



# 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**

**MAY 2021**

**Vol. 52 No. 5**

Happy Mother's Day  
to ALL Mothers,  
Grandmothers,  
Stepmothers,  
Mother-in-Laws,  
Mother Figures,  
and Women that  
nurture and love  
unconditionally.

## DRIVE-THROUGH LUNCH TO CELEBRATE MOMS

Wed. May 12, noon-1:00pm

Reserve your FREE meal: 508-945-5190.

(\*ALL CHATHAM RESIDENTS WELCOME,  
not just moms!)

Pick up at Senior Center driveway  
193 Stony Hill Rd. Chatham

### MENU:

\*Watermelon  
Gazpacho

\*Mediterranean  
Farro Salad with  
Roasted Tomatoes,  
Artichoke Hearts,  
Olives and Greens

\*Cranberry Coconut  
Chocolate Drops



**PLAY BALL!**

## Cape Cod Baseball League & Chatham Anglers

**BASEBALL IS BACK!**

Join John Garner, Director of Broadcasting,  
and Mike Geylin, Chatham Anglers GM,  
for a fascinating presentation on the CCBL.

Topics include: league history, current operations,  
and Anglers' recruiting and activities.

**Tuesday, May 25, 10:30am**

**FREE, online via Zoom**

**To register, call 508-945-5190**

**Need assistance with Zoom? We can help.**





Get the facts about REAL ID at [Mass.Gov/ID](https://www.mass.gov/ID)

**RMV's Real ID Workshop**  
**Tue. May 11 at 10:30**



*Look for the star.*  
Beginning  
**October 1, 2021,**  
you will need a  
**REAL ID** or other  
acceptable ID such  
as a valid passport  
to fly within the U.S.

**FREE**, online via Zoom  
To register,  
call 508-945-5190

Help with Zoom?  
Just ask!



**Monday, May 17 at 10:00am**

**FREE! Online via Zoom**

## **MASTER GARDENER: LIFELONG GARDENING**

WITH **CHERIE BRYAN**

When life experiences affect our ability  
to garden, don't give up - adapt!

**To register: 508-945-5190**

Need assistance with Zoom? We can help.



Learn about Cape Cod's biodiversity,  
what to do if you come across a wild animal, and  
tips to help fauna thrive in your own backyard.

## **CAPE WILDLIFE CENTER**

**TUESDAY, MAY 18, 1:00 P.M.**  
**FREE, ONLINE VIA ZOOM.**

To register, call 508-945-5190.  
Need assistance with Zoom? We can help.





## COA LIBRARY CORNER

*Liz Walker, Volunteer Librarian*



Time to open the windows, enjoy the fresh air and engage in the annual rite of spring cleaning. Few can achieve uber-organizer Marie Kondo's high standards for "sparkling joy" by re-homing possessions that seem to exist only to collect dust. Others dismiss the notion of decluttering as an affront to a lifetime of careful collecting. This month's selections sample the spectrum.

### ***Careful What You Wish For* by Hallie Ephron (2019)**

The novel's Emily Harlow is a professional organizer who helps her clients unclutter their lives. Emily also has become the prime suspect in a murder. The book has been described as "possibly the first crime fiction narrative to 'spark joy' by terror in the decluttering industry". This tidy novel is described as "without a lot of subplots or loose threads."

### ***The Life-changing Magic of Tidying Up* by Marie Kondo (2014)**

The how-to author's gentle approach to "tidying up" means taking control of your possessions in ways that "spark joy." Once you properly simplify and organize your home, "you'll never have to do it again," writes a devoted Kondo fan.

### ***Keepsake: A Novel* by Kristina Riggle (2012)**

The novel explores the complicated relationship between two sisters as they deal with old hurts and the very different paths their lives have taken. The author approaches the unintended effects of hoarding with honesty and compassion, while writing about family members and their emotional - and sometimes literal - baggage.

### ***Homer & Langley* by E. L. Doctorow (2009)**

The author re-imagines the true and tragic story of the Collyer Brothers, known as New York City's most infamous hoarders. The brothers died in 1947 just days apart. Doctorow employs creative license to re-set the timeline to a few decades later, but relies on facts to depict their reclusive lives.

