



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

JULY 2021

Vol. 52 No. 7

Drive-Through Lunch Savor Summer with the Chatham COA!

WEDNESDAY, JULY 14, NOON-1:00PM

Menu: Choice of Chicken Salad or Caprese Sandwich;
Pasta Salad; and Baked Good.

*Bring your own beverage to enjoy.

Reserve your FREE Meal: 508-945-5190

CHATHAM RESIDENTS INVITED

Sponsored by ESCCI through the use of CARES funds.



***BONUS- The Country Flavored Band!**

Thanks to the generosity of the Friends of the COA,
tap your toes to fun and festive country-style tunes!

SUMMER CHECKLIST



"SUN BLOCK"



"SUNGLASSES"



"GREAT SUN HAT"



"ICE CREAM"

FUN in the SUN! Thu. JULY 29, 2:00-3:00pm

Outside the Chatham Senior Center

Ice Cream Truck - have a treat on us!

Sun safety giveaways with Rita Mitchell, RN.

To register, call: 508-945-5190

Rain Date: Thu. 8/5, 2-3pm





Let's Go Sailing on Pleasant Bay

THURSDAY, JULY 27, 1:00 - 3:30 PM

with Pleasant Bay Community Boating

TO REGISTER, CALL: 508-945-5190

- **Limited spaces.**
- **Medical Info & Release Forms must be completed and returned to COA.**
- **Must be able to walk on uneven ground, steep terrain, and moving surfaces (docks, vessels) and board/disembark independently.**
- **Transportation TBD.**
- **In event of poor sailing conditions, attempt will be made to reschedule.**

From our hosts at Pleasant Bay Community Boating:

- *Please bring a lifejacket if you have one; if not, one will be supplied.*
- *Wear closed-toed shoes, preferably sneakers; no smooth-soled shoes.*
- *Sunscreen. We recommend you apply at home.*
- *Bring water, sunglasses, and snug-fitting hat.*
- *Dress in layers with light jacket.*

www.pbcb.cc



DO YOU HAVE FUN DOING TAXES?

DO YOU ENJOY PEOPLE?

DO YOU THINK NUMBERS CAN BE FUN?

IF YES, THEN WE'RE LOOKING FOR YOU!

Since 1968, AARP Foundation TAX-Aide Volunteers have been helping low and moderate income taxpayers complete their Federal and State income tax returns, free of charge.

New volunteers are trained in the process of completing tax returns, and upon passing the required test, they are assigned to various centers across the Cape & Islands. Preference is given to centers near their homes. Schedules are flexible.

If volunteering interests you, but you are not sure about preparing tax returns, our Tax-Aide teams are also looking for volunteers with technology/administrative skills to support our tax counselors.

Find out more about being a Tax-Aide Volunteer Counselor.

Contact: Paul O'Keefe, Volunteer Coordinator
pokeefe15@hotmail.com or call (203)-249-1846

AARP Foundation
TAX-AIDE

Stay Active & Independent for Life (SAIL)

**Mondays, Wednesdays, Fridays
until Aug 27, 9:30 a.m.**

**Online via Zoom-assistance available
FREE! To Register: 508-945-5190**

SAIL is a fun, 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!

**Medical & Liability Release Forms required to be on file with COA.*



**Stay Active
& Independent
for Life (SAIL)**

FREE ZUMBA GOLD LIVE ONLINE CLASSES

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

**A FUSION OF LATIN, INTERNATIONAL AND POPULAR MUSIC AND DANCE
CREATING A DYNAMIC, EXCITING, AND EFFECTIVE FITNESS ROUTINE.**

**Class generously sponsored by
Friends of the Chatham COA**

**TO SIGN UP
CALL THE CHATHAM COA:
508-945-5190**

Medical & Liability Release Forms required to be on file with COA.



FIT, FUN, and FALL FREE

Designed to improve flexibility, balance,
muscle strength, and reduce risk of falling!

TUESDAYS, Aug 10 - Sep 14, 9:30am

FREE Exercise Class, Online via Zoom

TO REGISTER: 508-945-5190

Led by Jane Bollin, health & wellness nurse - VNA of Cape Cod

Open to Chatham residents.

Funded by the Human Services budget through the Town of Chatham.

