



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

JUNE 2021

Vol. 52 No. 6



HOSTED BY CHATHAM COA
RESERVE YOUR FREE MEAL: 508-945-5190
WEDNESDAY, JUNE 23, NOON-1:00PM

Drive-Through Lunch to Celebrate Dads

**MENU: BBQ Pulled Chicken, Honey Cornbread,
Summer Slaw, and Cowboy Cookie!**

*Happy Father's Day to Fathers, Grandfathers, Stepfathers, Fathers-in-Law,
Father Figures, and all Men who nurture and love unconditionally.*

*(*All Chatham residents invited, not just Dads)*

Sponsored by ESCCI through the use of CARES funds.

WOODS HOLE OCEANOGRAPHIC INSTITUTE VIRTUAL TOUR

Expert presenter, Paul Daigle, explores 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.

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

NEED ASSISTANCE WITH ZOOM?
WE CAN HELP.



WOODS HOLE
OCEANOGRAPHIC
INSTITUTE
Our Ocean. Our Planet. Our Future.

NO WORK ZONE

Please join us for:

Eight Keys to Living a Meaningful and Enjoyable Retirement Life **HENRY QUINLAN**

Thursday | June 10th 2021 | 11:00 a.m.

**FREE | Online via Zoom | Zoom assistance available
TO REGISTER: 508-945-5190**

Discuss the 8 keys to combatting the issues of retirement:
loss of identity, loneliness, depression, and boredom.

THE CHATHAM COA INVITES YOU TO "WAKE & LEARN"
GRAB YOUR MORNING COFFEE AND JOIN US ONLINE:



Becalmed and Homesick: The Heart of Scrimshaw

THURSDAY, JUNE 24, 9:00 A.M.

**FREE, VIA ZOOM. ASSISTANCE WITH ZOOM AVAILABLE.
TO REGISTER: 508-945-5190**

Scrimshaw was a unique maritime craft of the nineteenth century, made using the teeth of sperm whales. Hear about how scrimshaw was made, the variety of forms it took, the origins of its decorative motifs, and the lives of the men who made it.



**THU. JUNE 17, 9:00AM
ONLINE VIA ZOOM
TO REGISTER: 508-945-5190**

***ZOOM ASSISTANCE AVAILABLE**



LET'S TALK ABOUT TOMORROW

This info session is designed to create awareness about senior housing on the Lower Cape, to encourage attendees to work with case managers to apply as soon as possible, and to connect residents to the many local resources available. This information is crucial for older adults who are considering either applying for affordable senior housing or aging in place.



COA LIBRARY CORNER

*Liz Walker,
Volunteer Librarian*



Medical mysteries, novels and memoirs, some written by real-life nurses and physicians, are the selections to consider this month. During a recent Zoom-based book launch, author and nurse practitioner Jennifer Hanlon Wilde observed that, "Nurses are detectives." Healthcare professionals diagnose what ails us by using their vast knowledge, rigorous training and careful examination of our symptoms to detect the "clues" needed to solve our medical mysteries.

***Finding the Vein* by Jennifer Hanlon Wilde (2021)**

Initially deemed to be a tragic accident, the sudden death of a popular counselor at an Oregon summer camp for internationally adopted children takes a darker turn. When Sergeant Mikie O'Malley, a former ER nurse, and Detective Wu arrive to investigate, teen camper Isaac and friends bring some shocking new evidence to light. The author is a nurse practitioner whose parents live in Chatham.

***When Breath Becomes Air* by Paul Kalanithi (2017)**

This deeply moving and exquisitely written memoir chronicles the author's transformation from a medical student to a neurosurgeon "working in the core of human identity, the brain." Without warning, he becomes his research colleagues' patient.

***Small Great Things* by Jodi Picoult (2016)**

The novel is based on the true story of a labor and delivery nurse who was prohibited from caring for a newborn because the white father requested that no African-American nurses tend to his baby. The author frankly and deftly handles "the threads of racism, choice, fear and hope" that create this story's fabric.

