



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

AUGUST 2021

Vol. 52 No. 8

August Birthdays Celebration!

If you were born in the month of August and reside in Chatham, we invite you to drive through and pick up a celebratory cupcake!

TO REGISTER, CALL: 508-945-5190

CHOICE OF: CHOCOLATE OR LEMON-BERRY

***PLEASE ADVISE IF YOU HAVE A FOOD ALLERGY**

THURSDAY, AUGUST 19, 1:00-2:00PM

OUTSIDE CHATHAM SENIOR CENTER

193 STONY HILL RD. CHATHAM



(Remember to check the expiration date on your driver's license.)



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

Hosted by Chatham Council on Aging.

Open to Chatham residents.

Funded by the Human Services budget, Town of Chatham.

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

**And, must have Medical Clearance form on file with VNA.*





"BUSY FINGERS" GROUP

Do you like to do needlework and chat?
Knitters and crocheters of all skill levels are invited.
Bring your projects in process or start a new one!
Share stories, tips, and ideas.

Meeting monthly, outside the Senior Center.

August date: TBD.

Interested? For more information or to register,
call the COA: 508-945-5190.

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 ARABADZHIEVA
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.

Walking Through Grief



You are invited to gather alongside others also grieving the loss of a loved one, to enjoy fresh air and gentle exercise. While moving at your own pace, share experiences, receive support -or just walk. Facilitated by trained hospice staff.



If we choose to move forward acknowledging the sorrow and the sadness but also the love and the laughter, then hope travels with us.

~ The Grief Toolbox

When: Wed, 9:30-10:30am, Jul 28-Sep 1

Where: D. Isabelle Smith Monomoy Conservation Lands Trail, Harwich (please leave dogs home).

All walks are offered at no cost, but pre-registration is required, group size is limited.

Grief Care Coordinator: Nancy Sorbo, 508-945-4601.

Email: nancysorbo@broadreachhealth.org.

Cape Cod Maritime Museum

INVITES YOU TO VIEW A SERIES OF YOUTUBE VIDEOS AT:
WWW.CAPECODMARITIMEMUSEUM.ORG/BEHIND-THE-EXHIBITS

TOPICS:

1. Voyage of the Mayflower and the five weeks the Pilgrims spent on Cape Cod.
2. Maritime photography.
3. Surfboats and the US Life-Saving Service.
4. Scrimshaw - unique 19th century craft using the teeth of sperm whales.



FIND THIS AND OTHER VIRTUAL PROGRAMS ON
OUR NEW WEBSITE:
WWW.CHATHAM-MA.GOV/600/VIRTUAL-PROGRAMS



SAVE THE DATE

CELEBRATE SUMMER'S BOUNTY WITH A ROCKING GOOD TIME!

Drive-Through Lunch
Wednesday, September 22, Noon-1:00 p.m.

**FEATURING MUSICIAN JULIE CHARLAND
PLAYING ROCK SONGS FROM THE 1950-1970S**





COA LIBRARY CORNER

*Liz Walker,
Volunteer Librarian*



We near the end of the sultry “Dog Days of Summer,” as Sirius – *Canus Major* – aka the “Dog Star,” rises and sets with the sun. As the houseguests begin to wane in tandem with the hours of daylight, this could be the time to put down your “To Do” list and pick up a book. This month’s selections feature two stout-hearted “dog stars,” real and fictional.

***Songs in Ursa Major* by Emma Brodie (2021)**

This debut novel was inspired by the late 1960s-70s folk rock music scene – and James Taylor’s and Joni Mitchell’s “intense relationship” in 1970. Musician Jane Quinn navigates love, loss, stardom and the opportunity of a lifetime when the music festival headliner crashes his motorcycle. The author also explores rampant sexism in the music industry. (Recommended by Chatham’s Megan Yaps.)

***Sipson’s Island* by Katherine Nora (2019)**

Expelled from school and mourning the sudden death of her father, Elli flees to the family summerhouse overlooking Cape Cod’s Pleasant Bay. There she learns to fish, works as a chambermaid, and meets a clan of dropouts who live on Sipson’s Island. This local author, who lives in Orleans, also wrote *Theo and Ria* (2015).