**Must have Liability and Usage Agreement on file with COA.*

**AND must have Medical Clearance form on file with VNA.*





COA LIBRARY CORNER

*Liz Walker,
Volunteer Librarian*



Summer is the time to read what catches your eye - a new bestseller, a classic you have intended to read (or re-read), or the mystery a recent houseguest left behind. The great pleasure of summer reading can be discovered on a hot afternoon at the beach, under a tree in the backyard, or in a favorite armchair with the air conditioning humming. Here are a few selections to consider:

***The Plot* by Jean Hanff Korelitz (2021)**

When an arrogant young writer dies before completing his first novel, his writing teacher, a washed-up novelist, hijacks his late student's plot. The published book becomes a runaway bestseller. Someone who knows the truth emerges from the shadows threatening to destroy the professor's fraudulently earned success. Hailed as "the thriller of the summer."

***Facing the Mountain: A True Story* By Daniel James Brown (2021)**

The author of *The Boys in the Boat* tells the true and compelling story of Japanese-Americans whose "steely heroism fought Nazism abroad and racism at home." The selfless young soldiers, whose motto was "Go for broke," bravely served the country that sent their families to American concentration camps for "no crime other than looking like the enemy."

***Hamnet: a Novel of the Plague* by Maggie O'Farrell (2020)**

Set in 16th century Stratford, England, *Hamnet* imagines the emotional, domestic and artistic repercussions visited upon the world's most famous playwright and his wife when their young son succumbs to the bubonic plague. The author suggests that this personal tragedy inspired Shakespeare to pen the play *Hamlet*, a variation on his late son's name. (Recommended by Chatham's Michael Barry.)

***Ahab's Wife: Or, The Stargazer* by Sena Jeter Naslund (2005)**

Praised as a splendid novel that is both historically accurate and ambitious in purpose. It offers "a sweeping, yet intimate picture of a remarkable (fictional) woman who both typifies and transcends her times." The book, set on Nantucket, was inspired by a single mention of Captain Ahab's wife "waving from the dock" in Melville's *Moby Dick*.

Looking for summer reading?

HAMNET: A Novel of the Plague

By Maggie O'Farrell (2020)

A masterful story that imagines the emotional and artistic impact on the world's most famous playwright and his wife whose child succumbs to the bubonic plague in 1596.

Then, join us in September!

Wed. September 8, 11:00 a.m.

Chatham COA Book Club Discussion

To register, call: 508-945-5190

Online via Zoom or call-in

If you need assistance with Zoom or acquiring the book, we can help.

(*Book Club on hiatus for Summer 2021.)



TOWN OF CHATHAM

LOCAL EMERGENCY PLANNING AND PREPAREDNESS

KNOW YOUR RESOURCES

- Chatham Emergency Management Information: www.chatham-ma.gov
(find Emergency Management under the “Departments” tab)
- Barnstable County Emergency Planning Committee: <http://www.bcrepc.org>
(for information on Sheltering in Place and Regional Shelters)

HELPFUL PHONE NUMBERS:

- All Emergencies: 911
- Chatham Emergency Operation Center: 508-945-5191
- Chatham Police (EMERGENCY only): 508-945-1212
- Chatham Police (non-emergency): 508-945-1213 or 508-945-1217
- Chatham Fire (EMERGENCY only): 508-945-2323
- Chatham Fire (non-emergency): 508-945-2324
- Chatham Council on Aging: 508-945-5190

COA CLOSURE INFORMATION and WEATHER POLICY:

Council on Aging closure information will be posted online and on-air by the following radio stations: WQRC 99.9, WKPE 103.9, WOCN 104.7, WFCC 107.5 FM. If the Monomoy School System is closed due to weather, all COA activities including the bus are cancelled. If schools are on vacation, the COA Director will determine closures with safety in mind. The staff will be at the Senior Center to provide information and support, unless Town Hall is closed, in which case the Senior Center will close entirely.

BASIC SUPPLIES TO HAVE ON-HAND AT HOME

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

SPECIAL ASSISTANCE PROGRAM

If you, or other members of your household, would require special assistance in the event of a power outage or an emergency evacuation, please complete and return this form now so special arrangements can be made in advance. The Special Assistance form is a preplanning form designed to supply Chatham Emergency Management with information to help assist you during an emergency. For more information or to enroll in the Special Assistance program contact the Chatham COA at 508-945-5190 or visit www.chathamcoa.com.