***Cutting for Stone* by Abraham Verghese (2009)**

In this novel, twin brothers are conceived through a secret union between a beautiful Indian nun and a brash British surgeon, whose life she saved years before. The twins are orphaned by their mother's death in childbirth and their father's sudden disappearance. The author of this unforgettable saga of love, betrayal and medicine is also a renowned surgeon.

***The Mystery of Breathing* by Perri Klass (2004)**

An impassioned neonatal physician fights fiercely for the lives of her newborn patients in a Boston hospital. The novel's author, also a pediatrician, presents Dr. Maggie Claymore as so intensely focused her aggressive medical approach and high-stakes decisions that she is unaware of the impact she has on colleagues and families.

JOIN CHATHAM COA'S BOOK DISCUSSION

To register, call: 508-945-5190

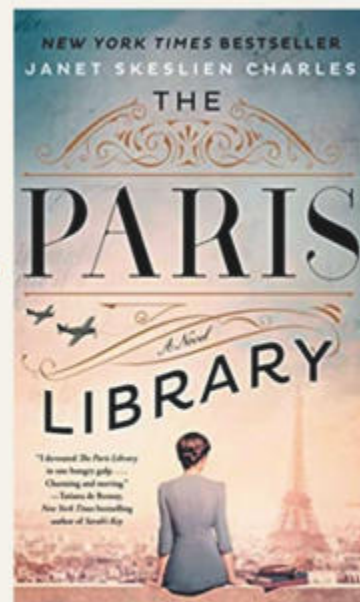
Online via Zoom or call-in

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

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

By Janet Skeslien Charles (2021)
A story of courage, friendship, and romance.

**Book Club will take a hiatus for Summer 2021.*



ATTORNEY ARTHUR B. CROOKS, JR.
ESTATE PLANNING & ELDER LAW



Hosted by Chatham COA
Thu. June 17 at 10:00am
FREE, online via Zoom
(Zoom assistance available)
To register: 508-945-5190



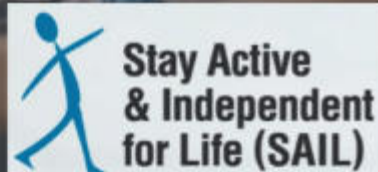
Basics of Estate Planning:

*Powers of Attorney, Healthcare Proxy, Advanced Care Directives, Wills & Trusts,
Probate of Estates, Estate Taxation, MassHealth/Medicaid/Nursing Home Concerns,
and What COVID-19 Has Taught Us About Estate Planning Timing.*

Stay Active & Independent for Life (SAIL)

12-Week Program: Mon, Wed, Fri
Jun 2 - Aug 27, 9:30-10:30am
Online via Zoom-assistance available
FREE! To Register: 508-945-5190

*SAIL is a fun, hour-long group exercise class held 3 times a week,
designed to help you feel stronger and more confident about your balance.
Each class can be tailored to fit individual needs and fitness levels –
you can even participate sitting down!*



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LIVE ONLINE CLASSES

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MON, WED, FRI, 10:30-11:30AM

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508-945-5190



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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 June 2021! **Registration for these programs will begin immediately.**

WRITING TOGETHER WORKSHOP

Tuesdays, beginning June 1, 2021, at 10:00am (via Zoom)

Join Lorraine Gilmore on Tuesdays for a session of "Writing Together". Lorraine will provide writing prompts and each person will spend twenty minutes writing and then sharing their story (or essay or poem) with the group. Each member will comment on the writing - sharing thoughts about its structure or dialogue. Comments are supportive and kind.

To register call the Yarmouth Senior Center at 508-394-7606 X1333 or email: Inoferi-hoff@yarmouth.ma.us

COOKING WITH ALLY

Tuesday, June 8, 2021, at 11:00am (via Zoom)

Learn how to make an American Flag Cake! Ingredients: 6 ¼ sticks unsalted softened butter, 3 cups sugar, 6 extra large eggs, 1 cup sour cream, 3 teaspoons pure vanilla extract, 3 cups flour, 1/3 cup cornstarch, 1 teaspoon kosher salt, 1 teaspoon baking soda, 1 ½ pounds softened cream cheese, 1 pound sifted confectioners' sugar, 2 half-pints blueberries, and 3 half-pints raspberries. **To register call the Dennis Senior Center at 508-385-5067.**

FALMOUTH COA BOOK CLUB...All Are Welcome!