### ***The Man Who Loved Books Too Much* by Allison Hoover-Bartlett (2009)**

In this true-life read about a book collector's obsession gone wrong, the author offers a wide-angle view of crime in the world of rare books. "Anyone who can't pass a used bookstore without going in will love this book."

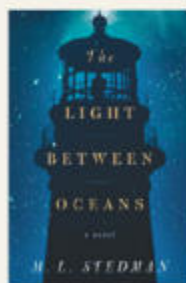


## JOIN CHATHAM COA'S BOOK CLUB

ONLINE VIA ZOOM. JOIN ANY MONTH. TO REGISTER, CALL 508-945-5190

WED. MAY 12, 2021, 11:00AM  
**THE LIGHT BETWEEN OCEANS**

By M.L Stedman (2012)



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

WED. JUNE 9, 2021, 11:00AM  
**THE PARIS LIBRARY: A NOVEL**

By Janet Skeslien Charles (2021)

*A story of courage, friendship, and romance.*



**READING IS FOOD FOR THE SOUL**



# WOODS HOLE OCEANOGRAPHIC INSTITUTE VIRTUAL TOUR



Expert presenter, Paul Daigle, will help us explore one of the Cape's most renowned organizations. WHOI scientists are committed to understanding all facets of the ocean as well as its complex connections with Earth.

THU. JUNE 3, 9:30AM  
FREE, ONLINE VIA ZOOM  
TO REGISTER: 508-945-5190

NEED ASSISTANCE WITH ZOOM? WE CAN 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 May 2021!

**Registration for these programs will begin immediately.**

### DISABILITY PLACARD PROGRAM

**Wednesday, May 5, 2021, at 10:00am (via Zoom)**

Join us as we welcome Michele Ellicks of the Mass DOT/Registry of Motor Vehicles as she presents the Disability Placard Program. Learn how to apply for a disability placard, plate, or a disabled veteran's plate. Learn the rules and regulations concerning placards, plates and parking and learn the penalties for illegal use of placards. This will be a very informative session.

**To register call Julie at the Mashpee COA at (508) 539-1440 or email [coaactivitycoordinator@mashpeema.gov](mailto:coaactivitycoordinator@mashpeema.gov)**

### FALMOUTH COA BOOK CLUB...All Are Welcome!

**"Indigo Girl" by Natasha Boyd**

**Tuesday, May 11, 2021, at 1:30pm (via Zoom)**

Come join our live book club on Zoom, led by Susan Weliky. In our live book club conversations, readers will come together to connect and have some great discussions.

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

### ATTRACTING BIRDS TO THE GARDEN WITH NATIVE PLANTS

**Thursday, May 13, 2021, 10:00am (via Zoom)**

By providing native plants in your yard, you can attract birds, as well as other pollinators to your home. Bird feeders can attract mice, squirrels, chipmunks and even rats, but native plants provide needed habitat and sustenance specifically for birds. This program includes ideas about choosing your plants, planning your bird habitat, and selecting specific native plants that do well on Cape Cod. Presenter: Leslie Altman, Master Gardener.

**To register call the Barnstable COA at 508-862-4761 or email [susan.griffin@town.barnstable.ma.us](mailto:susan.griffin@town.barnstable.ma.us)**

### PREPARING TO SELL

**Tuesday, May 18, 2021, at 1:00pm (via Zoom)**

**Presented by Allison Beavon**

Thinking of downsizing and selling your home? Realtor, Allison Beavon, will share her expertise and tips for selling your home with as little stress as possible. Learn what to do and not to do to get ready. An enlightening step-by-step process will be presented.

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

## COASTAL CONNECTIONS (continued)

### BATTLE OF IWO JIMA

**Wednesday, May 19, 2021, 1:00pm (via Zoom)**

Join us as we welcome Joe Yukna, co-founder of the Cape Cod Military Museum, as he presents a virtual lecture on the Battle of Iwo Jima. The Battle of Iwo Jima was an epic military campaign in the Pacific Campaign during World War II. The iconic picture of the US Marines raising the American flag on Mount Suribachi, Iwo Jima, came from that event. Mr. Yukna, a well-known military historian, will share little-known facts about the battle.