***A Borrowing of Bones* by Paula Munier (2018)**

This well-paced first mystery in a new series offers an insider’s view of the training and care of search-and-rescue dogs. Former military police Mercy Carr and her deceased boyfriend’s retired explosives detection dog, Elvis, take to the woods to process their shared grief. Elvis makes a remarkable discovery, sniffs out danger and uncovers a cold case. Game warden Troy Warner and his rescue dog, Susie, answer Mercy’s 911 call.

***The Dog Who Could Fly: The Incredible True Story of a WWII Airman and the Four-Legged Hero Who Flew At His Side* by Damien Lewis (2015)**

During the snowy winter of 1939 in no-man’s-land, Airman Robert Bozdech stumbled upon a tiny abandoned German shepherd puppy after being shot down over enemy lines. The orphaned puppy and the Czech airman, headed for the Royal Air Force and the country he would come to call home, bonded for life.

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.)

DURABLE MEDICAL EQUIPMENT LOAN PROGRAM

Policies and Procedures

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.

PROGRAM PURPOSE

To assist Chatham residents with Durable Medical Equipment (DME) via:

- Information to assist people in accessing their own resources.
- Referral to other organizations.
- Utilizing the COA's free Equipment Loan Closet.

DME ITEMS FOR LOAN

The DME items being loaned have been donated to the COA, this means:

- Most of the equipment is gently used.
- All DME items are loaned on an "As Is" basis.
- The type of items available for loan varies depending on the items donated to the COA.
- **Items that may be available: canes, walkers and accessories, rollators, wheelchairs, shower chairs/benches, assistive technology.**

DONATIONS

- Donations are by appointment only.
- COA reserves the right to refuse to accept DME being offered for donation.
- Items not accepted for donation includes (but is not limited to): commodes, adult incontinence products, crutches.
- Donated items must be free of rust and stains; must be clean and in good working order.

POLICY

- Resident determines DME need, including size, special features, etc.
- Resident must talk to his/her medical professional for guidance on specific needs.
- COA reserves the right to refuse to loan DME.
- DME loaned on first come, first served basis and may not be reserved.
- **Due to high demand and high cost of wheelchairs, they may be borrowed for a maximum of one week.**

PROCEDURES

- **Donations and Loans are by appointment only.** Call 508-945-5190 to inquire about DME availability and to arrange time to donate/pick-up.
- Complete, sign and return the COA "WAIVER OF LIABILITY, ASSUMPTION OF RISK & INDEMNITY AGREEMENT".
- Client will return DME in clean condition when no longer needed (or one week for wheelchair).



*After all that we've been through,
It's great to see the world renew.
The sun is shining, flowers bloom,
Erasing all last winter's gloom.
Vaccines are IN; Is Covid OUT?
I'd like to think so but have doubt.
Fewer cases; fewer dead,
And there's a rush to leap ahead.
I won't be fully reassured
'Til Dr. Fauci says we're cured.*

*- Maris Childs
June 6th, 2021*

Preventing Tick-Borne Disease

The most common tick-borne diseases in Massachusetts are Lyme, Babesiosis, and Anaplasmosis. Black-legged ticks (often referred to as deer ticks) are responsible for the most common tick-borne diseases as well as others. Spring, summer, and fall are the most common seasons to suffer a bite from a black-legged tick. Adult black-legged ticks are the size of a sesame seed and young, nymphs are the size of a poppy seed. They can look like a freckle on the skin due to their incredibly small size.

There are other types of ticks and tick-borne illnesses in Massachusetts but the goal for staying safe and healthy remains the same- prevention is key!

If you are out in wooded and grassy areas, wear light-colored clothing so it is easier to spot ticks. Your clothing should cover as much of your skin as possible. Permethrin-treated clothing can prevent ticks as well as DEET containing bug repellants. DEET containing repellants can be used on the skin but it is very important to follow product instructions. The CDC website has valuable resources for preventing ticks in your yard and on your pets.

Checking yourself daily for ticks is one of the most important steps you can take to prevent tick-borne disease. Pay particular attention to areas between toes, groins, neck, ears, hairline, legs, and backs of knees. Showering once a day in the evening could also help you spot a tick promptly.

