



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

SEPTEMBER 2021

Vol. 52 No. 9

September is National Senior Center Month - Let's Celebrate with a Rocking Good Time!

.....



Summer's Bounty Drive-Through Lunch Wed. Sep. 22, Noon-1:00 p.m.

**Zucchini Tortilla Cake & Bean Chili Casserole with Roasted Tomato Salsa;
Kale and Cabbage Slaw with Cashew Salsa Verde;
Coconut Pecan Blondies.**

(Food allergy? Please advise with reservation and at pick-up.)

Reserve Your Free Meal: 508-945-5190

**Chatham residents invited; sponsored by ESCCI through CARES funds.*

.....

- Senior Center, 193 Stony Hill Rd.
 - Drive Through and Pick-Up Your Meal(s).
 - Bring Your Own Beverage to Enjoy.
 - Drive to Parking Area; Set Up Chair Beside Your Car.
 - Enjoy the Music!
-

A ROCKING GOOD TIME!
FEATURING MUSICIAN JULIE CHARLAND
PLAYING ROCK SONGS FROM THE 1950-1970S

(*Sponsored by the Friends of the COA)



SEPTEMBER BIRTHDAYS CELEBRATION!

If you are born in September and reside in Chatham, we invite YOU to the Chatham COA for a birthday celebration!!

TO REGISTER, CALL: 508-945-5190

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

Thursday, September 16, 1:00-2:00 p.m.
Outside Chatham Senior Center
193 Stony Hill Rd. Chatham



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



Presented by Amyrose Sager, Dietician-VNA of Cape Cod

BRAIN & NUTRITION

Please Join: Tuesday, September 28th, 9:30 a.m.
FREE | Online Via Zoom | Zoom Assistance Available
To Register: 508-945-5190

"You are what you eat" certainly applies when it comes to nourishing the brain. There are a great variety of foods that promote healthy brain function.

BLUE CROSS BLUE SHIELD PRESENTS: PLANNING FOR MEDICARE- COUNTDOWN TO 65

Are you ready?

09

:

30

:

21

Thu. September 30, 10:00 a.m.
FREE Online via Zoom
Zoom Assistance Available
To Register: 508-945-5190

A comprehensive seminar that helps people approaching Medicare eligibility understand their health insurance options.



MASSACHUSETTS

September Walking Group

Christina Arabadzhieva (fitness trainer/ instructor) invites you
to join her Walking Group - Tuesdays 10:30 a.m.

- All walks are \$5; pay upon arrival.
- Wear comfortable clothing and footwear, and bring water.
- Walks are limited to ten participants - sign up early!
- To register, call the Chatham COA: 508-945-5190.
- Medical & Liability Release Forms required to be on file with the COA.



Tue. 9/14: Fort Hill Trail, Eastham (one mile loop, one hour).

This loop trail crosses open fields, connects with the Red Maple Swamp Trail, and offers spectacular vistas of Nauset Marsh area. Great location for bird enthusiasts. Easy; solid surface, some log steps on slopes.

Tue. 9/21: Nauset Marsh Trail, Eastham (1.3 mile loop, one hour).

This trail winds along the edge of Salt Pond and Nauset Marsh, crosses fields, and returns to the Salt Pond Visitor Center through a recovering forest. Several spectacular vistas along the way. Easy; some log steps; moderate grade.

Tue. 9/28: Atlantic White Cedar Swamp Trail, S. Wellfleet (1.2 mile loop, one hour).

This trail descends through a stunted oak and pine forest into a mature woodland, leads to a boardwalk that winds through the picturesque Atlantic White Cedar Swamp, and returns via the historic "Wireless Road" (a sand road). Moderate difficulty; some steep stairs; return route is 0.5 mile in soft sand; swamp portion of this trail is boardwalk.

"Fun outdoor adventures that will get your heart and spirit thriving!"



"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.

September date: TBD
Outside the Chatham Senior Center.
Interested? For more information or to register,
call the COA: 508-945-5190.