**To register call Julie at the Mashpee COA at (508) 539-1440 or email [coaactivitycoordinator@mashpeema.gov](mailto:coaactivitycoordinator@mashpeema.gov)**

### “MAKE YOUR MONEY LAST”: FINANCIAL PLANNING WEBINAR

**Wednesday, May 19, 2021, 1:00pm (via Zoom)**

With Sandy Childs, Financial Advisor from Edward Jones.

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

### MAY IS MENTAL HEALTH AWARENESS MONTH

**Wednesday, May 19, 2021, at 1:00pm (via Zoom)**

Join us for an educational presentation as we discuss reducing anxiety and depression due to isolation and the impact of Covid-19. This program is presented by Debbie Bratcher from NAMI Cape Cod and the islands located in Hyannis. NAMI Cape Cod and the Islands building support, education and advocacy for Mental Wellness.

**To register call the Yarmouth Senior Center at 508-394-7606 X1333 or email: [Inoferi-hoff@yarmouth.ma.us](mailto:Inoferi-hoff@yarmouth.ma.us)**

### HOLLYWOOD HISTORY BACK TO THE 50s: AN EVENING W/ JAMES DEAN AND MARILYN MONROE

**Wednesday, May 19, 2021, 7:00pm (via Zoom)**

Though they never starred together in a film, James Dean and Marilyn Monroe remain two of Hollywood's biggest icons of the 1950s. Hear about their struggles as actors, enjoy clips of some of their finest moments in film, learn about their meteoric rises to fame, and their tragic and untimely deaths that all led to their indelible Mark on Hollywood, American culture, and celebrity. Not to be missed! Presenter: Frank Mandosa.

**To register call the Barnstable COA at 508-862-4761 or email [susan.griffin@town.barnstable.ma.us](mailto:susan.griffin@town.barnstable.ma.us)**

### “Celebrating New England: Songs and Stories for Everyone” with Davis Bates

**Thursday, May 20, 2021, at 10:30am (via Zoom)**

Celebrate spring and regional cultural traditions with this program of community-oriented interactive entertainment. The program will include oral history tales, Native American stories, family tales, and songs about sea, farming, maple sugaring, and more. There will be sing-a-longs, and even a short lesson on playing music with spoons from the kitchen drawer!

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

### ENGAGING THE SELF: DEMYSTIFYING MINDFULNESS

**Thursday, May 20, 2021, 7-8pm & Sunday, May 23, 2021, 6-7pm (via Zoom).** Come for either date.

Join Mindfulness Meditation leader, Pete Cormier, and The Awareness Project for a free one-hour Zoom event featuring a short film of dialogue with the self, a guided mindfulness and movement meditation, followed by journaling and voluntary sharing. Participants will get the chance to get up and move, engage each other and embody mindfulness.

**To register call the Sandwich COA at 508-888-4737 or the Barnstable COA at 508-862-4761.**

### “ATTRACTING NATIVE BIRDS”

**Wednesday, May 26, 2021, at 1:30pm (via Zoom)**

Migrant birds are arriving, and nesting will be underway in May. Join Stephanie Ellis, Wild Care's Executive Director, for this fun and informative presentation that covers attracting a variety of species of birds to your yard throughout the year, what to do if you find a baby bird or a bird strikes your window, and tips on how we can all better co-exist with our feathered friends.

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

### ESTATE PLANNING BASICS...With Attorneys from Patricia Mello & Associates, P.C.

**Wednesday, May 26, 2021, at 1:30pm (via Zoom)**

This highly interactive presentation will discuss the importance of disability planning documents such as Durable Power of Attorney and Health Care Proxy versus what and when a guardianship may be the chosen alternative to such disability planning documents; who needs to create a Last Will and Testament and how probate administration of your estate can be avoided; what a Revocable Trust is and for whom it may be appropriate.

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



In a graveyard Time forgot  
There stands a Weeping Willow tree.  
The stone beneath worn smooth by years,  
Devoid of name and history.