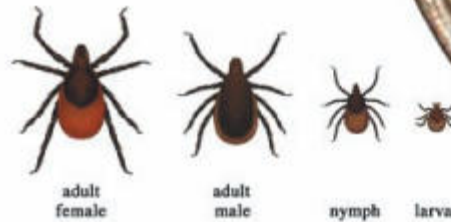
If you do find a tick attached to your skin you will want to remove it as soon as possible. To do this use a clean pair of fine-point tweezers, grab as close to the skin as possible, and pull straight out. Do not wait for the tick to detach itself or apply any folklore remedies (ie. nail polish or petroleum jelly) to the tick as it may increase the chance of the tick spreading disease. Note on your calendar when the tick was removed. You may also want to save the tick for identification. You should also notify your physician of the event or if you develop any symptoms of tick-borne disease. Your doctor may choose to prescribe medicine following a tick bite.

If you experience rash, chills, headache, fatigue, joint or muscle aches you should notify your healthcare provider. It is important to stay diligent regarding the prevention of tick bites this summer and into the fall. Any time the temperature is above freezing the risk still exists. The outdoors can have many wonderful health effects, so take precautions and enjoy this beautiful place we call home.

Stephanie Lattanzio, RN-BSN

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

Blacklegged Tick (*Ixodes scapularis*)



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AUGUST 2021

Mon	Tue	Wed	Thu	Fri
2. 9:30 SAIL 10:30 Zumba Gold  Grocery & Rx Delivery Day	3. SHINE 10:00 FCCOA Board	4. SHINE 9:30 SAIL 9:30 Walking Through Grief 10:30 Zumba Gold	5. Grocery & Rx Delivery Day	6. SHINE 9:30 SAIL 10:30 Zumba Gold
9. 9:30 COA Board 9:30 SAIL 10:30 Zumba Gold Grocery & Rx Delivery Day	10. SHINE 9:30 Fit, Fun, and Fall-Free 	11. SHINE 9:30 SAIL 9:30 Walking Through Grief 10:30 Zumba Gold	12. Grocery & Rx Delivery Day	13. SHINE 9:30 SAIL 10:30 Zumba Gold
16. 9:30 SAIL 10:30 Zumba Gold Grocery & Rx Delivery Day	17. SHINE 9:30 Fit, Fun, and Fall-Free	18. SHINE 9:30 SAIL 9:30 Walking Through Grief 10:30 Zumba Gold 12:00 Healthy Meals in Motion	19. 2:00 Drive-Thru August Birthdays  Grocery & Rx Delivery Day	20. SHINE 9:30 SAIL 10:30 Zumba Gold AFSCCC Conference: A Pragmatic Approach to Dementia Care
23. 9:30 SAIL 10:30 Zumba Gold Grocery & Rx Delivery Day	24. SHINE 9:30 Fit, Fun, and Fall-Free	25. SHINE Atty Lavender 9:30 SAIL 9:30 Walking Through Grief 10:30 Zumba Gold	26. Grocery & Rx Delivery Day	27. SHINE 9:30 SAIL 10:30 Zumba Gold
30. 10:30 Zumba Gold 3:00 Human Services Grocery & Rx Delivery Day	31. SHINE 9:30 Fit, Fun, and Fall-Free	<div>  Medicare </div> <div> Save the date: Thu. 9/30 at 10:00am </div> <hr/> <div> PLANNING FOR MEDICARE — COUNTDOWN TO 65 </div> <div> <small>Planning for Medicare-Countdown to 65 is a comprehensive worksite seminar that helps people approaching Medicare eligibility understand their health insurance options outside of their employer-sponsored coverage, whether they are planning to retire or not.</small> </div>		

SUPPORT OUR ADVERTISERS!



Quick Peek: Program & Service Offerings

COA VIRTUAL PROGRAMMING

www.chatham-ma.gov/600/Virtual-Programs

TRANSPORTATION FOR CHATHAM RESIDENTS

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

***The COA has immediate need for qualified drivers to meet service demands. See page 16 “From the Director’s Desk” for details.**

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 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.brooksfreelibrary.org>

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

NEW RISK REDUCTION PROGRAM

REFLECTIVE "911" VISIBLE ADDRESS INDICATORS (HOUSE NUMBERS)

- \$12 for address indicator only.
- \$16 for indicator on 4-foot post.
- Installed by Chatham Fire Dept.