COA LIBRARY CORNER

*Liz Walker,
Volunteer Librarian*



See you in September. The Chatham Council on Aging's library is open Monday through Friday from 8 a.m. until 4 p.m., while the Senior Center building is open. The second-floor, self-service resource for books, hardcovers and paperbacks, plus free games, puzzles and picture books for visiting grandchildren – all generously donated – is easily accessible by elevator or take the stairs. (**Masks must be worn in the building.**) While you're there, also check out the wonderful array of greeting cards available for purchase. In the meantime, here are some book selections to consider:

***The Midnight Library* by Matt Haig (2020)**

The novel "explores literature's power to transport and transform us." What if you could retrace every choice you have made in your life and live as you might have if you had made other choices? Reading the books in the Midnight Library and a bit of magical realism enable you to do just that. The author underscores the interplay of reminiscence, regret and fate.

***The Splendid and the Vile* by Eric Larson (2020)**

The bestselling author "delivers a startlingly fresh portrait of Winston Churchill and London during the Blitz," showing how Churchill taught the British "the art of being fearless." Larson reveals the Churchill family's day-to-day experience by drawing from untapped sources, including declassified files, intelligence reports and personal diaries.

***The Stationery Shop – a novel* by Marjan Kamali (2019)**

Praised as "a powerful love story exploring loss, reconciliation and fate," the novel is set in politically roiling 1953 Tehran, where Roya's "oasis" is a book and stationery shop. She also finds love. On the eve of their wedding, Bahman fails to meet Roya as a coup d'état changes their country's future. She accepts that she will never see Bahman again – but 60 years later...

***Ordinary Grace* by William Kent Kreuger (2013)**

This debut novel features 13-year-old Frank Drum, a minister's son, in his small Minnesota town looking forward to summer and the 1961 baseball season. Unexpected deaths loom larger than the Braves' exploits on the diamond, shattering the innocence and hope of what became a lost summer. The adult Frank recounts the shocking events four decades later.



"O'Farrell brilliantly turns to historical fiction to confront a parent's worst nightmare: the death of a child. Set in Stratford, England, in the late 16th century, Hamnet imagines the emotional, domestic, and artistic repercussions after the world's most famous (though never named) playwright and his wife lose their only son, 11-year-old Hamnet, to the bubonic plague in 1596." ~ Heller McAlpin.

JOIN CHATHAM COA'S BOOK DISCUSSION

WED. SEPTEMBER 8th at 11:00 a.m.

OUTSIDE, IN FRONT OF SENIOR CENTER

TO REGISTER, CALL: 508-945-5190

Rain Plan: Indoor - Masks Required.

(*If assistance is needed to acquire the book, we can help-just ask!)

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.



Sight Loss Services, Inc.
Cape Cod & Islands

Tuesday, September 21st from 10:30-Noon
Chatham Senior Center, 193 Stony Hill Rd.
***Please note - masks are required.**

Monthly support group meetings are resuming!
Open to anyone (any age) with any degree of visual impairment.
Please contact the Sight Loss Services office: 508-394-3904 to RSVP.
Transportation available if necessary.

This month's topic will be "Welcome Back!"

- ***We want to hear from you!***
- ***What sort of guest speakers would you like?***
- ***What kinds of enrichment activities are you interested in?***
- ***Help us set the calendar for the new meeting year with new ideas!***

FOOT CARE CLINIC

Autumn Knight is a certified foot care nurse
and will be providing routine foot and nail care
at the COA. Healthy Feet are Happy Feet!

4TH WED OF EACH MONTH
STARTING AUGUST 25TH, 2021
9:00AM-3:00PM
APPOINTMENTS 30 MIN, \$45
TO REGISTER: 508-945-5190



MASSACHUSETTS DEPARTMENT OF VETERANS SERVICES

Helping veterans get the benefits they have earned

What is Chapter 115?

The Commonwealth provides a uniform program of financial and medical assistance for veterans and their dependents. Qualifying veterans/dependents receive necessary financial assistance for food, shelter, clothing, fuel and medical costs in accordance with a formula that takes into account the number of dependents and income from all sources.

Current Income Limit

Single - \$2,147

Married - \$2,904

Current Asset Limit (cash in all accts)

Single - \$8,400

Married - \$16,600

Am I eligible? Contact us at 508-778-8740 or visit www.capevets.org and asking to apply for Chapter 115 benefits. Eligible veterans and/or family members must meet certain income criteria and their military experience must meet the Commonwealths requirements.