HURRICANE PREPAREDNESS

Be Ready Before the Storm

Hurricanes and tropical storms can impact the entire Commonwealth, not just coastal regions



Use MEMA's interactive map to find out if you live or work in a hurricane evacuation zone

Know Your Zone

Make a Plan

Have a predetermined emergency plan tailored to your family's needs



Build an emergency kit that can sustain you and your family for 3-5 days

Build a Kit

Stay Informed

As a storm approaches, closely monitor media reports and promptly follow instructions from public safety officials



Visit mass.gov/mema for more hurricane preparedness resources

Source: Massachusetts Emergency Management Agency (MEMA)

Mass.gov



Heatstroke

Older adults are at a significantly increased risk of suffering from heatstroke, particularly in the summer months. It is important to understand this dangerous condition for the safety of yourself and others. A prompt and appropriate response could save a life.

Factors that can further increase the risk of heatstroke include poor circulation, inefficient sweat glands, lung disease, high blood pressure or another cardiac disease, being substantially overweight or underweight, drinking alcoholic beverages, being dehydrated, visiting overcrowded places, lack of transportation, extremely hot living quarters and overdressing.

Those with a higher risk of heatstroke should consider staying indoors on hot and humid days. It is important to use fans or air conditioners to keep your home as cool as possible. If you cannot adequately cool your home, you may consider visiting a building that is typically open to the public and air-conditioned (religious buildings, libraries, senior centers, movie theaters, malls, etc.).

In addition, opt for lightweight, light-colored, loose-fitting, breathable fabrics when getting dressed. Always ensure you are adequately hydrating throughout the day and bringing water with you when you leave the house.

Pay attention to how you feel when you are exposed to heat and humidity this summer. Symptoms of heatstroke include fainting, a change in behavior (confusion, combativeness, staggering, possible delirium, or coma), dry and flushed skin, a strong and rapid pulse, and lack of sweating. Seek immediate medical attention for a person with any of these symptoms, especially if they are an older adult.

If you suspect that someone is suffering from a heat-related illness:

- 1.) Call 911 if you suspect heatstroke.
- 2.) Get the person out of the heat to a shady, air-conditioned, or cooler place. Urge them to lie down.
- 3.) If the person can swallow safely, offer fluids such as water/fruit juices (not alcohol or caffeine).
- 4.) Apply a cold, wet cloth to the wrists, neck, armpits, and groin. These are places where blood passes close to the surface of the skin, and a cold cloth can help cool the blood.
- 5.) Encourage the person to shower, bathe, or sponge off with cool water if it is safe to do so.

<https://www.nih.gov/news-events/news-releases/heat-related-health-dangers-older-adults-soar-during-summer>

Stephanie Lattanzio, RN-BSN
Public Health and Wellness Town Nurse,



VISITING NURSE ASSOCIATION
OF CAPE COD

SHINE NEWS

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

By now, some of 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 fall into the Medicare Part D gap when the negotiated **retail** cost of your medications reach \$4,130. Once in the gap you are now responsible for 25% of the negotiated retail cost for brand name medications and 25% for generics. Prescription Advantage, which is a 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 or less than \$38,640 for a single person or \$52,260 for a married couple. However, there is a \$200 per person annual enrollment fee for those with higher incomes. 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 info or to make an appointment, contact the Chatham COA: 508-945-5190.