Willow Tree, why do you weep?  
Do you still mourn the fallen brave?  
Your trailing limbs cascading tears  
Upon an unknown soldier's grave.

~Maris Childs, 2021



## Osteoporosis

Osteoporosis is the major cause of fractures in postmenopausal women and in older men. It is considered a “silent” disease because it typically does not cause symptoms. Osteoporosis weakens the bones over time and increases the likelihood of fracturing (breaking) a bone.

The National Institute of Health (NIH) suggests taking the following steps to help prevent fractures:

1. Stay physically active by participating in weight-bearing exercises such as walking.
2. If you drink alcohol, do so in moderation. Moderate consumption is defined as no more than one drink a day for women and no more than two drinks a day for men.
3. Avoid second hand smoke or quit smoking. Smoking has been shown to negatively impact bone health as well as healing of fractures.
4. Take your medications, if prescribed, which can help prevent fractures in people who have osteoporosis.
5. Eat a nutritious diet rich in calcium, vitamin D and protein to help maintain good bone health.

Calcium- 1200 Milligrams (mg) of calcium is recommended daily for those over the age of 70.

Good sources of calcium include:

- Low-fat dairy products.
- Vegetables such as broccoli, bok choy, collards, and turnip greens.
- Sardines and salmon with bones.
- Calcium-fortified foods such as soymilk, tofu, orange juice, cereals, and breads.

Vitamin D- 800 International units (IU) of vitamin D is recommended daily for people over the age of 70. Vitamin D is made in the skin after exposure to sunlight and is necessary for the absorption of calcium from the intestine. Some foods naturally contain enough vitamin D, including:

- Fatty fish/ fish oils
- Egg yolks
- Liver
- Vitamin D- fortified foods such as milk and cereals.

<https://www.bones.nih.gov/health-info/bone/osteoporosis>

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







## SHINE NEWS



### *Need help with prescription drug costs? Prescription Advantage may be your answer!*

By now, you may have reached or are getting close to the gap or “donut hole” with your Medicare Prescription Drug Plan (Part D). In 2021, you will reach the Medicare Part D gap when the negotiated retail cost of your medications add up to the \$4,130 threshold. Once in the gap, you become responsible for 25% of the negotiated retail cost for both brand name and generic medications. This may be a more costly out-of-pocket change.

Prescription Advantage (state-run program) can assist you in this gap and/or put a cap on your out-of-pocket cost for medications. Eligibility is based on **income only** and there is **no asset limit!**

If you are a **Massachusetts resident and eligible for Medicare**, the income limits are:

- Age 65 or over- \$64,400 or less for a single person or \$87,100 or less for a married couple.
- Under age 65 and disabled- \$24,214 or less for a single person or \$32,750 or less for a married couple.

There is **no charge** for joining Prescription Advantage if you have an annual income at/less than \$38,640 for a single person or \$52,260 for a married couple. However, there is a \$200/person annual enrollment fee for higher incomes.

**If you are a member of Prescription Advantage, you are also allowed to change your prescription plan one time outside of the Medicare Open Enrollment.** You may also join if you are 65 years or older and **not eligible for Medicare**. If you are not eligible for Medicare, Prescription Advantage will be your primary prescription drug plan and there is *no income limit*.

Medicare also has a program, called “Extra Help”, which can assist with the cost of your Medicare Part D plan’s premium, deductible and co-pays. Please call the Senior Center to make an appointment with a SHINE counselor for more information on these programs or assistance with any Medicare issue. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs.