The Girl with the Louding Voice by Abi Dare

Tuesday, June 8, 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.**

JOINT REPLACEMENT HEALTH TALK

Wednesday, June 9, 2021, at 10:00am (via Zoom)

The experts from Kindred Healthcare will present valuable information regarding joint replacement including surgical preparation, rehabilitation and up-to-date care information on physical therapy. Presenter: Joanne Burbank, Kindred Health. **To register call the Barnstable COA at 508-862-4761 or email susan.griffin@town.barnstable.ma.us**

UNDERSTANDING TRUSTS / PLANNING FOR LONG-TERM CARE

Wednesday, June 9, 2021, at 1:30pm (via Zoom)

Attorneys from Patricia Mello & Associates will help teach about Revocable, Irrevocable, Marital, Special Needs, and Testamentary Trusts, and how these documents can: (1) avoid probate; (2) save on death taxes; (3) provide for disabled children; and (4) protect certain beneficiaries against creditors. Attorneys from the Patricia Mello & Associates, P.C. explain in plain English what a Trust is and how it can be customized to meet your unique estate needs. The second part of this presentation will explain Medicaid law in Massachusetts, and how you and your family can plan for possible care in the future while taking steps to ensure that assets are preserved for you and your family.

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

BASICS OF ESTATE PLANNING

Thursday, June 10, 2021, at 1:00pm (via Zoom)

This presentation covers the basics of estate planning: powers of attorney, healthcare proxy, wills and trusts, probate of estates, estate taxation, and asset protection from nursing home concerns. Presented by Attorney Michael L. Lavender.

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

TREK ON THE CAMINO de SANTIAGO

Thursday, June 17, 2021, at 10:30am (via Zoom)

Join Pete Cormier to hear the story of his 2016 trek on the Camino de Santiago or The Way of St. James: A Pilgrimage of Medieval Origin. Accompanied by photos, journaling, incredible quilted scenes of photos of the journey and poetry relating to his journey, Peter will tell the story of his 4 week/460-mile trek along the route ending at the Cathedral of Santiago de Compostela in Galicia, Spain. The Camino de Santiago is listed as a UNESCO World Heritage site for its role in encouraging culture exchanges between people from all over the world for many centuries.

To register please call the Sandwich COA at 508-888-4737.

HEALTHCARE & YOUR RETIREMENT: FINANCIAL PLANNING WEBINAR

Wednesday, June 23, 2021, 1:00 pm (via Zoom)

With Sandy Childs, Financial Advisor-Edward Jones. **To register call the Bourne COA at 508-759-0600 ext. 5300.**



UNTIL THERE'S A CURE, THERE'S COMMUNITY.

FOR INFORMATION OR TO REGISTER:

(508) 896-5170 • info@capecodalz.org

Call or send your email address, phone number,
home address, the names of those who will be with you.

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, via ZOOM.

- **FRI, JUNE 25:** CAPE COD MUSEUM OF ART
- **FRI, JULY 30:** THE PETER, PAUL, & MARY SONGBOOK
Folk musician Paul Kehoe plays well-loved songs and
talks about his long relationship with the famous trio.

MONTHLY MINDFULNESS WITH CALMER CHOICE

FRI, JUN 4, 11 am - 12 pm.

Join instructors for a 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.

Dehydration

Dehydration occurs when the body loses water and essential salts. Older adults are particularly prone to dehydration due to a decline in total body fluid, lower thirst response, decreased kidney function, other health conditions and certain medications.

Dehydration is more likely if someone is experiencing nausea or diarrhea, exposed to heat and humidity or engaging in strenuous physical activity.

Symptoms of dehydration include: thirst, less frequent urination, dry skin, fatigue, headache, dizziness, confusion, dry mouth, increased heart rate and breathing.

