



# THE FLASH

*A monthly newsletter published by the*  
CHATHAM SENIOR CENTER [www.chathamcoa.com](http://www.chathamcoa.com)  
193 Stony Hill Road • Chatham, Massachusetts 02633 • (508) 945-5190

MARCH 2022

Vol. 53 No. 3

## The Chatham COA Presents:

### MASTER GARDENER: LIFELONG GARDENING WITH CHERIE BRYAN

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

Wednesday, March 2nd  
at 10:30am

FREE! Online via Zoom



To register call the COA  
at 508-945-5190

Need assistance with Zoom? We can help.

 **Chatham COA Presents:**   
**A St. Patrick's Day Celebration**  
**Free Irish Boiled**  
**Dinner Drive - Thru**  
with Outdoor Entertainment By:  
**Musician Roger Tincknell**  
*(weather permitting)*

Wear your Green, Bring a chair, if you wish.

**Monday. March 14th, 12-1pm**

Meal is prepared by Chatham  
Village Market, and is packaged to go.

**Reservations required.**

**Call Chatham COA at 508-945-5190.**

## Get Your Greens On!

### Chatham COA Presents:

Online Cooking Class  
with Chef Heather Bailey



**March 16th at 9:30am**

Learn how to incorporate these very important foods into your everyday diet in interesting and delicious ways.

Call the Chatham COA to register 508-945-5190.

CHATHAM COA INVITES YOU TO A

## Birthday Celebration

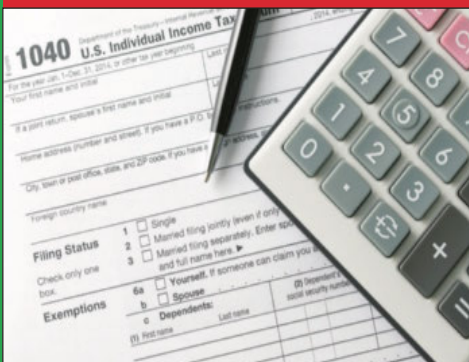
IF YOU WERE BORN IN THE MONTH OF MARCH, AND RESIDE IN CHATHAM, WE WOULD LIKE TO CELEBRATE YOUR BIRTHDAY.

March 17th at 1pm

Reservations Required. Current Health and safety advice will be followed. Call the COA office for more details and to REGISTER, at 508-945-5190.

\*Please advise, when registering, if you have a food allergy.

## NEED HELP WITH YOUR TAXES? AARP'S CERTIFIED TAX AIDES WILL BE HERE!



Income tax filing season is here again and AARP TAX AIDE will be offering federal and state income tax preparation and filing services FREE.

You do NOT have to be an AARP member. However, Tax Aide services are focused on low and moderate income taxpayers. All Tax Aide Counselors are vaccinated against Covid 19 for every one's safety. Meeting Safety Protocols will be in effect based on Covid 19 Health and Safety Advice and the Chatham Board of Health. Tax Aide is the largest free, volunteer-based tax assistance and preparation program in the United States. It began in 1968 and is offered in conjunction with the IRS. Tax Aide Counselors are trained and pass several IRS certification exams every year. Tax Preparation Service is by appointment only through the Chatham COA Office. Services are held at the Chatham Community Center beginning February 8th, on Tuesdays and Wednesdays.

Please contact the Chatham COA at 508-945-5190 to schedule your appointment and to make arrangements to pick up your pre-appointment packet.

**AARP**<sup>SM</sup>  
Tax-Aide<sup>TM</sup>

## **Chatham COA Presents:**

### ***Experience Ireland - Tales of the Irish*** **by Sean Murphy, Historian**

**Online via Zoom**  
**March 23rd, at 10:30am**

This entertaining and informative presentation will touch on everything from ancient history, to art, to music and dance, a bit of comedy, and more! Join the Chatham COA online with special guest speaker, Sean Murphy, Irish Historian, who will regale us with tales of all things Irish. Sean Murphy lives on Cape Cod and teaches Irish history, music, and dance. He has spoken about Irish cultural and historic issues at various libraries and community events around the state. In 2014 and in 2019, he was awarded the Thomas P McCann "Altruism Award" trophy by the Cape Cod St. Patrick's Day Committee for his "support and commitment to the Culture and Heritage of Ireland and its people."