Shawney Carroll
Veteran Services Officer
(Retired USAF)

To connect with VSO Shawney Carroll,
Call 508.778.8740 (Hyannis main office)
Email: Capevso2@comcast.net
Website: www.capevets.org

The Importance of Exercise

Exercise is an important part of overall health and wellness at any age but is especially beneficial as we get older.

Benefits such as improved strength and balance can help to reduce the risk of falls and physical injury. Improved sleep, better mood, and increased energy are among some of the other great reasons to get and stay active. Physical activity can also help you manage and prevent osteoporosis, certain types of cancers, high blood pressure, heart disease, stroke, type 2 diabetes, and arthritis. In addition, regular physical activity is an important part of achieving and maintaining healthy body weight.

Participating in regular physical activity could help you stay independent longer or even gain some independence back if you feel you have lost it.

Whatever your motivation for exercise, always focus on safety so you can continue for years to come. For most older adults walking, swimming, riding a bike, and gardening are considered safe. However, you should always consult your physician before starting an exercise program. Nia.nih.gov has many helpful resources and safety tips. Especially the information related to safety with outdoor exercise.



If you are finding it difficult to get moving regularly, it may be helpful to make a plan with a friend or family member to help keep you accountable. Participating in an exercise class or scheduling a walk can help make your workout more fun.

Always listen to your body, increase activity slowly, and try to select activities you enjoy.



VISITING NURSE ASSOCIATION
OF CAPE COD

Stephanie Lattanzio, RN-BSN

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

FREE! Lunch & Learn: 400 Years Ago - A Look Back at Fall 1621

September 2, 2021 at noon

2021 marks the anniversary of the famous event known as the First Thanksgiving. Join Plimoth Patuxet Museums' Chief Historian, Richard Pickering, in a Lunch & Learn lecture (online or in-person). This month's focus will be Fall 1621.

PLIMOTH  PATUXET
MUSEUMS

Contact: Christina Coleman
Director of Public Programs & Hospitality
(508) 746-1622 ext. 8107
ccoleman@plimoth.org

<https://lunchandlearn21september.eventbrite.com>

FREE-sponsored by grants, but registration is required.



LUNCH
&
LEARN

17TH CENTURY CONTEXT, 21ST CENTURY CONVERSATION

September 13, 1621, Nathaniel Morton reports that nine sachems were in Plymouth. Could this have been one of the three days in the harvest feast known as the First Thanksgiving? Richard Pickering will explore this pivotal event and share details about other important moments in the Pilgrims' first fall season, 400 years ago.

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SEPTEMBER 2021

Mon	Tue	Wed	Thu	Fri
 <p>SAVE THE DATE FOR A HALLOWEEN "WHODUNIT" FORENSIC ENTOMOLOGY WITH LARRY DAPSIS THURSDAY, OCTOBER 28TH</p>		<p>1. SHINE 10:30 Zumba Gold</p>	<p>2. 12:00 Lunch & Learn: Fall 1621</p> <p>Grocery & Rx Delivery Day</p>	<p>3. SHINE 10:30 Zumba Gold</p>
<p>6. Town Offices CLOSED</p> 	<p>7. SHINE 9:30 Fit, Fun, and Fall-Free 10:00 FCCOA Board</p> <p>Grocery & Rx Delivery Day</p>	<p>8. SHINE 10:30 Zumba Gold 11:00 Book Club (Outside COA)</p>	<p>9.</p> <p>Grocery & Rx Delivery Day</p>	<p>10. SHINE 10:30 Zumba Gold</p>
<p>13. Atty Wibby 9:30 COA Board 10:30 Zumba Gold 3:00 Human Services</p> <p>Grocery & Rx Delivery Day</p>	<p>14. SHINE 9:30 Fit, Fun, and Fall-Free 10:30 Walking Group at Fort Hill</p>	<p>15. SHINE 10:30 Zumba Gold 12:00 Healthy Meals in Motion</p> 	<p>16. 1:00 Sep. Birthdays</p>  <p>Grocery & Rx Delivery Day</p>	<p>17. SHINE 10:30 Zumba Gold</p>
<p>20. 10:30 Zumba Gold</p> <p>Grocery & Rx Delivery Day</p>	<p>21. SHINE 10:30 Walking Group at Nauset Marsh 10:30 Sight Loss Services Support Group</p>	<p>22. SHINE Atty Lavender 9-3 Foot Care Clinic 10:30 Zumba Gold 12:00 Rocking Good Drive-Through Lunch</p> <p>Grocery & Rx Delivery Day</p>	<p>23.</p> <p>Grocery & Rx Delivery Day</p>	<p>24. SHINE 10:30 Zumba Gold</p>
<p>27. 10:30 Zumba Gold 3:00 Human Services</p> <p>Grocery & Rx Delivery Day</p>	<p>28. SHINE 9:30 Brain & Nutrition—VNA 10:30 Walking Group Atlantic White Cedar</p>	<p>29. SHINE 10:30 Zumba Gold</p>	<p>30. 10:00 Planning for Medicare—BCBS</p> <p>Grocery & Rx Delivery Day</p>	 <p>BUSY FINGERS GROUP September date: TBD Call: 508-945-5190</p>