Try these tips from the National Institute on Aging to get enough fluids:

- + **Do not wait until you are thirsty to drink water or other fluids.**
- + **Take sips of water, milk or juice between bites during meals.**
- + **Have a cup of low fat/low sodium soup or broth to increase fluids.**
- + **Drink a glass of water before exercise or heat exposure.**
- + **Do not stop drinking fluids due to concerns of urinary control, speak with your doctor about treatment.**
- + **If you have been told to limit fluids due to a health condition, please speak with your doctor about your fluid goal and how to avoid dehydration.**
- + **If you drink alcoholic beverages, do so in moderation (no more than one drink daily for women and two for men).**
- + **If you find it difficult to consume enough water, try adding fresh or frozen fruit.**



Taking steps to prevent dehydration can help you feel better and prevent this dangerous condition. We have waited long enough for summer on Cape Cod, I hope everyone can enjoy it to the fullest!

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


VISITING NURSE ASSOCIATION
OF CAPE COD

SHINE NEWS

**Getting Ready to Sign Up for Medicare? Come to a Welcome to Medicare Virtual Fair
June 23, 2021 | Open from 3:00 PM to 7:00 PM ET**

Learn about signing up for Medicare from the safety and comfort of your home or office! This virtual, online Medicare fair is for people turning 65 or becoming eligible for Medicare because of a disability. This event is supported by a grant from the federal government, and there is no cost to attend. Attend for any length of time. Learn about Medicare – and all its parts – to assist you in your initial enrollment decisions. Visit www.shiphelp.org to register.

There will be expert presenters on Medicare eligibility, enrollment, costs, and coverage options from the State Health Insurance Assistance Programs (SHIPs). SHIPs are government funded to provide local, trusted, and unbiased local Medicare help to individuals in their states or territories. You can visit the Massachusetts virtual exhibits and chat with SHINE about what to consider when making your Medicare decisions. Join us from your computer or mobile device anytime between 3:00 and 7:00 p.m. Eastern Time. Visit www.shiphelp.org to register.



SHINE: Serving the Health Insurance Needs of Everyone
***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



JUNE 2021

Mon	Tue	Wed	Thu	Fri
	1. SHINE 9:00 Tai Chi 10:00 FCCOA Board 10:00 Writing Together Workshop Grocery & Rx Delivery Day	2. SHINE 9:30 SAIL 10:30 Zumba Gold	3. 9:30 WHOI Virtual Tour Grocery & Rx Delivery Day	4. SHINE 9:30 SAIL 10:30 Zumba Gold
7. 9:30 SAIL 10:30 Zumba Gold Grocery & Rx Delivery Day	8. SHINE 9:00 Tai Chi 11:00 Cook w/Ally 1:30 Falmouth COA Book Club	9. SHINE 9:30 SAIL 10:00 Joint Replace 10:30 Zumba Gold 11:00 Book Club Chatham COA 1:30 Understand Trusts	10. 10:00 Estate Planning Basics 11:00 Eight Keys to Enjoy Retirement Grocery & Rx Delivery Day	11. SHINE 9:30 SAIL 10:30 Zumba Gold (*June 12, noon: Town Meeting)
14. 9:30 COA Board 9:30 SAIL 10:30 Zumba Gold 3:00 Human Services Grocery & Rx Delivery Day	15. SHINE 9:00 Tai Chi	16. SHINE 9:30 SAIL 10:30 Zumba Gold 12:00 Healthy Meals in Motion	17. 7am-8pm Annual Town Election 9:00 Talk Tomorrow 10:00 Elder Law 10:30 Camino de Santiago Grocery & Rx Delivery Day	18. SHINE 9:30 SAIL 10:30 Zumba Gold
21. 9:30 SAIL 10:30 Zumba Gold Grocery & Rx Delivery Day	22. SHINE 9:00 Tai Chi	23. SHINE Atty Lavender 9:30 SAIL 10:30 Zumba Gold 12:00 Dad's Lunch 1:00 Healthcare and Retirement	24. 9:00 Scrimshaw Grocery & Rx Delivery Day	25. SHINE 9:30 SAIL 10:30 Zumba Gold
28. 9:30 SAIL 10:30 Zumba Gold Grocery & Rx Delivery Day	29. SHINE 9:00 Tai Chi	30. SHINE 9:30 SAIL 10:30 Zumba Gold	<div> SAVE THE DATE Summer Lunch Drive-Through Wednesday, July 14, noon - 1:00pm  <i>Savor summer with the COA!</i> </div>	

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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/>



SHAWNEY CARROLL

Veteran Services Officer (VSO)

Our Veterans are an extremely important part of our community, and we want to introduce you to a great local resource, VSO Shawney Carroll.