CALL CHATHAM COA:
508-945-5190
 (*NO AGE RESTRICTIONS,
 OPEN TO ALL CHATHAM RESIDENTS)

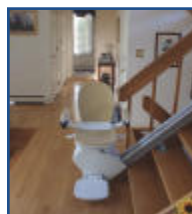
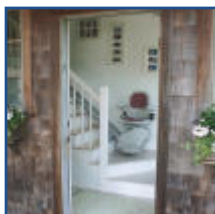


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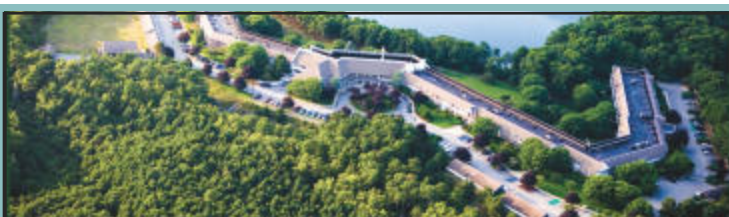
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at 508-775-6663

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Alzheimer's Family Support Center of Cape Cod

Until there's a cure, there's community

2021 JOHN LEVIN MEMORIAL CONFERENCE

Getting to Yes: A Pragmatic Approach to Dementia Care with **TEEPA SNOW, OTR/L**

Friday, August 20, 2021

8:30 AM - 4:00 PM EST

Via live Zoom Videoconferencing

Presented by Alzheimer's Family Support Center of Cape Cod

There is NO CHARGE to attend this live videoconference.

Join nationally-known dementia care specialist, **Teepa Snow, OTR/L** who will present pragmatic strategies for managing the care of adults with dementia. This live videoconference is intended for persons employed in memory care, skilled nursing facilities, and adult day programs, family and in-home caregivers and others involved in the care of adults living with dementia.

CONFERENCE TOPICS TO INCLUDE: *Sorting Out the Three D's: Delirium, Depression, and Dementia; Changing Resistance to Care to Participation in Care; Why Do They Do That? Understanding Symptoms and Situations of Dementia; Dealing with Distress: Using Empathy and Support; Improving Your Hands-On Skills for Providing Care.* A special panel discussion on *Alzheimer's & the Arts* will take place during the lunch hour.

FREE CONTINUING EDUCATION CREDITS have been **APPROVED** following professions: **Nurses, Psychologists, Social Workers, Licensed Marriage & Family Therapists/Licensed Mental Health Counselors/Licensed Professional Counselors, Activity Directors, CDP, CDCM, and CADDCTs.**

For information about obtaining Continuing Education Credit, please visit: www.alzheimerscapecod.org

All attendees MUST be registered to attend this FREE event.

Call (508) 896-5170 or email info@capecodalz.org

This conference is presented by Alzheimer's Family Support Center of Cape Cod, a 501(c)3 nonprofit providing free support, referrals, education and social connection to persons affected by Alzheimer's disease and other dementia-related diseases, and their care providers. To learn more about us, visit www.alzheimerscapecod.org

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RICE

PROJECT CARE



Participants sought for remote research study examining the impact of COVID-19 on the lives of dementia caregivers.

The purpose of this research study is to understand the factors (e.g., feeling unhappy, lonely, frustrated) that influence compliance with social distancing recommendations during the COVID-19 pandemic. In addition, this study aims to understand how negative emotions (e.g., feeling unhappy, lonely, frustrated) along with social distancing requirements influence family caregivers' confidence in their ability to provide high-quality care for their relatives with dementia during the COVID-19 pandemic. Participants will be compensated up to \$255. To get more information about the study, please contact us at careduringCOVID@rice.edu or 832-819-4297.