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com



JULY 2021

Mon	Tue	Wed	Thu	Fri
 <p>SAVE THE DATE August Birthdays CELEBRATION THU. AUGUST 19TH, 1:00 PM</p>			<p><u>1.</u></p> <p>Grocery & Rx Delivery Day</p>	<p><u>2.</u> SHINE 9:30 SAIL 10:30 Zumba Gold</p>
<p><u>5.</u></p>  <p>Town Offices Closed</p>	<p><u>6.</u> SHINE 10:00 FCCOA Board</p> <p>Grocery & Rx Delivery Day</p>	<p><u>7.</u> SHINE 9:30 SAIL 10:30 Zumba Gold</p>	<p><u>8.</u></p> <p>Grocery & Rx Delivery Day</p>	<p><u>9.</u> SHINE 9:30 SAIL 10:30 Zumba Gold</p>
<p><u>12.</u> Atty Wibby 9:30 COA Board 9:30 SAIL 10:30 Zumba Gold 3:00 Human Services Grocery & Rx Delivery Day</p>	<p><u>13.</u> SHINE</p>	<p><u>14.</u> SHINE 9:30 SAIL 10:30 Zumba Gold 12:00 Drive-Thru Lunch & Country Flavor Band</p>	<p><u>15.</u></p> <p>Grocery & Rx Delivery Day</p>	<p><u>16.</u> SHINE 9:30 SAIL 10:30 Zumba Gold</p> 
<p><u>19.</u> 9:30 SAIL 10:30 Zumba Gold</p> <p>Grocery & Rx Delivery Day</p>	<p><u>20.</u> SHINE</p>	<p><u>21.</u> SHINE 9:30 SAIL 10:30 Zumba Gold 12:00 Healthy Meals in Motion</p>	<p><u>22.</u></p> <p>Grocery & Rx Delivery Day</p>	<p><u>23.</u> SHINE 9:30 SAIL 10:30 Zumba Gold</p>
<p><u>26.</u> 9:30 SAIL 10:30 Zumba Gold</p> <p>Grocery & Rx Delivery Day</p>	<p><u>27.</u> SHINE 1:00 Pleasant Bay Community Boating</p> 	<p><u>28.</u> SHINE Atty Lavender 9:30 SAIL 10:30 Zumba Gold</p>	<p><u>29.</u> 2:00 Fun in Sun & Ice Cream Truck</p>  <p>Grocery & Rx Delivery Day</p>	<p><u>30.</u> SHINE 9:30 SAIL 10:30 Zumba Gold</p>

SUPPORT OUR ADVERTISERS!



Quick Peek: Your COA Monthly Offerings

COA VIRTUAL PROGRAMMING

COA: Visit www.chathamcoa.com
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: 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 10:30am
SAIL-Live Online: M, W, F 9:30am

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 Meservey 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.brooksfreelibrary.org>

Eldredge Public Library call 508-945-5170 or
visit <https://www.eldredgelibrary.org>

Alzheimer's Family Support Center of Cape Cod
created by caregivers

THE SAVVY CAREGIVER EDUCATIONAL PROGRAM

A free six-session educational training for active family caregivers of people living with Alzheimer's or other dementia-related diseases.

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

The Savvy Caregiver program covers:

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



Next Session: JULY 14th to AUGUST 18th

WEDNESDAYS, 10 AM—NOON ET

Online—all programs currently hosted virtually.

For More Information or To Register:

Email: info@capecodalz.org or 508-896-5170

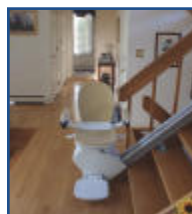
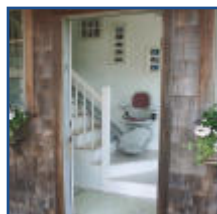
Please include: your first and last names, physical & mailing addresses, phone number, and relationship to the person with the disease

www.alzheimerscapecod.org • info@capecodalz.org

YOUR MOBILITY IS MY PRIORITY!

STAIRLIFTS CAPE COD

Stairlifts Cape Cod is your **LOCAL** Acorn dealer, offering both new and 'gently used' stairlifts for even greater savings. Located in Hyannis and living right here in Chatham! I have a showroom so that if you'd like to 'try before you buy', I can arrange that too!



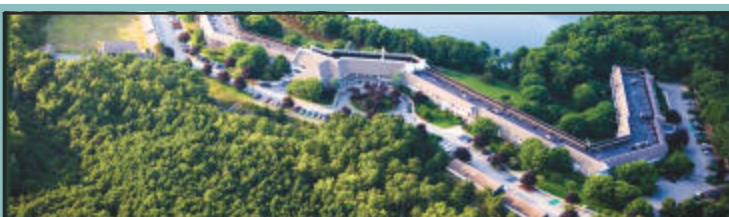
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of your
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and
neighbors"*



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and Nursing Center**

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Director of Admissions/Marketing
at 508-775-6663

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www.pavilionnsg.com

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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.
- Admission is on a rolling basis.

