



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

APRIL 2021

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“EARTH RHYTHMS: SONGS FOR THE ENVIRONMENT” WITH ROGER TINCKNELL **Tuesday, April 13, 2021, at 1:30 p.m. (via Zoom)**



From rain forests to recycling, conservation to compost, we journey from our own backyard to around the world exploring environmental issues. Performed on a variety of stringed, wind, and percussion instruments, *Earth Rhythms* is also a multicultural journey to many lands. Songs, stories, legends and facts are presented to the accompaniment of the Aztec rain stick, Native American drum, Incan flute, Russian balalaika, banjo, guitar, mandolin, harmonica and African drum.

Older adults, children, and everyone in between are welcome!

To register, call the Chatham COA at 508-945-5190.

If assistance is needed with Zoom, please ask; we can help.

Artful Aging: Pandemic Sparks of Connection Through Expressive Art **(NO artistic experience necessary!)**

Six-Week Program:

Tuesday, 4/6, 11:00-12:00 materials pick-up, drive thru.

Tuesdays, April 13th, 20th, 27th & May 4th, 11th:

10:30-12:00 on Zoom.

To register, call the Chatham COA at 508-945-5190.

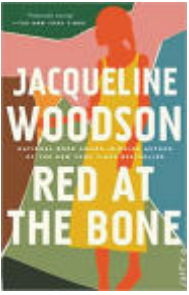
If assistance is needed with Zoom, please ask; we can help.



The pandemic has highlighted the necessity to connect with personal feelings and with others. This program brings together art creation, relaxation, and socialization. Try meditation, journaling, sharing personal stories, readings, poetry, and personal awareness exercises using art materials. Kits provided, free to participants.

Instructor, Gail Tilton, has studied and practiced holistic health principles for decades. Gail has been the facilitator of the Crafty Chics group at the Chatham Community Center for the past 13 years. She holds certificates in Expressive Art Therapy from Salve Regina University, Energy Healing, Sound Healing, Reiki, Aromatherapy and attended Hippocrates Health Institute for studies of Holistic Health for Life Transformation. Gail has a BA degree in Education and an MA degree in Guidance and Counseling.

HOOKED ON BOOKS?!



Join Chatham COA's Book Club

Led by COA Volunteer Librarian Liz Walker. Participation via Zoom video or call-in.

Red at the Bone (2019)

by Jacqueline Woodson

April 14, 2021 at 11 a.m.

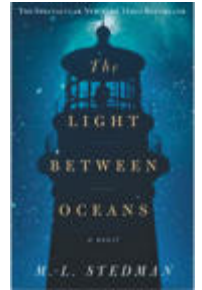
"A dazzling, sweetly aching new novel" ~The New York Times

The Light Between Oceans (2012)

by M.L. Stedman

May 12, 2021 at 11 a.m.

"Heart-wrenching work ... stays with you weeks after finishing it."



Join any month. To register, call the Chatham COA at 508-945-5190.

If assistance is needed with Zoom or acquiring the book, please ask; we can help.

Refresh, renew, drive-thru!

Spring Lunch

Drive-Thru

Wednesday
April 28th, 2021
Noon - 1:00 p.m.

Crustless Spinach Pie
Roasted Spring Vegetable
Israeli Couscous Salad
Lemony Buttermilk Cupcakes

To reserve your free meal,
call the Chatham COA at 508-945-5190.





COA LIBRARY CORNER

Liz Walker, Volunteer Librarian



April is well-named “the cruelest month.” Too often in its 30-day reign, it withholds what we crave—sun, warmth and flowers—except for the courageous crocuses sprinkled here and there. Fortunately, this month’s book selections offer lush gardens, fevered obsessions and towering trellises overburdened with deep-rooted family secrets.

***The Last Garden in England* by Julia Kelly (2021)**

“This beautiful tale of love, heartbreak and re-invention” is a must-read for historical fiction fans. The reader is drawn into the heart of the English countryside and a mysterious garden where the destinies of three women, who live decades apart, “collide in unexpected, transformative ways.”

***The Botanist’s Daughter* by Kayte Nunn (2018)**

In present-day Australia, Anna finds a metal box containing a sketchbook of dazzling watercolors, a photograph inscribed “Spring 1986” and a small bag of seeds. In this “spellbinding botanical odyssey,” Anna undertakes a journey of discovery, desire and deception that takes her far from her carefully ordered life.