*For more information, or to make an appointment, contact the Chatham COA at 508-945-5190.*

# NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed  
to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



# MAY 2021

Mon	Tue	Wed	Thu	Fri
<b>3.</b> <b>10:30</b> Zumba Gold <b>10-12</b> Atty Wibby  <b>Grocery &amp; Rx Delivery Day</b>	<b>4.</b> <b>10:00</b> FCCOA Board <b>10:30</b> Artful Aging	<b>5.</b> <b>SHINE</b> <b>10:00</b> Disability Placard <b>10:30</b> Zumba Gold	<b>6.</b>   <b>Grocery &amp; Rx Delivery Day</b>	<b>7.</b> <b>SHINE</b> <b>9:00</b> Fit, Fun, and Fall-Free <b>10:30</b> Zumba Gold
<b>10.</b> <b>9:30</b> COA Board <b>10:30</b> Zumba Gold <b>3:00</b> Human Services  <b>Grocery &amp; Rx Delivery Day</b>	<b>11.</b> <b>10:30</b> Artful Aging <b>10:30</b> RMV Real ID <b>1:30</b> Falmouth COA Book Club	<b>12.</b> <b>SHINE</b> <b>10:30</b> Zumba Gold <b>11:00</b> Book Club Chatham COA <b>12:00</b> Mother's Day Drive-Through	<b>13.</b> <b>10:00</b> Attracting Birds to Garden  <b>Grocery &amp; Rx Delivery Day</b>	<b>14.</b> <b>SHINE</b> <b>9:00</b> Fit, Fun, and Fall-Free <b>10:30</b> Zumba Gold
<b>17.</b> <b>10:00</b> Lifelong Gardening <b>10:30</b> Zumba Gold  <b>Grocery &amp; Rx Delivery Day</b>	<b>18.</b> <b>1:00</b> Cape Wildlife <b>1:00</b> Preparing-Sell 	<b>19.</b> <b>SHINE</b> <b>10:30</b> Zumba Gold <b>12:00</b> Healthy Meals in Motion <b>1:00</b> Battle-IwoJima <b>1:00</b> Money Last <b>1:00</b> Mental Health <b>7:00</b> Hollywood	<b>20.</b> <b>10:30</b> New England Songs & Stories <b>7:00</b> Mindfulness  <b>Grocery &amp; Rx Delivery Day</b>	<b>21.</b> <b>SHINE</b> <b>9:00</b> Fit, Fun, and Fall-Free <b>10:30</b> Zumba Gold
<b>24.</b> <b>10:30</b> Zumba Gold  <b>Grocery &amp; Rx Delivery Day</b>	<b>25.</b> <b>9:00</b> Tai Chi <b>10:30</b> Cape Cod Baseball League 	<b>26.</b> <b>SHINE</b> <b>Atty Lavender</b> <b>10:30</b> Zumba Gold <b>1:30</b> Attracting Native Birds <b>1:30</b> Estate Plan	<b>27.</b>   <b>Grocery &amp; Rx Delivery Day</b>	<b>28.</b> <b>SHINE</b> <b>10:30</b> Zumba Gold
<b>31. MEMORIAL DAY</b>  <b>Town Offices Closed</b>				

## 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/](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/>

Online Classes via  
Zoom

To register,  
call 508-945-5190

Open to Chatham  
residents;  
funded by Human  
Services of Town of  
Chatham.

## TAI CHI TUESDAYS

ALL SKILL LEVELS WELCOME, FREE!

TUESDAYS AT 9AM: MAY 25 & JUNE 1, 8, 15, 22, 29



EXPERIENCE MEDITATION IN MOTION

Exercise class  
designed to improve  
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muscle strength and  
reduce your  
risk of falling!

Led by Lisa Bushy,  
public health &  
wellness nurse from  
the VNA of Cape Cod.



## FREE ZUMBA GOLD LIVE ONLINE CLASSES

WITH INSTRUCTOR CHRISTINA ARABADZHEVA  
MON, WED, FRI, 10:30-11:30AM



TO SIGN UP, CALL: 508-945-5190

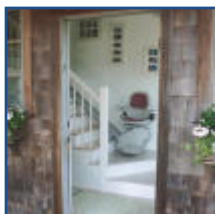
**\*CLASS GENEROUSLY SPONSORED BY THE FRIENDS OF THE CHATHAM COA\***



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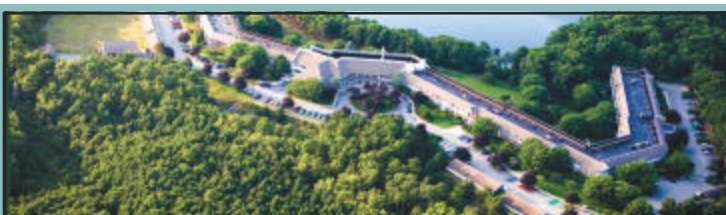
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[ThirwoodPlace.com](http://ThirwoodPlace.com)