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

SUPPORT OUR ADVERTISERS!



EVERY DROP IS PRECIOUS.

Water Conservation Measures in Place – Now Mandatory

Chatham joins the town of Harwich, Orleans, Brewster and Dennis in implementing the mandatory measures to conserve water regionally as these towns all draw from the Monomoy lens of the aquifer.

The State of Water Supply Conservation was voted into place by the Water & Sewer Commissioners on March 23, 2021 for the period April 1, 2021 through October 1, 2021.

The following restrictions are now mandatory:

- 1.) Outdoor watering at odd-numbered addresses restricted to odd-number calendar days. Outdoor watering at even-numbered addresses restricted to even-number calendar days.
- 2.) Outdoor watering limited to 1" (one inch) or less per watering event.
- 3.) Outdoor watering limited to the period 6 PM to 12 AM (midnight), except for in-ground irrigation systems which are limited to 12 midnight to 6 AM.
- 4.) No washing of sidewalks or driveways.

Enforcement of these restrictions will be handled by Water & Sewer Division personnel who will have the ability to issue a warning for a first offense and fines of \$100 for a second offense and \$200 for a third offense.

Abiding by the mandatory restrictions and installing low-flow showerheads, low-flow hose nozzles and timers for outdoor watering and using toilet leak detector tablets are all ways you can help protect the Town's drinking water supply. These items are available free of charge from the Department of Public Works.

Visit the Water Department's web page for water conservation tips:

<https://www.chatham-ma.gov/water-sewer-division>

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

♦ **BRENDA HALLIDAY**

♦ **MARY MCDERMOTT**

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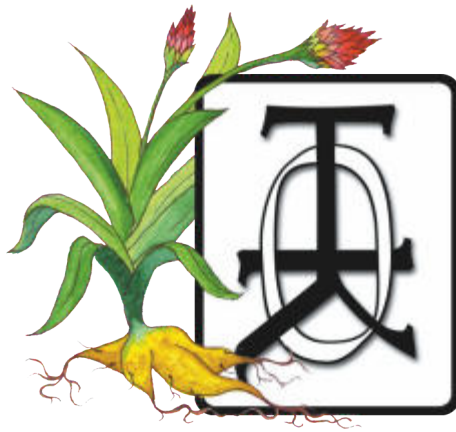
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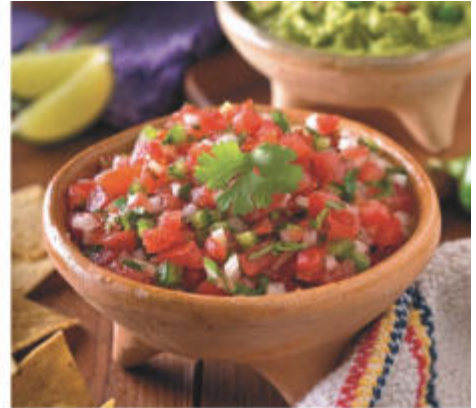


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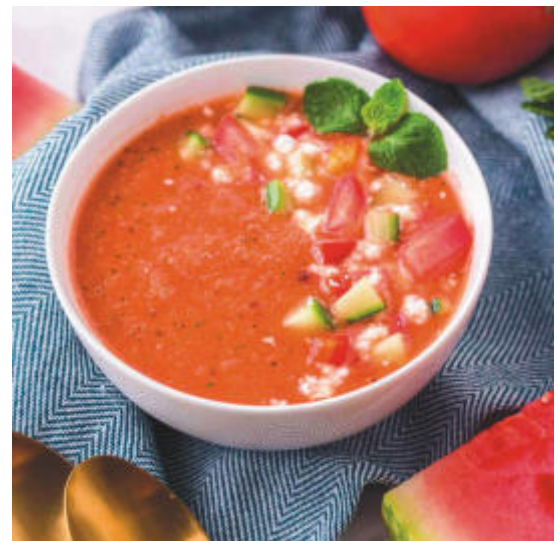
SUMMER SALADS, SOUPS, AND SALSAS

Summer is a great time to eat fruits and vegetables which are readily available locally and inexpensively. In fact, it can be a challenge to make sure you use all the produce you have on hand especially if you have a garden. Summer is also a time we spend with family and friends at BBQs and picnics which don't always have the healthiest options available. This summer, make it your job to bring the healthy choices to your events, both to help keep you on track and to make sure to spread the word that healthy food can be delicious. These recipes are a great way to use up produce you have on hand, and they ensure you are getting enough nutrients to thrive not just survive. Even more important is to make sure you consume lots of water heavy fruits to be sure to stay hydrated which can become a problem as we age.