***The Forgotten Garden* by Kate Morton (2010)**

In the early 1900s, a little girl is abandoned on a ship bound from London to Australia. She carries a book of fairy tales. She is taken in by the harbor master and his wife, renamed “Nell” and raised as their own. At 21, she sets out to discover who she really is. Decades later her granddaughter tries to unravel Nell’s past.

***The Lost Garden* by Helen Humphreys (2003)**

In 1941, a new job takes gardener Gwen Davis from war-torn London to the English countryside. She supervises a group of “Land Girls” at a requisitioned estate, where they are farming potatoes for the war effort. There, Gwen discovers a hidden garden ripe with secrets.

***The Orchid Thief* by Susan Orlean (2000)**

The true story of an eccentric man who is obsessed with the idea of finding and cloning the rare “ghost orchid” John Laroche leads the author through Florida’s swamps on a wild tour of America’s flower-selling subculture. In the 2015 edition, Orlean includes a new essay that revisits her unforgettable experience.

Mediterranean Cuisine Cooking Class



DOCTORS HAVE BEEN TOUTING THE BENEFITS OF THE MEDITERRANEAN DIET FOR DECADES AND STILL DO. COME LEARN SOME OF THE BASICS OF MEDITERRANEAN COOKING AND WHY EATING THIS WAY CAN HAVE A PROFOUNDLY POSITIVE IMPACT ON YOUR HEALTH.

Wed. April 14, 9:00 a.m. via Zoom

To register, call the Chatham COA at 508-945-5190

If assistance is need with Zoom, please ask; we can help.

JOIN CHEF HEATHER



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 are **FREE** virtual programs open to you in April 2021. Registration for these programs will begin immediately.

“HOW TO HELP YOUR LOVED ONE IN THE HOSPITAL”

Monday, April 12, 2021, at 10am (via Zoom)

When a family member is in the hospital, it's overwhelming but you can make a big difference. Beth Suereth, Certified Caregiving Consultant and Founder and CEO of Caregiving Pathways will share what to expect during a family member's hospital stay. Get practical tips and tricks for managing the hospital experience, and hear the care-giving story of a Certified Care-Giving Consultant. You'll learn how to: keep track of all the details, prevent common hospital mistakes, and plan for care at home after the hospital stay. **To register call the Brewster Senior Center at 508-896-2737.**

“SOUND DUNES SWING COMBO”

Tuesday, April 13, 2021, at 1pm (via Zoom)

Join us for a mix of Swing, Dixieland, Country, Latin, Jazz, and Rock 'n' Roll music for your listening, singing and dancing pleasure. Enjoyed in the comfort of your home (no one can hear you sing or watch you dance!). **To register call the Yarmouth Senior Center at 508-394-7606 x1333.**

FALMOUTH COA BOOK CLUB

Tuesday, April 13, 2021 at 1:30pm (via Zoom)

Come join our live book club on Zoom, led by Susan Weliky to discuss “American Dirt” by Jeanine Owens. In our book club conversations, readers will come together to connect and have some great discussions. **To register call the Falmouth COA at 508-540-0196.**

“GET YOUR GARDEN READY”

Friday, April 16, 2021, at 1pm (via Zoom)

Presented by Donelle Denery, Barnstable Master Gardener, this program will focus on the proper steps to get your garden ready in anticipation of your planting season. Flower, vegetable & container garden preparation will be discussed. Preparing your garden in early spring sets you up for a successful growing season! **To register call the Orleans Senior Center at 508-255-6333.**

“CREATIVE JOURNALING CLASS” WITH ALEXANDRIA TYBER

Tuesday, April 20, 2021, at 1pm (via Zoom)

Creative Journaling is a wonderful way for you to express your thoughts, wish lists, gratitude and all of your creative ideas. You can use words, pictures or simple sketches to help to clarify your feelings and ideas. Expressing the things you truly desire, as well as, what you appreciate really gets the positive energy flowing and can help shift your vibe from dark to light. We begin this class with a simple guided mindful meditation technique to help us relax, focus and feel centered. Then we CREATE! Using paint, collage, markers and other materials, you'll express yourself on the front and back covers of these hard-covered journals creating a work of art that's “YOU!” Supplies you will need: hardcover journal (recommended purchase at Michael's www.michaels.com/black-hardcover-dot-journal-by-artists-loft/10532092.html). You can purchase or use supplies lying around your house such as: pens, pencils and colored markers, all-purpose glue, scissors, glitter, stickers, stamps, ribbon, and old magazines/cards/wrapping paper/napkins/tissue paper/fabric for collage. **To register call the Yarmouth Senior Center at 508-394-7606 x1333.**