## Open Arms Home Health Care Services

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25 Cedardale Rd. Harwich, MA 02645

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**BECAUSE WE ARE FAMILY**







## The Nickerson Funeral Home

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87 Crowell Road, Chatham • 945-1166 • [www.nickersonfunerals.com](http://www.nickersonfunerals.com)  
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[CapeLightCompact.org](http://CapeLightCompact.org)



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### ADVERTISE HERE

to reach the senior market



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### THE Pavilion

Rehabilitation and Nursing Center

For more information regarding the LSVT Parkinson's Treatment program available at

**The Pavilion Rehabilitation and Nursing Center**

please contact

Cindy Parker-Marney,

Director of Admissions/Marketing at 508-775-6663

Or visit us at

876 Falmouth Road in Hyannis

[www.pavilionnsg.com](http://www.pavilionnsg.com)

**Helping Parkinson's Patients to Think Big!**

## FREE AD DESIGN

WITH PURCHASE OF THIS SPACE



CALL 800.477.4574

### RILEY & NORCROSS, LLC LAW OFFICES

156 Crowell Road  
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Chatham, MA 02633

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Fax: 508-945-4110

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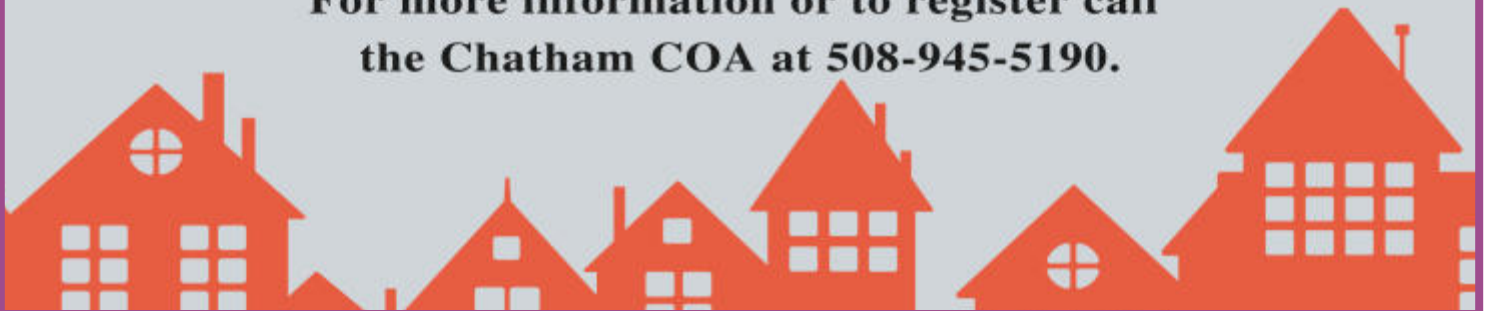
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***ON BEHALF OF THE COA, THANK YOU TO ALL WHO DONATED  
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# UNTIL THERE'S A CURE, THERE'S COMMUNITY.

**FOR INFORMATION OR TO REGISTER TO JOIN:**

**(508) 896-5170 • [info@capecodalz.org](mailto:info@capecodalz.org)**

**Call or send your email address, phone number,  
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## "THE SAVVY CAREGIVER" EDUCATION 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.

### Free, six-session course:

- Pathology of dementia diseases
- Strategies for caregiver self-care
- Dementia stages
- Developing contented involvement
- Optimize decision making
- Making most of family resources

### Upcoming Sessions:

**Wed. 10am-noon, 5/19-6/23/21**  
**Wed. 5pm-7pm, 5/19 - 6/23/21**  
**Thu. 1pm-3pm, 5/20 - 6/24/21**

## ARTS & IDEAS

A creative offering the (\*)last Friday of the month, 2 - 3 pm. For people with cognitive loss and their caregivers. Programs are free, open to the community, and accessible via ZOOM. (\*Some dates vary due to holidays.)