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Quick Peek: Program & Service Offerings

COA PROGRAMMING

www.chatham-ma.gov/531/Programs-Events
www.chatham-ma.gov/600/Virtual-Programs

TRANSPORTATION FOR CHATHAM RESIDENTS

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

***The COA has immediate need for qualified drivers to meet service demands. Visit:**
www.chatham-ma.gov/Jobs

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
Foot Care: 4th Wed monthly , 9a-3pm, \$45
Walking Group: Tue. Sep 14, 21, 28 - 10:30
Zumba Gold-Live Online: M,W, F - 10:30

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 at COA, 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>

Free Older Worker Remote Employment Skills Training

LEARN TO BE A REMOTE WORKER

Training Offered through OPERATION ABLE

If you are age 55 or older, unemployed, and live in MA, you may be eligible for an innovative, new and free skills training program.

First cycle begins: September 13, 2021

Three class cycles. Applications accepted on rolling basis.

Contact: Mark Gyurina, Chief Program Officer

mgyurina@operationable.net

Visit: OperationABLE.net

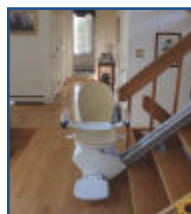
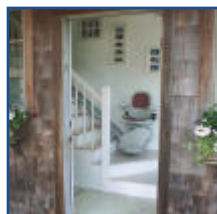
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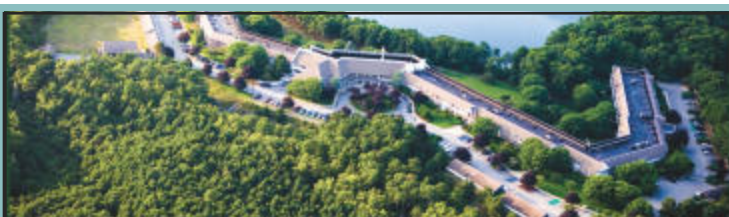
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please contact
Cindy Parker-Marney,
Director of Admissions/Marketing
at 508-775-6663

Or visit us at
876 Palmouth Road in Hyannis
www.pavilionnsg.com

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SHINE NEWS

Open Enrollment 2021 and Your Serving Health Information Needs of Everyone Program (SHINE)

The time is **now** to review your Medicare coverage! By September 30th, each Medicare beneficiary receives an **Annual Notice of Coverage** which includes important information regarding Medicare costs and benefits. You can compare your Medicare benefits and health insurance options at no cost with your local SHINE counselor. A visit or phone call with a certified SHINE volunteer may reduce your out of pocket medical and/or prescription drug costs. In addition, meeting with your SHINE counselor during open enrollment can help you identify public programs that can help with premiums, copayments and health coverage based on income and assets.

Open enrollment is **October 15 – December 7** and state certified SHINE counselors are available at your senior center **by appointment** to help you understand health care coverage, review cost increases, and find out what's new with Medicare.