(continued onto page 5)

"A BIOGRAPHY OF THE CONSTITUTION"

Wednesday, April 21, 2021, 10:30am-12 pm (via Zoom)

Join Jane Scarborough for a survey of the United States Constitution. Jane will cover the history and meaning of our nation's founding document, beginning with the intentions of the Framers, exploring its development over the following 230+ years, and culminating in a discussion of the current Roberts' Court. Amidst our current state of political turbulence, there is no more important time to examine this defining document and its articulation of the values and principles we hold in common. Jane holds a B.A. in American History from Rice University, an M.A. in American Studies from Purdue University, a Ph.D. in American Constitutional History, and a J.D. from Northeastern University School of Law. She has served in a myriad of private sector and academic positions, including professor of Constitutional Law at Northeastern University School of Law. **To register call the Harwich COA at 508-430-7550.**

"AMAZING ANIMAL AMBASSADORS"

Thursday, April 22, 2021 at 9am (via Zoom)

Bethany Boucher is the owner of Amazing Animal Ambassadors. Bethany has a background in Captive Wildlife Care and Education, teaching with animals for over 15 years, beginning her business on Cape Cod in 2013. You will meet and learn educational details about some popular animals including: Milo, the Fennec Fox; Buttercup the Skunk; Cali the Cockatoo; Jasper the Red Tailed Hawk; and, Shelly the Sulcata Tortoise. Enjoyment for the entire family! This program is sponsored by Friends of Yarmouth Council on Aging. **To register call the Yarmouth Senior Center at 508-394-7606 x1333.**

"CBD IS HERE TO STAY: WHAT YOU NEED TO KNOW" WITH KAY COONEY, RN, GCNS, APRN


Wednesday, April 28, 2021, at 1pm (via Zoom)

CBD is here to stay and it's a supplement you might want to learn more about. We will discuss the benefits, how to safely choose a brand, and what CBD can do for you! We will address uses with pain, anxiety, & sleep. **To register call the Sandwich COA at 508-888-4737.**

"PAUL NEWMAN: STAR OF STAGE, SCREEN & SALAD DRESSING"


Wednesday, April 28, 2021, at 7pm (via Zoom)

Join Frank Mandosa as we take a starstruck look at the life and career of this screen legend and Hollywood icon that starred in classics such as *Cat on a Hot Tin Roof*, *The Hustler*, *Hud*, *Cool Hand Luke*, and *Butch Cassidy and the Sundance Kid*. You may remember him for his striking good looks, but Paul Newman was a multi-faceted-man who lived a rich life beyond the screen. Learn about one of Hollywood's great actors. **To register, call Susan at the Barnstable COA 508-862-4761 or email: susan.griffin@town.barnstable.ma.us**



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COMMUNITY MEMBERS, AND
ANYONE INTERESTED IN EDUCATION!**

To sign up to participate in a book discussion group focused on "In Search of Deeper Learning," go to www.monomoy.edu/chathamelementary. Sessions will be held virtually on a variety of days and times, facilitated by CES/MRSD and community partners such as Eldredge Library, Brooks Free Library & more.

On April 28, 2021, Dr. Jal Mehta will join our community for an in-depth and interactive discussion of his book. This event will be open to the public and attendees do not need to have participated in the book discussion groups to participate in this event.



MONOMOY REGIONAL SCHOOL DISTRICT





SHINE NEWS

Concerned about Medicare Costs? There may be help!

Medicare premiums, deductibles and co-payments can add up. Luckily, there are several programs that can help a beneficiary with Medicare cost-sharing. For a list of these programs, their eligibility requirements, information about applying, and the benefits they provide, contact a SHINE Counselor at the Chatham COA: 508-945-5190.

For more information contact SHINE Program Manager Tracey Benson at tracey.benson@barnstablecounty.org or call 508-375-6762



“SLAM THE SCAM”

An outreach campaign raising awareness of government imposter telephone scams.