The following can be found at: <https://bmed.rice.edu/current-projects/project-care/>

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
- ◆ SHINE

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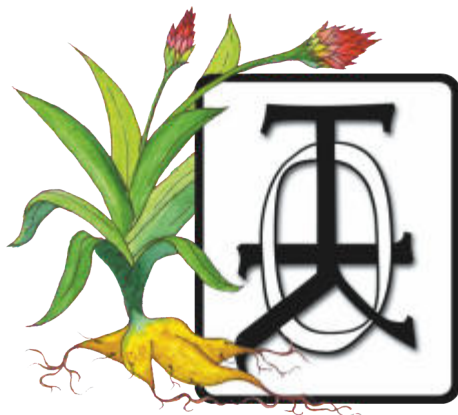
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PRESERVING THE HARVEST:

LEARN HOW TO PRESERVE AND STORE FRESH PRODUCE FOR MONTHS

In August many crops are at their peak and therefore also at their lowest prices, so why not take advantage: summer and winter squashes, tomatoes, green beans and even many fruits. Some may even have gardens overflowing with fresh produce that needs to be harvested, but you are avoiding it simply because you have no idea what to do with it all. This article will teach you some tricks on how to preserve, process, and store these fresh and delicious items so that you can enjoy them for months to come.

The art of canning is just that. It is often a lengthy and complicated process of cleaning and sterilizing jars, then canning, and then boiling. Simply put, many of us do not have the time, energy or inclination for all that. Instead we'll focus on simpler and easier methods of food processing and preservation. Be sure to clear out your freezer because that is one tool that is key. Let me also begin by stating that freezing food, if done properly, by no means compromises the nutritional qualities of the food. In fact, if you are buying local ripe produce, it will actually have more nutrients than fresh produce picked weeks before ripening and shipped across the country.

METHODS

- * IQF: Individual Quick Freezing, a great method for berries and all types of fruits.
- * Blanching: a crucial step for preserving veggies - removing excess moisture thus preventing freezer burn.
- * Oven-Drying: a great technique for tomatoes, tomatillos, and even peppers.
- * Pestos/Herb Pastes: the simplest and best way to preserve all types of herbs; don't think just basil - parsley, cilantro and even rosemary can be processed into delicious spreads.

We will begin with IQF. This technique, used by industry professionals, will amaze you with its simplicity and will prevent you from ever having frozen clumps of fruit ever again. All that is required when using the IQF method is a jelly roll pan with a lip and a freezer large enough to accommodate the pan so it can lay flat.

KEYS TO SUCCESSFUL IQF

- * Arrange whatever you are freezing on the pan in a single layer, preventing pieces from touching.
- * Place the pan in the freezer and leave it in there until items are thoroughly frozen, anywhere from 1-4 hours.
- * Remove the pan, and working quickly, place items in a Ziploc bag for easy storage.
- * Simply remove the amount you like when using items for a recipe and leave the rest in the freezer.

BASIC BLANCHING

- * Get a stainless steel pot full of water to a roiling boil (stainless steel is key because aluminum alters color).
- * After you have wash and prepped your vegetables (chopped greens, removed stems of green beans, separated a broccoli head), drop those vegetables into the water for approximately 30 seconds to 1 minute.
- * Remove and place in ice water quickly to stop the cooking processing.
- * At this point you can use the IQF method to freeze your blanched vegetables.

OVEN DRYING

We've heard of sun-dried tomatoes but what about oven dried? Similar in concept to using a dehydrator, oven drying removes the water and super concentrates the flavor of the fruit/vegetable you are processing. This technique is perfect for tomatoes and other wet fruits, but you need to slice or half the fruits or vegetables in order to expose enough surface area that they dry quickly and efficiently.

(Continued on page 15)

OVEN DRYING continued...

They will shrink greatly in size and become chewy in texture but are great added to pastas, soups and casseroles; you can even toss them with salads. Season with salt and pepper to help draw out the flavors.

- * On a parchment lined sheet tray lay out sliced tomatoes and sprinkle with salt and pepper.
- * Place them in a 300 degree oven for 1-2 hours depending on the moisture content of the fruit or vegetable.
- * Remove and let cool, layer in Tupperware containers and refrigerate (up to 1 month) or freeze (up to a year).

This technique can also be used to make snacks like kale or beet chips, except with these vegetables remember to spray them with olive oil before sprinkling on the sea salt and pepper.