SHINE appointments fill up fast during this busy period so contact your local senior center to avoid making last minute decisions or staying in a plan that no longer works for you. Appointments may be in person using current COVID19 safety protocols, over the phone or by Microsoft Teams (Regional Office).

Plan to have the following information available for your SHINE appointment:

1. Medicare A/B card
2. Medigap or Medicare Advantage Card
3. Prescription Drug Plan Member Card (if you have a Part D plan)
4. List of medications and dosage which can be obtained from your local pharmacy
5. My Medicare account username and password (if you have an account created) – this will save time as all medications and dosage information are stored and can be updated.

For those who prefer to view Medicare plan choices and costs online please visit www.Medicare.gov, then, click on ***find a provider*** and click on the ***health and drug plan*** tab.

Helpful telephone numbers and websites:

Medicare	www.medicare.gov	800.633.4227
Social Security	www.ssa.gov	800.772.1213
Prescription Advantage	www.prescriptionadvantagemma.org	800.243.4636



SHINE: Serving the Health Insurance Needs of Everyone
For more information, or to make an appointment,
contact the Chatham COA at 508-945-5190.

SUPPORT OUR ADVERTISERS!



SHREDDING AVAILABLE AT THE COA

Senior Center: 8am-4pm
2nd Floor (stairs/elevator)
Mask Required.



Thanks to
Cape & Islands Shredding Service.

Secure shredding provided **FREE**
for Chatham seniors, in honor of
Frank & Dorothy Gilmore
by their son **Brian**.

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

JEFFREY DYKENS

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
- ◆ Friends of Chatham Council on Aging
- ◆ The Optimal Kitchen
- ◆ SHINE

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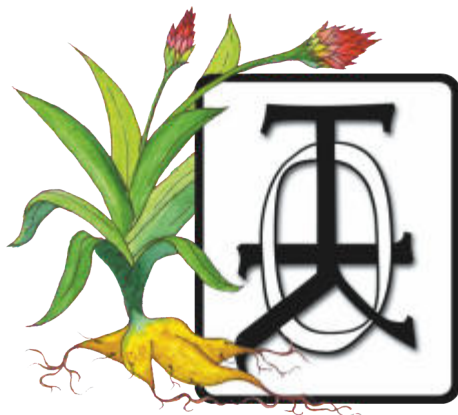
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AUTUMN ON THE CAPE

I don't think I am alone in saying that September is my favorite month on Cape Cod. The weather is beautiful, the water warm, and the beaches are mostly empty again. What makes this month even better is that there is so much bounty in Cape Cod gardens and on our waters. Migration patterns make for great fishing of stripers and tuna, to name a few, and the shellfish is abundant and easy to get. Pair that with an abundance of locally harvested vegetables and fruits, including local favorites like beach plums and cranberries and it is no surprise this month is a foodie's favorite.

This is a great month to visit local farmer's markets because so much is in season and the crowds have thinned making this the ideal season to try out neighboring town's markets. It is also the ideal time of year to think about preserving foods that are in season; this can mean pickling, freezing or for those courageous enough, even canning. Whatever you do this month, I hope it involves celebrating some of the fabulous foods that grow and swim along these shores. And of course, here are some recipes to enjoy our local bounty.

PESCADO ESCABECHE

- * 4 six oz. fish fillets, (a firm white fish - cod or striper)
- * 1 large onion, sliced thinly
- * 1 large or 2 medium green bell peppers, sliced thinly
- * 1 large or 2 medium yellow or red bell peppers, sliced thinly
- * 3 cloves of garlic, minced
- * dash of white wine
- * 1 tsp curry powder
- * ½ tsp cayenne pepper
- * 2 tbsp fresh cilantro, chopped
- * small pat of butter per filet
- * salt and pepper to taste
- * olive oil for cooking



1. Rub each filet with some minced garlic, curry powder, cayenne and a bit of olive oil.
2. Place each filet on parchment paper and cover with equal amounts of sliced onions and pepper.
3. Top with cilantro and any leftover garlic, sprinkle with a touch of white wine, place the pat of butter right in the middle of the fish filet. Fold over the parchment paper and starting at one end, begin rolling the sides together to create a tightly sealed pouch.
4. You can prepare the pouches several hours before cooking. When ready to cook, place in a 400 degree oven for 20 mins. And then slice open pouch and serve immediately.