- ◆ Exercise caution when receiving calls from someone claiming to be from a government agency.
- ◆ Hang up on suspicious calls from “government officials” calling about a problem with your Social Security number or account.
- ◆ NEVER make payments with gift cards, wire transfers, or by mailing cash.
- ◆ Report Social Security scams to [OIG.SSA.GOV](https://www.oig.ssa.gov).
- ◆ Report other scams to [reportfraud.ftc.gov](https://www.reportfraud.ftc.gov).

Always, Always Think Twice Before Clicking

- ◆ Scammers are clever and prey on emotions. Listen to your gut. If something feels off, it probably is.
- ◆ Practice skepticism even when things seem fine.
- ◆ Be reluctant to download attachments and click links, no matter how innocuous they seem.
- ◆ Stay vigilant and skeptical.

Consider the Source

- ◆ Phishers try to make their messages look and sound like they come from legitimate entities, emulating: Amazon, COVID-19 services, banks, credit cards, social networking sites, online payment apps, or even a friend.
- ◆ Stories are used to trick you into clicking on a link or opening an attachment that propagate things like malware and ransomware.
- ◆ First, scrutinize the email address, (i.e. friend@apple.com vs. friend@app1e.com).
- ◆ Ask, "Would my Friend send me this email?"
- ◆ If something feels weird, especially a request, reach out on a different online platform or phone call and ask.

Mental Health During COVID-19

COVID-19 has created challenges for seniors, including social isolation, anxiety, and depression. With the emphasis currently placed on physical health, it's easy to overlook the importance of mental and emotional wellbeing. Below are the World Health Organization's (WHO) recommendations:

- ◆ Keep informed. Listen to advice from national and local authorities. Follow trusted news channels.
- ◆ Minimize newsfeeds, especially those that cause distress. Check only once or twice a day.
- ◆ Social contact is important. Keep in regular contact with people by telephone or online.
- ◆ Limit alcohol consumption. Avoid using alcohol/drugs to deal with fear, boredom, and isolation.
- ◆ Have a routine. Keep up with daily routines as much as possible or make new ones.
- ◆ Get up and go to bed at similar times every day.
- ◆ Keep up with personal hygiene.
- ◆ Eat healthy meals at regular times.
- ◆ Exercise regularly.
- ◆ Allocate time for working and time for resting.
- ◆ Make time for doing things you enjoy.

If you are experiencing symptoms such as hopelessness or helplessness, sleep changes, loss of interest in normal activities, excessive worry, persistent sadness, frequent tearfulness, unintentional weight changes and increased fatigue, it is important to notify your doctor.

Stephanie Lattanzio, RN-BSN

(Public Health and Wellness Town Nurse, Visiting Nurse Association of Cape Cod)



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APRIL 2021

Mon	Tue	Wed	Thu	Fri
 <p><u>SAVE THE DATE</u> RMV'S REAL ID Workshop Tue. May 11th, 10:30, via Zoom</p> <p>Do you need a REAL ID? When will it be required? Sign up to find out these answers.</p>			<p>1.</p> <p>Grocery & Rx Delivery Day</p>	<p>2.</p> <p>SHINE 10:30 Zumba Gold</p>
<p>5. 10:30 Zumba Gold</p> <p>Grocery & Rx Delivery Day</p>	<p>6. 10:00 FCCOA Board 11:00 Artful Aging, materials pick-up</p> 	<p>7. SHINE 10:30 Zumba Gold</p>	<p>8.</p> <p>Grocery & Rx Delivery Day</p>	<p>9. SHINE 10:30 Zumba Gold</p>
<p>12. 9:30 COA Board 10:00 Hospital Help 10:30 Zumba Gold 3:00 Human Services</p> <p>Grocery & Rx Delivery Day</p>	<p>13. 10:30 Artful Aging 1:30 Earth Rhythms 1:00 Sound Dunes 1:30 Book Club Falmouth COA</p>	<p>14. SHINE 9:00 Mediterranean Cuisine 10:30 Zumba Gold 11:00 Book Club Chatham COA</p>	<p>15. 10:00 Food for Thought—BCBS</p> <p>Grocery & Rx Delivery Day</p>	<p>16. 10:30 Zumba Gold 1:00 Garden Ready</p> 
<p>19. Patriots' Day</p>  <p>Town Offices Closed</p>	<p>20. 10:30 Artful Aging 1:00 Creative Journaling</p> <p>Grocery & Rx Delivery Day</p>	<p>21. SHINE 10:30 Zumba Gold 10:30 Constitution</p>	<p>22. 9:00 Amazing Animals</p> <p>Grocery & Rx Delivery Day</p>	<p>23. 10:30 Zumba Gold</p>
<p>26. SHINE 10:30 Zumba Gold</p> <p>Grocery & Rx Delivery Day</p>	<p>27. 10:30 Artful Aging</p>	<p>28. SHINE Attorney Lavender 10:30 Zumba Gold 12:00 Spring Lunch 1:00 CBD 7:00 Paul Newman</p>	<p>29.</p> <p>Grocery & Rx Delivery Day</p>	<p>30. 10:30 Zumba Gold</p>