Her mission is to provide information and assistance to veterans and their families in obtaining federal, state, and local benefits to which they are entitled: financial, shelter, food, and VA benefits. She makes every effort to assist veterans or to refer them to the appropriate resources to meet their needs. As a retired Air Force Veteran herself, and having a background in medical administration, Shawney is a wealth of knowledge.

Shawney proudly serves the 15 towns on Cape Cod. For more information on the Cape Cod District Department of Veterans' Services, visit: www.capevets.org

To connect with VSO Shawney Carroll, call 508.778.8740 (Hyannis main office) or email: Capevso2@comcast.net



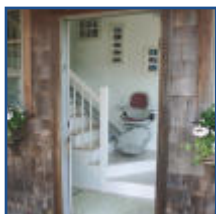
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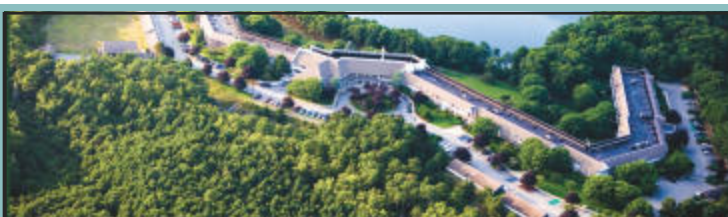
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TOWN OF CHATHAM **SENIOR TAX WORK-OFF PROGRAM**



OVERVIEW

- Year ten of the program will run through FY 2022: July 1, 2021 - June 30, 2022.
- Participant must be 60 years of age or older at the start of the Tax Work-Off year.
- Participant must occupy the property as his/her primary residence.
- Participant must be the homeowner or spouse of homeowner of record at the start of the Tax Work-Off year.
- There is a maximum credit of \$500 per household per Tax Work-Off year.
- To reach the maximum credit, 62.5 hours per year must be worked between July 1, 2021 and June 30, 2022.
- Less than 62.5 hours worked will result in a partial, pro-rated credit.
- Tax credit is subject to Federal Income & FICA taxes; will be reported to the IRS through the 1099 process.
- The program is administered by the Town Manager through the Council on Aging Director by soliciting requests and potential volunteer opportunities from Town departments and placing program participants in such positions.

SELECTION PROCESS

- An applicant is selected based on his/her possession of the skill sets required by the available positions and on a first-come, first-serve basis.
- Satisfactory volunteer qualifications and appropriate participant to position matches will be determined by the COA Director or HR Director.
- When all job slots have been filled, a waiting list will be kept in the event that a participant drops out of the program.
- Copies of the complete overview and guidelines are available by calling the COA: 508-945-5190 or online at www.chathamcoa.com, click on the page for *Senior Tax Work-off Program*.

TO ENROLL

- Applicant must present a valid ID.
- If an applicant's property is held in Trust, he/she must provide a copy of the Trust showing him/her as Trustee for the property.
- Applicant must provide a copy of the current tax bill showing him/her as the taxpayer on the property.

Call the COA at 508-945-5190 for more information or to enroll.

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SLEEP

Driven by the needs of our culture we have come to ignore some of our basic biological needs and rhythms. All living organisms require sleep. Patterns of sleep differ but adequate sleep is essential to health. The pattern of human sleep has evolved over millions of years to our environment, to the natural rhythms of light, darkness, and temperature.

During the last century with the introduction of electrical light, we have been become the only species to challenge our circadian rhythm and attempt to modify our need for sleep. In industrialized countries the belief is we can survive and thrive with less sleep and as a result we have become a sleep deprived and sleep deficient culture. This sleep deficiency has profound consequences to our brain's functioning and our physical, mental, and emotional health.