Tomatoes are peaking in September and are a great accompaniment to grilled fish or scallops, on top of toasted bread or with crackers or chips.

(Continued on page 15)

POTATO LEEK SOUP

- * olive oil for cooking
- * 2 cloves garlic, minced
- * 1 bunch spring leeks, washed and sliced
- * 2-3 medium white or gold potatoes
- * Salt and pepper to taste
- * 1 tsp rosemary
- * 4 cup vegetable stock

1. Heat olive oil in a large stock pot over medium heat. Add the leeks and garlic and cook until softened about 5 minutes.
2. Add the rosemary and cook another minute.
3. Add the potatoes, season with salt and pepper.
4. Then cook with the onions and garlic for a few minutes.
5. Pour the vegetable broth over and bring mixture to a boil, then reduce heat to a simmer until the potatoes are tender, about 20 minutes.
6. Use an immersion blender until the soup is smooth and creamy. You can also do batches in blender.
7. Top with crisp rosemary croutons if desired



A great addition to this soup is also some garlic herb croutons or crostini if you have extra bread laying around and you are not avoiding gluten. Simply cut up old bread, spray with olive oil and sprinkle with herbs, salt and pepper and some minced garlic and toast in the oven for 10-15 minutes over low heat, around 300 degrees.

ZUCCHINI TORTILLA CAKE

- * 2 medium zucchinis, grated
- * 1/3 cup flax meal OR 2 eggs
- * 2-3 garlic cloves, minced
- * 1 tsp cumin
- * 1 tsp chili or chipotle powder
- * 2/3 -3/4 masa flour
- * 1+ cup water
- * sea salt and pepper to taste

1. Using a food processor or box grater, grate the zucchini.
2. Add eggs or flax mixture and combine thoroughly.
3. Add the dry ingredients and continue to combine.
4. Add water in 1/4 cup increments to get a looser texture.
5. Spread the dough on a parchment lined cookie sheet.
6. Bake in a 375 degree oven for 20 or 30 mins, until golden.

APPLE CRANBERRY PECAN CRISP

Filling:

- * 6-7 tart apples cored, and thinly sliced
- * 1 1/2 cups chopped cranberries (about 2 cups whole cranberries)
- * 1/2 tsp stevia powder or 1/2 cup raw blue agave syrup
- * 1 tbsp grated fresh ginger
- * juice and zest from 1 lemon

Topping:

- * 1 cup rolled oats
- * 1/2 cup firmly packed light brown sugar
- * 1/2 teaspoon cinnamon
- * 1/2 cup all-purpose flour
- * 3/4 stick cold butter, cut into small pieces
- * 3/4 cup chopped pecans

1. Mix filling ingredients together; spoon into a lightly greased 11x7x2-inch baking dish.
2. In a mixing bowl or in a food processor, combine oats, brown sugar, cinnamon, and flour. Cut in cold butter until coarse crumbs form.
3. Stir in chopped pecans. Sprinkle topping evenly over fruit and press down lightly.
4. Bake at 375° for about 30 to 35 minutes, or until topping is browned and fruit is tender and bubbly.

Enjoy this September when hopefully the beaches are a bit less crowded, the breezes a bit cooler and enjoy all the delicious foods the Cape has to offer!

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

We are excited that the COA building is open to the public, Monday-Friday, 8a-4p! The COA's free lending library, the Card Corner and free shredding for Chatham's older adults are all available during business hours. All are located on the second floor and are easily accessible via the elevator or stairs. Other services available in-person and by appointment are Foot Care, Legal Services and SHINE. We will continue to take advantage of seasonal weather by hosting programs and meetings outdoors while also maintaining access to large, live group classes via Zoom.

Staff remains available to conduct business by phone, email, mail, or through the use of our dropbox for those who feel more comfortable doing so.

At the time of this publication, masks are required inside the COA. This is one of the most important protocols we have in place for the safety of all of 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 helps maintain access for all people.

Please know that planning and protocols continue to be reassessed frequently, and we depend on your cooperation and support to continue to move forward.

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

Stay well!