PESTOS AND HERB PASTES

We always want to hold onto to the aromatic fresh herbs of summer, and pestos and herb pastes are the perfect way to do it. They freeze beautifully, and my favorite way to preserve them is in ice cube trays so you can just pop a cube in a sauce or stew. Pestos don't have to be just basil. All herbs can translate into delicious pestos and pastes. We can't forget that herbs are also dark green leafy vegetables, and these concentrated cubes provide not only a flavor boost but a nutritional one as well. You can create your very own pestos by blending whatever herbs and nuts you may have on hand. Remember to balance your flavors and textures and to use good quality oils and water to achieve the perfect consistency.

HERBS/GREENS	NUTS	OILS	SPICES (optional)	EXTRAS (optional)
Basil	Pine nuts	Olive	Lemon	Parmesan cheese
Cilantro	Peanuts	Sesame	Garlic	Sundried tomatoes
Rosemary	Sunflower Seeds	Walnut	Chili peppers	Asiago cheese
Parsley	Walnuts	Grapeseed	Shallots	Olives
Arugula	Pistachios	Avocado	Ginger	Flax Seeds/Meal
Spinach	Almonds	Flax	Scallions	Balsamic Vinegar

This chart is merely a starting point. If you have sage or thyme in your garden try tossing some in, but be sure to balance with some bulk greens like spinach or parsley or the flavor may be too overpowering. Same goes for rosemary. Adding parsley to any pesto will help ensure it has a vibrant green color. Also, something to consider when adding balsamic vinegar—the flavor may be great but unless you use the white variety it will deeply darken your pesto. All pestos should be seasoned with sea salt and pepper for enhanced flavor.

Green beans are a popular crop to grow here on Cape Cod. You can choose either bush or pole beans varieties, but bush beans mature far quicker so you will be able to have more plantings. You can plant seeds from June through August and manage to have a continual crop of these delicious beans.

SESAME GARLIC GREEN BEANS

3 cups green, yellow or purple beans, ends trimmed
Several cloves of garlic, minced
One inch piece of ginger peeled and minced
Olive oil
2 tbs. sesame seeds
Sea salt and pepper to taste

1. Drop the beans into boiling water for 30-60 seconds then drain and rinse with cold water.
2. Heat oil in a large sauté pan and add garlic and beans and cook while constantly stirring.
3. Add sesame seeds and cook for another 1-2 minutes then serve warm or at room temperature.

QUICK DILLY BEANS

1/4 cup chopped fresh dill
1/2 pound green beans, trimmed
1 cup raw cider vinegar
1 cup water
2 teaspoons sugar
2 teaspoons sea or kosher salt
2 teaspoons pickling spice
1 garlic clove, peeled

1. Combine dill and green beans in a medium bowl.
2. Combine vinegar and the remaining ingredients in a small saucepan.
3. Bring to a boil, and cook one minute or until sugar and salt dissolve.
4. Pour over bean mixture.
5. Let stand 2 hours.
6. Drain or serve with a slotted spoon.

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Printing and Postage for the FLASH are generously provided by the Friends of the Chatham Council On Aging and a grant from the Executive Office of Elder Affairs.

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From the Director's Desk . . . *Help Wanted ~ Intermittent COA Bus Driver*

Dear residents, we hear you! The COA is prioritizing transportation to medical appointments as one of the next steps in the scaling up of services. In order to meet this demand, we have immediate need of qualified bus drivers. Do you know an experienced driver who might be interested? Encourage them to apply!

The Town of Chatham seeks a qualified individual to fill a part-time Bus Driver position for the COA. Join a tight-knit team that is passionate about serving our community of older adults and their caregivers. The ideal candidate will have a customer-service oriented approach and positive attitude. Utilizing COA buses and van, the driver provides door-to-door transportation for medical appointments, adult day programming, shopping and COA services. Hours are variable and will be 19 hours or less, 8am-4pm Mon-Fri; position is "intermittent employee" status. A valid Massachusetts driver's license with an excellent driving record is required along with the ability to work independently and be flexible to adjust to the needs of the COA. The position will require a Department of Transportation physical along with CPR and AED certifications, which the COA will provide. Additionally, drivers are subject to drug and alcohol screening and training as required by Cape Cod Regional Transit Authority. While the position is not eligible for benefits, there are other rewards that come from working with our diverse and grateful clientele!

Please email cover letter and resume to jobs@chatham-ma.gov
Attention: Megan Downey, HR/Benefits Administrator.