The Center for Disease Control (CDC) reports that 1/3 of US adults get less than the amount of sleep needed. Not getting enough sleep is linked with many chronic diseases and conditions such as type 2 diabetes, heart disease, obesity, and depression that threaten our nation's health. Not getting enough sleep can lead to motor vehicle crashes and mistakes at work, which cause a significant injury and disability each year. Getting enough sleep is not a luxury – it is something people need for good health.

- * We spend one third of our lives sleeping.
- * Our brains, which are 2% of our body weight, consume 20% to 30% of our energy reserves.
- * Our brains are busy and are hard at work all the time.
- ◆ Adequate sleep allows our brains to heal, integrate the day's experiences across many biological domains, to rest, renew, repair, and reboot.
- ◆ Sleep provides preventive maintenance and is the platform for creativity.
- ◆ Adequate sleep allows the brain to connect, recalibrate and integrate its functions.
- ◆ Each of the stages of sleep has been found to have specific tasks that allow us to clean out a chemical that drives sleep and to eliminate the accumulated metabolic brain toxins of the day.
- ◆ Sleep allows our muscles and cardiovascular system to rest and reset and gives us the ability to process and integrate what we have learned in the day with our own brain's personal history.
- ◆ Sleep allows us to store new learning and organize it to prepare for a more effective tomorrow.
- ◆ Sleep allows our bodies and brains to build resources to fight off infection and to protect us from chronic wear and tear and gives our body the ability to prepare new resources to combat infection and inflammation.
- ◆ Sleep also can help us regulate our emotions. Adequate sleep is a healer.

**ON BEHALF OF THE COA, THANK YOU
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STAN MANSFIELD

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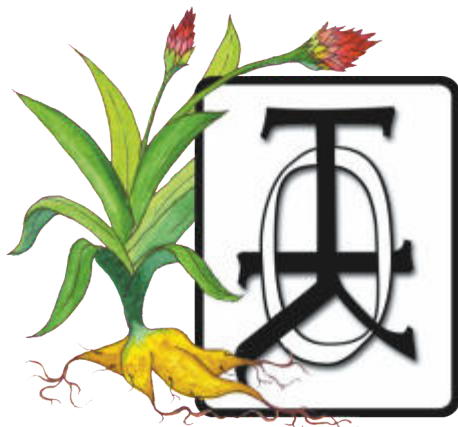
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HEALTHY ENTERTAINING

After a year of isolation, I think it is safe to say this summer your visitors, be it family or friends, will be back and thrilled to be here on Cape Cod. House guests and visitors of all kinds are inevitable which will mean at some point you will need to entertain and feed these folks. Just because you have visitors doesn't mean you need to change the way you are eating, especially if you are making an attempt to maintain a healthy diet. Often we rely on traditional favorites like the hot dog and hamburger BBQ with the classic mayo laden potato and macaroni salads, or the classic clambake with lobster, steamers and chowder with all the fixings. You don't need me to tell you these are not the healthiest of meals, and if it is once or twice a summer, well that is just fine. However if you are entertaining weekly and find yourself having these types of meals repeatedly, then it is time to make a change.

The foods of summer are naturally healthier for us since fresh vegetables and fruits take center stage. Any event you are hosting should offer a mix of foods to appeal to a variety of guests. The beauty of these recipes is that they work whether you have a guest who is vegan, gluten free, diabetic, on coumadin or any other food intolerance or allergy. As these eating issues have arisen drastically in recent years, it has challenged many home chefs who simply don't know how to deal with these issues. I hope these recipes help you to conquer healthy entertaining.

VIETNAMESE FRESH ROLLS

- 1 cup various vegetables: cucumbers, peppers, carrots, daikon and bok choy are all good choices, julienned (choose vegetables that are crisp and do not give off a lot of water)
- *you can also add thinly sliced herbs, mango, grilled chicken, cooked shrimp or beef
- 1 package of rice paper wrappers
- 1 package of Mai Fun (mung bean threads)

1. Thinly slice vegetables and set aside.
2. Soak noodles in hot water until soft, drain, and set aside.
3. Soak each rice sheet as you are making the rolls, keep extras wrapped in a damp towel.
4. Fill rice sheet with some vegetables and some Mai Fun and roll tightly.
5. Keep a damp towel over completed rolls while you finish the rest.