SUPPORT OUR ADVERTISERS!



Quick Peek: Your COA Monthly Offerings

In-person Programs & 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/ 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

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) 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

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

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

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



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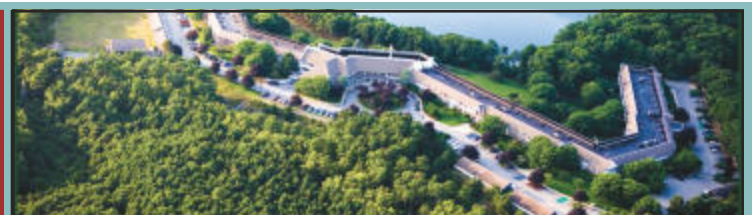
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ON BEHALF OF THE COA, THANK YOU TO ALL WHO DONATED TO THE FRIENDS OF CHATHAM COUNCIL ON AGING

Aucion, Jean and Joan (in Memory of Robert Shafter)
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Casey, Jacquie
Chu, David and Tosi, Laura
Davis, Peggy
Hauzinger, Ruth (in Memory of Mary Mameletzi)
Kaplan, Anne & Bruce
Kornetsky, Anne Marie
Pond, Virginia
Quill, Thomas Jr.
Rao, Anugeeta
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Senior Days For Customers Age 75+ Whose Licenses Expire in April or Later



REGISTRY OF MOTOR VEHICLES

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

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Blue Cross Blue Shield of Massachusetts wants to help you stay well, with no-cost health education webinars brought to you in partnership with your local Massachusetts Councils on Aging. From your home, join a webinar to participate in educational activities, practice new hobbies, and stay connected to other community members. Learn more about how to stay healthy and safe during these challenging times. All are welcome—you don't have to be a Blue Cross member to participate.



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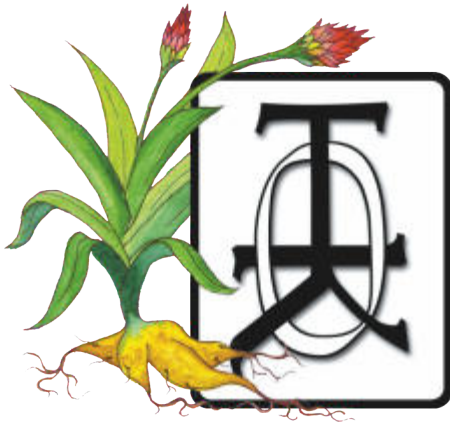
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Spring is on the way. Spring's arrival means a renewal or rebirth for many of us. For me, it's all about greens. The earth starts to wake up after her winter nap and those green shoots start popping up, and I just get excited. It makes perfect sense to talk about greens in early spring. It is the ideal time to plant those cold weather greens like kale, Swiss chard and arugula to name a few. Within a few weeks, you will have some tender baby greens ready to harvest!

This year, and almost every year, the bulk of my garden will be greens, because that is what my soil seems to grow well. A new addition this year is Chijimisai, a cross between tatsoi and komatsuna. I chose it because it is incredibly rich in vitamin A, more common in orange flesh vegetables which I am not so good at growing. Then of course I have a few varieties of kale, several bitter greens (like frisee and radicchio), and my personal favorite, arugula—one classic variety and a new one to my garden this year, Wasabi arugula.

