 TV shows. Some of these "favorite things" are commonly used passwords or security questions.



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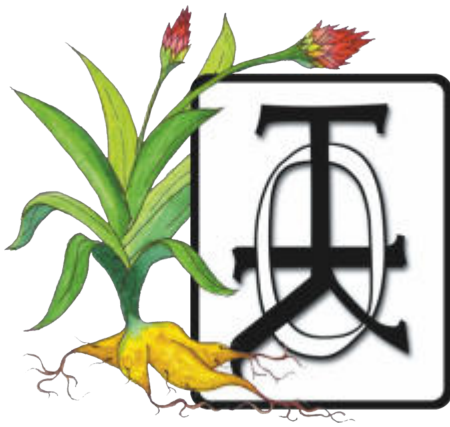


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If you, or a family member or friend, has recently been diagnosed with high blood sugar (hyperglycemia) or Type II diabetes, then you are aware that it is a disease caused primarily by diet. However, there are other risk factors that make us predisposed to adult-onset diabetes.

Factors that Lead to Type II Diabetes:

- Being Overweight (especially in the abdominal area)
- Sedentary Lifestyle
- Genetics / Blood Type
- Abundance of Fast and Convenience Food

As far as genetics and Type II diabetes go, the connection is this: our bodies contain a feast and famine trigger, cultivated over millennia. It is the body's ability to store fat that has enabled us to evolve and flourish as a species. However, with the Industrial Revolution and other technological advances geared towards eliminating hunger worldwide, we have made obtaining food far too simple. Even worse, in this century we introduced fast and convenience foods that are unhealthy because of their refinement, excessive number of calories, and chemicals used to preserve freshness.

Simple Dietary and Lifestyle changes can dramatically change the course of your Type II Diabetes and stave off complications from the disease for good.

Add 30 minutes of exercise daily. This does not have to be formal exercise at the gym. Walking is ideal; gardening and housework also count. Simply preparing your own meals, rather than popping them in the microwave, will help you expend energy.

Use fresh whole foods. If you read the label on a box and there is a long list of ingredients, most of which you can't pronounce, put the box back on the shelf.

When shopping at the grocery store, shop for food only on the perimeter of the store. Most refined and prepared foods are in the center aisles, so by avoiding them you avoid temptation.

It isn't only about what you should eliminate from your diet but also what you need to add. Adding an abundance of brightly colored fruits and vegetables, fiber-rich whole grains, and healthy monounsaturated fats will help with weight control and overall health.

When treating yourself, go for quality not quantity. You will be far more satisfied if you have a delicious homemade treat than some boxed fat-free option, which often leads to over-indulgence.

(Continued on page 15)

## AVOCADO CHOCOLATE MOUSSE

2 avocados, not too ripe (black spots make it bitter)  
 3/4 cup good quality cocoa powder  
 4 ounces melted dark chocolate, 55% or more cacao  
 1/4 pure maple syrup (or blue agave or honey)  
 3 tablespoons almond or oat milk  
 1 teaspoon pure vanilla extract  
 1/4 teaspoon sea salt

1. Put all ingredients in food processor and blend until smooth.
2. If mixture seems too stiff, add a teaspoon more almond/oat milk until you achieve creamy consistency.
3. For mousse texture, pour into small ramekins and freeze for at least an hour before serving.

## ROASTED CAULIFLOWER & FARFALLE SALAD

1/2 box whole grain farfalle, cooked al dente  
 1/2 head cauliflower  
 1 cup spinach, swiss chard, or other hearty green  
 2 tablespoons olive oil  
 2 cloves garlic, minced

1/4 cup chopped flat leaf parsley  
 1/4 cup niçoise or kalamata olives, chopped  
 1 tablespoon capers, rinsed  
 1 1/2 tablespoon fresh lemon juice  
 Sea salt, pepper, and red pepper flakes to taste

1. Cut cauliflower florets into small pieces and toss with half the olive oil and the minced garlic.
2. Roast in a 400 degree oven for 10 minutes; remove from oven and use tongs to toss cauliflower so that it cooks evenly on all sides.
3. Toss with pasta and spinach (greens will wilt at this point), and then combine with the parsley, capers, olives, remaining olive oil, lemon juice and seasonings.
4. Serve at room temperature.

People looking to control their blood sugars often avoid pasta dishes. Adding lots of fresh vegetables to any pasta dish makes it a healthier choice. Also, it's better to use whole grain varieties of pasta, replete with healthy grains such as flax and buckwheat which amp up both the protein and fiber content of the dish.

## 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  
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193 Stony Hill Road, Chatham MA 02633  
508 945-5190, Fax 508 945-5198, [www.chathamcoa.com](http://www.chathamcoa.com)

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## *From the Director's Desk...*

We recognize the confusion the COVID-19 vaccination process is causing for many people, and we share your frustration. The COA will continue to monitor and share the most up-to-date information to which we have access. At the time this message goes to print MA is in Phase 2, Step 1 of the vaccine rollout which means residents age 75+ are now eligible. Demand for the vaccine is high and supply is limited, adding insult to a year already filled with injury! While we continue to patiently wait for the tide to turn, here are some suggestions about what you can proactively do to keep yourself informed:



- Visit [www.maimmunizations.org](http://www.maimmunizations.org) OR call 211 for mass vaccination site information
- Call the Barnstable County Helpline 774-330-3001 (Mon-Fri, 8-4:30)
- Sign up for the Barnstable County email notifications at <https://www.barnstablecountyhealth.org/community-tips/sign-up-for-county-covid-19-vaccine-clinic-notification>
- Check the Town website regularly at <https://www.chatham-ma.gov/home/pages/covid-19-coronavirus-information>
- Check the COA website regularly at [www.chathamcoa.com](http://www.chathamcoa.com)
- Know the CCRTA will provide transportation for seniors who have a vaccination appointment (800) 352-7155
- Call the COA with questions! 508-945-5190

Take good care!

*Mandi Speakman*