**FRI, MAY 21:** FISHING SEASON!  
Cape Cod Fisherman's Alliance.

**FRI, JUNE 25:** CAPE COD  
MUSEUM OF ART

**FRI, JULY 30:** THE PETER, PAUL,  
AND MARY SONGBOOK  
*Folk musician Paul Kehoe plays these well-loved songs and talks about his long relationship with the famous trio.*

## MONTHLY MINDFULNESS WITH CALMER CHOICE

Join instructors for a monthly Zoom session of mindfulness practice. Bringing awareness to what we do helps us be in the moment and enjoy the things we love even more. This program offers an hour of experiential mindfulness practices and discussion about how to bring more awareness to your daily life.

**FIRST FRIDAY OF THE MONTH,  
11 am - 12 pm  
UPCOMING DATES:  
May 7, June 4**

The program is for people with cognitive loss and caregivers. Programs are free, open to the community, and accessible via ZOOM.

## ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

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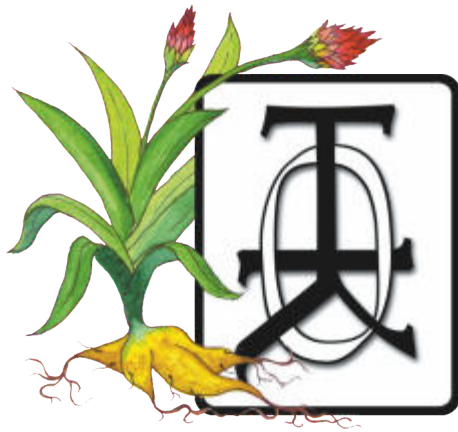
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## GO GREENS!

I decided since it spring and the world is waking from its gray winter slumber, I would talk about **GREENS**. Greens are an incredible, diverse group of vegetables that vary from kale to cabbage to iceberg lettuce; each of them has a unique vitamin and mineral profile which makes eating a wide variety of greens ideal. I have no doubt everyone has a least one green leafy food they actually like to eat.

Greens are varied in color, texture and shape, and they are just as varied by taste and nutrient load. Some have thick stalks which becomes the part we eat such as fennel and bok choy. Others have big bushy leaves and we actually trim away those fibrous stalks like Swiss chard and collard greens. Then there are the tender greens which we eat leaf, stem, and all like spinach, arugula and watercress. There are so many kinds of kale, from the thick and bumpy lacinato variety to the frilly Russian varieties to the classic curly kind, it gets a category all its own. I haven't even mentioned cabbages, lettuces, or herbs which are also members of the dark green leafy vegetable family and bring their own host of vitamins and minerals to the greens game.

Some people are on blood thinners, such as coumadin or warfarin, and think they need to avoid this amazing group of vegetables, but that isn't necessarily true. The key is to have a consistent amount of greens, daily or weekly so that your levels don't fluctuate drastically due to a sudden increase in vitamin K. Other than these people who need to keep those levels consistent, we should be eating copious amounts of greens everyday. Raw or cooked, greens are full of fiber which help to fill us up and keep us from eating other foods that are not so good for us. The best part is when measuring your greens, do so raw and then cook them. Your three cups of spinach, which is about 1/3 of your body's daily vegetable needs, will become an easily palatable ½ cup once sauteed up with some garlic and olive oil.

The list of vitamins and minerals are complex and lengthy for this family of vegetables, and they are rather diverse in terms of the concentrations of these compounds: calcium, iron, magnesium, vitamin C, lutein, potassium, manganese. What is so important to understand is that these vegetables have the ideal combinations of compounds used by our bodies. For example, iron—now many of us who are low in iron and given a supplement are told to drink it with orange juice. The reason for this is simple, in order for our body to be able to properly absorb the iron, vitamin C must be present. Well, when you eat spinach to make sure you are getting enough iron, you don't need to worry about orange juice, because spinach is high in iron *and* vitamin C, not to mention a whole host of compounds ideal for our health,. Nature has balanced all the necessary compounds for our bodies to absorb and utilize them.