Even if you are not a gardener, greens are really easy to grow, so they are perfect for a beginner. On a side note, another one of the reasons I grow so many greens is to avoid purchasing them in the grocery store where they come packaged in plastic containers. I am old enough to remember the days before baby lettuces came packaged. In fact, you can still get full-size arugula and spinach bunches at Market Basket, and the only plastic is the rubber band holding the bunch together. Whenever you are thinking about what foods to choose to invest the time and energy in to grow, it is important to ask yourself: 1.) Is this a food I eat all the time? and 2.) What is this food's carbon footprint and can I reduce that? This way your garden makes sense because it takes time and energy if you want it to be successful.

Cabbage is an often overlooked vegetable and forgotten winter green. A member of the cruciferous vegetable family, cabbage is a great disease fighter, rich with plant compounds to help boost your immune system, and helps fight off bacterial and viral infections. The great thing about cabbage is that its shelf life significantly exceeds other green leafy vegetables. Cabbage is great for making slaws, perfect for stuffing the leaves, incredibly delicious simply sauteed with olive oil and garlic, and an ideal hearty green for soups. Spinach and even kale will shrink to a quarter of their original size once cooked, often meaning you need enormous amounts to balance with other ingredients in soups and stews. Not the case with cabbage, which only shrinks to about half its raw volume, which makes it one of my favorite greens for soups.

I couldn't very well talk about cabbage and not include a slaw recipe. This Asian slaw is light and refreshing and complements a variety of other dishes (see next page).

(Continued on page 15)

ASIAN SLAW

1 Small head napa/savoy cabbage (2 cups shredded)
 1/2 Small head red cabbage (1 cup shredded)
 2 Carrots peeled and grated (1/2 cup)
 1 Small bunch of scallions, sliced thinly
 2 Tablespoons freshly grated ginger
 1/4 Cup wheat-free tamari
 1/4 Cup rice wine vinegar

2 Tablespoons sesame oil
 2 Tablespoons sesame seeds
 Salt and pepper to taste

Combine ingredients and let sit for one hour before serving. *Cabbage will give off water as it sits in the dressing, so give it time before adding extra tamari.

CURRIED CABBAGE SOUP

1/2 Head of green cabbage
 3 Carrots peeled and chopped
 1 Medium onion, chopped
 Several cloves of garlic, crushed and minced

1 Inch piece of fresh ginger, grated or minced
 2 Tablespoons good quality curry powder
 1 to 2 Quarts vegetable stock
 Olive oil for cooking

1. Sauté onions in a bit of oil over medium heat; once they begin to turn clear, add the garlic and ginger.
2. After two or so minutes, add the carrots. Cook for another five minutes.
3. Add the curry powder and give a good stir. Then add the cabbage, continuing to stir until thoroughly incorporated and the cabbage wilts and becomes tender.
4. Add a quart of vegetable stock and simmer for 10 minutes.
5. You can add more stock if the vegetables absorb all the liquid, but keep in mind this is a stew-like soup rather than a broth with bits of cabbage.
6. Season with salt and pepper, and enjoy!

This recipe is an inflammation and weight busting powerhouse. Not too mention, it will prime that immune system and keep it running smoothly—hopefully keeping you healthy!

MISSION STATEMENT

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

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

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- ◆ Cape and Islands Shredding
- ◆ Chatham Village Market
- ◆ Friends of Chatham Council on Aging
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Chatham Council On Aging & Senior Center
193 Stony Hill Road, Chatham MA 02633
508 945-5190, Fax 508 945-5198, www.chathamcoa.com

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From the Director's Desk...

As this newsletter goes to print, it has been one year since the pandemic began and impacted our lives in ways we could not have imagined. The trauma of loss, loneliness and isolation has touched us all. Yet, the promise of the vaccine and the onset of Spring brings hope and allows us to look forward to better things to come.

This year has challenged us to be innovative and find the means to stay connected in ways we would never have considered before. We take this work and these ideas into the future. We look forward to the day we can congregate, celebrate and integrate technology and lessons learned to stay connected to those community members whom COVID gave us the gift of connection with.

We are in awe of the resilience of you as individuals and as a community. You have done an amazing job managing the unthinkable. We are grateful for your trust and the confidence you show by continuing to reach out the COA for help and information when you do not know where else to turn.

While we continue to wait for the vaccine to come to all who want it, we are available to help at 508-945-5190 or find updated information at www.chathamcoa.com.



Stay patient, be kind, and thank you for protecting those still waiting for the vaccine by continuing to wear a mask.

A handwritten signature in blue ink that reads "Mandi Speakman".