SWEET CHILI DIPPING SAUCE

- Equal amounts maple syrup and sriracha
- 1 teaspoon grated ginger
- 1 lime zest and juice
- 2 scallions sliced thinly
- Chopped fresh cilantro

Combine all ingredients thoroughly and serve with rice paper rolls.



(Continued on page 15)

Cucumber cups are great for entertaining. You can fill them with a variety of salads and dips and they are the perfect vehicle for anything—providing extra vegetable and no gluten or grain so just about anyone can eat them. Below are a dip and a salad, both of which are perfect in these cups and are lovely summer appetizers. Another great vegetable cup to use is endive whose leaves form a perfect cup-shape. However endive cups pair well with fillings that have a bit of sweetness to complement the bitter flavor of the leaves.

So go ahead and get entertaining this summer, finding balance between celebrating with treats and healthy delicious foods that feed your body and soul.

GARLIC, WHITE BEAN AND BASIL SPREAD

½ lb. (1 cup) white navy beans (=1 small can)
4/5 cloves of garlic
¼ cup basil threads
Juice and zest from 1 lemon
Olive oil
Sea salt and cracked pepper to taste

1. Place garlic, basil, lemon juice and beans in a food processor or blender and blend until smooth.
2. When necessary drizzle in olive oil or *salted water to obtain proper consistency.

(*Salted water is the key to proper consistency of bean dips without adding copious amounts of olive oil.)

MEDITERRANEAN TUNA SALAD

1 can tuna, drained
¼ cup niçoise olives
2 tsp. fresh basil threads
1 medium tomato, chopped
1 tsp. Dijon mustard

1 tbs rinsed capers
2 tbs. olive oil
Salt and pepper to taste

Combine ingredients and keep chilled until ready to eat

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
- ◆ Attorney Arthur Crooks
- ◆ Broad Reach Health Care
- ◆ Cape and Islands Shredding
- ◆ Cape Cod Maritime Museum
- ◆ Chatham Cultural Council
- ◆ Chatham Village Market
- ◆ Elder Services of Cape Cod and the Islands
- ◆ Emily Frazier, SAIL Instructor
- ◆ Friends of Chatham Council on Aging
- ◆ Homeless Prevention Council
- ◆ The Optimal Kitchen
- ◆ SHINE
- ◆ Woods Hole Oceanographic Institute (WHOI)

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...Chatham Annual Town Meeting & Election

Saturday, June 12, 2021 (12pm): Annual Town Meeting, Outdoors at Veteran's Field

- Article 15: Capital Project Article + Debt Exclusion Ballot Question – Design, Construction, and Equipping a New Council on Aging (COA) Facility at 1610 Main Street
- Article 16: Council on Aging (COA) Facility at 1610 Main St- Zoning Amendment

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

FREQUENTLY ASKED QUESTIONS

Why Do We Need A New COA? The current building is functionally obsolete, it does not meet the Town's needs for present day COA programming and does not allow for reasonable growth into the future.

How Much Will It Cost? The total cost of the project is estimated at \$8,395,555 and includes all design, construction and equipping for a "move-in ready" facility.

What Does This Mean For My Tax Rate? Based on a 3%, 20-year bond, a home assessed at \$500,000 will see \$44.90 added to the tax bill, equaling 14 cents a day. The yearly amount after 20 years will decrease to \$28.90.

Where Will The New COA Be? 1610 & 0 Main Street (Parcel IDs 9E-2-1 & 9E-2-2). This land in the West Chatham neighborhood center will be gifted to the Town for the construction of a Council on Aging Facility pending approval of Articles 15 & 16.

How Will Vehicles Enter & Exit New COA Site At 1610 Main Street? By making a left turn in or out when conditions safely permit, or by reversing direction using the roundabouts by making right turns during higher traffic periods.

What Will Happen To The Current COA Facility At 193 Stony Hill Road? Pending passage of Articles 15 & 16, the disposition of the current facility will be determined at a future date.

Why Do We Need A Zoning Amendment? Article 16 action is contingent upon the passage of Article 15. The purpose of this Article is to amend the basic zoning district designation from R20 to Municipal as the intended use is a municipal use.

Please mark your calendar with these important dates!