WATERMELON GAZPACHO

½ fresh watermelon
1 small red onion
½ bunch cilantro
1 cucumber peeled, seeded and diced
Juice and zest of one lime
1 tsp cumin
1 tbs of cider vinegar
Salt and pepper to taste

1. Place watermelon in a food processor or blender.
2. Add the onion, cilantro, cucumber, lime, cumin and vinegar into the food processor and puree until smooth.
3. Keep soup cold in the fridge container until ready to serve.



(Continued on page 15)

SALSA CRUDO

1 pint cherry or grape tomatoes, quartered
1 small onion
1 cucumber peeled and diced
1 small bunch basil threads
juice and zest from a lemon
2 tbs. olive oil
salt and pepper to taste

1. Combine all the ingredients.
2. Season with salt and pepper and let sit for at least one hour before serving.
3. Serve with grilled meats, fish or vegetables or even with chips or crackers

MEDITERRANEAN POTATO SALAD

2 lbs. sweet potato cut into ½ inch cubes
2 lbs. red skin potatoes cut into ½ inch cubes
½ cup chopped Kalamata olives
2 cups of kale, roughly chopped
2 tbs. capers, rinsed

½ cup fresh basil cut into threads
¼ cup + olive oil
¼ cup vinegar
Sea salt and pepper to taste

1. Place a 2 tbs olive oil on a rimmed cookie sheet and heat in 375 degree oven for 3-5 minutes.
2. Place potatoes on hot oil on cookie sheet, be careful not to splash oil, season with salt and pepper.
3. Roast potatoes for 30-40 minutes, until crispy.
4. In a large bowl toss all ingredients together, be sure to let potatoes cool just a bit.
5. Serve warm or at room temperature.

COA 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
- ◆ Broad Reach Health Care
- ◆ Cape and Islands Shredding
- ◆ Chatham Village Market
- ◆ Elder Services of Cape Cod and the Islands
- ◆ Emily Frazier, SAIL Instructor
- ◆ Friends of Chatham Council on Aging
- ◆ The Optimal Kitchen
- ◆ Pleasant Bay Community Boating
- ◆ Rita Mitchell, RN, Barnstable County Health
- ◆ SHINE

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From the Director's Desk.....Moving Forward

When we shut down in March 2020 it was with necessary urgency, but working towards a new normal need not be so hasty. This time of scaling up operations presents an opportunity to be thoughtful, gradual, and to use all the data and lessons we have learned from the past year. This process can be iterative, meaning there is not one opportunity to "reopen". We will continue to learn, tweak, and improve services as we work together to figure out a new normal.

COA programs have been preplanned through the summer to continue virtually and outside, while we gradually add in-person programs and transportation. We look forward to integrating virtual, live programming into what will become our "new normal". This scaling up plan allows us to continue meeting the needs and desires of the community, provides services and programs, is sensitive to the comfort levels and health needs of participants, volunteers, facilitators, and staff, while being flexible in response to seasonal and public health conditions.

We encourage the public to continue to conduct business with the COA by phone, email, mail, or through the use of our droboxes to the greatest extent possible.

Masks are still required inside the COA. This is one of the most important protocols we have in place for the safety of all of our participants, facilitators, volunteers and staff (many of whom fall into the high-risk category). We understand that you may have been vaccinated, but other people may not have been or cannot be vaccinated. Wearing a mask is a gesture of kindness that provides for access for all.

We have missed you! Please know that planning and protocols are reassessed frequently, and we depend on your cooperation and support to continue to move forward.

For updates and information, visit our website, www.chathamcoa.com.

Stay well!