Greens are for much more than just salads, and as the weather is still cool there are loads of other ways to enjoy fresh greens that may be more appealing to you, especially on rainy and chilly days. I have also found that for many us we prefer our greens cooked to aid in digestion. Many heartier greens such as kale can be a bit aggressive on our digestive tract and sauteing that green might be just what your body needs to efficiently metabolize those greens without any digestive distress.

(Continued on page 15)



## GINGER SESAME ASIAN GREENS

- |  |  |
|--|--|
| 1 head bok choy, 2 cups chopped  | 1. Sauté garlic and ginger in a bit of oil.  |
| 3 cups assorted greens: Swiss chard, spinach, Napa cabbage, kale or a mixture, roughly chopped | 2. Add greens and stir.  |
| 4 cloves garlic, minced  | 3. Add tamari which will help the greens wilt.   |
| 3 inch piece of ginger minced  | 4. Sprinkle with sliced scallions.   |
| 1 tbs Tamari   | 5. Cook 1-2 minutes until greens are wilted and serve as a side dish with a piece of grilled fish or chicken, or simply add cooked edamame or cubes of tofu for a vegetarian meal. |
| 1 bunch scallions, sliced  |  |
| 2 tbs sesame oil for cooking   |  |

## SPINACH SALAD WITH MUSHROOM VINAIGRETTE

- |  |   |
|--|---|
| Several cups of fresh baby spinach                   | ¼ cup olive oil, plus a bit for cooking |
| ½ pound sliced mushrooms-button, shitake, baby bella | ¼ cup port or marsala wine              |
| 1 shallot sliced                                     | 2 tbs red wine vinegar                  |
| 2 garlic cloves minced                               | Sea salt and pepper to taste            |

1. In a small amount of olive oil sauté shallots and garlic until soft.
2. Add the mushrooms and continue cooking until the mushrooms begin to soften.
3. Then add the port or marsala wine, vinegar and olive oil.
4. Season and spoon vinaigrette over a pile of greens; the warm vinaigrette will wilt the lettuce making it a great winter salad.
5. The dressing can be kept in a container in the refrigerator for a week or so, but I recommend warming it before serving to get the full effect, though it is delicious at room temperature.
6. You can add tomatoes, sliced hard boiled egg and blue cheese to really enhance the salad and give it a solid dose of protein.

## 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, Cape Cod | ◆ Chatham Cultural Council            |
| ◆ Barnstable County Master Gardeners          | ◆ Chatham Village Market              |
| ◆ Broad Reach Health Care                     | ◆ Friends of Chatham Council on Aging |
| ◆ Cape and Islands Shredding                  | ◆ The Optimal Kitchen                 |
| ◆ Cape Cod Baseball League                    | ◆ SHINE                               |
| ◆ Cape Wildlife Center                        | ◆ Women's Club of Chatham             |

Chatham Council On Aging & Senior Center  
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...Chatham Annual Town Meeting & Election

"The purest form of democratic governing is practiced in a Town Meeting. In use for over 300 years and still today, it has proven to be a valuable means for many Massachusetts taxpayers to voice their opinions and directly effect change in their communities. Here in this ancient American assembly, you can make your voice heard as you and your neighbors decide the course of the government closest to you. These are the debates and votes that give shape to your Town Government."

*Secretary of the Commonwealth, William Francis Galvin*

*Dear Community Members,*

*Despite the ongoing effects of the COVID-19 pandemic, the Town of Chatham is ensuring that this important democratic process continues without fail. Please mark your calendars with these important dates!*

**Friday, May 21, 2021 (until 8pm)** - Last day to Register to Vote to be eligible to participate in both the Annual Town Meeting and Annual Town Election

**Thursday, May 27, 2021** - Absentee ballots should be available for voting

**Saturday, June 12, 2021 (at noon)** - Annual Town Meeting, outdoors at Veteran's Field

**Thursday, June 17, 2021 (7am-8pm)** - Annual Town Election at the Community Center

For more information call the Chatham Town Clerk's office at 508-945-5101  
or visit <https://www.chatham-ma.gov/town-clerk>.