**Help is available if you need assistance with Zoom. Registration is Required**  
**Call Chatham COA at 508-945-5190.**

## **Chatham Council On Aging Presents...**

### ***Fit, Fun & Fall Free Exercise Class - Online*** **with Microsoft TEAMS!**

**Weekly, Fridays, March 25 - April 29th, 9am**

- Have fun exercising online with us!
- Improve your balance.
- Decrease your fall risk.
- Use light weights and your own body weight with seated and standing exercises at home.

#### **Advanced Registration Required.**

Need Help with TEAMS Online Technology?  
Virtual Day 0: connect before starting the program and troubleshoot your settings:  
Tuesday, March 15, 11am- 12pm



**A completed VNA Application is required prior to start of program. For more information or to sign up, please contact the VNA of Cape Cod at (508) 957-7423.**



### **...A Message from the COA Staff**

Dear Residents: To help staff serve you better, please call the COA at 508-945-5190 before walking in for assistance. Scheduling an appointment will allow staff to give you their undivided attention and highest level of service.





## **COA LIBRARY CORNER**

*Liz Walker, Volunteer Librarian*

There is nothing like spring cleaning to unearth treasures. Volunteer Annie Holton, a retired librarian, recently refreshed the COA Library's mystery and local interest holdings. Check out (literally) the prominently displayed collection of bestselling author and Chatham resident Bernard Cornwell's Sharpe series, including his newest. Don't miss the cache of older Cape-based whodunits or the recently published novels and bios Kiki Huber recently donated. The pleasure of reading any of these treasures might divert your attention from the March winds howling outside.

**Sharpe's Assassin: Richard Sharpe and the Occupation of Paris, 1815 by Bernard Cornwell (2021)**

This latest volume (15 years since Sharpe's Fury) in the globally popular series is praised as "first-rate historical fiction that any fan of the genre will enjoy" and "a gripping, epic historical novel." The indestructible Lt. Colonel Richard Sharpe is once again charged to do the impossible after Napoleon's defeat at Waterloo.

**Dreamer – The Beginning by E. A. Meigs**

Brewster writer E.A. Meigs set out to write one book that became what is now 10 volumes to tell the tale of Tris (the Dreamer). The saga unfolds during the last Great Glacial Period when at least two peoples, the Neanderthal and the Cro-Magnon, struggled to survive. (Check out: [dreamerliteraryproductions.com](http://dreamerliteraryproductions.com))

**Vineyard Chill by Philip R. Craig (2010)**

For Vineyard Police Chief J.W. Jackson and wife, Vee, winter brings its own beauty with uncrowded streets and cozy nights by the fire, but it also can bring danger. There's a chill in the air when J.W. receives a visit from old pal asking for help. (Several recent Hallmark Channel movies are based on Craig's Vineyard series.)

**Cape Cod Conundrum by Margot Arnold (1992)**

The late mystery writer and long-time Hyannis resident, real name Petronelle Couch Cook, drew from her degree in archaeology and anthropology from Oxford University to create the Dr. Penny Spring and Sir Toby Glendower 12-book series.

**Reading ahead...Wednesday, April 13: An American Marriage by Tayari Jones (2018)**

COA Book Club discussions are held on the second Wednesday of each month from 11 a.m. to noon (currently meeting by Zoom). Call 508-945-5190 to register.

### **Join Chatham COA Monthly Book Club**

**Wednesday, March 9th at 11:00**

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

Drawing on diaries, original archival documents, and once-secret intelligence reports, Larson provides a new lens on London's darkest year through the real-life experience of Churchill and his family.

**Call the COA at 508-945-5190 to Register.**





## Chatham Council On Aging Presents...

### **Stepping Stones to Fitness:**

**A FREE Exercise Program to Get You Functioning Again!  
Weekly, Tuesdays, March 22 - April 26th 11am- 12pm**

**Have you been Sedentary? Learn basic exercise programs to:**

- **Build strength and endurance.**
- **Improve balance and flexibility.**
- **Maintain your independence.**

**Advanced Registration  
Required.**

A completed VNA Application is required prior to start of program held at the Chatham Community Center. For more information or to sign up, please contact the VNA of Cape Cod at (508) 957-7423.

## COASTAL CONNECTIONS



### **A MATTER OF BALANCE (MOB) - Starting Wed., March 9, 10:00AM-12:00PM (via Zoom)**

Is worry about falling keeping you from doing things you enjoy? Wednesdays for 8 weeks, led by certified trainers. For more information and to register, call: 508-385-5067 or email [sjones@town.dennis.ma.us](mailto:sjones@town.dennis.ma.us)

### **HEAD, SHOULDERS, KNEES & TOES - Wed., March 9, 10:00AM-11:00AM (via Zoom)**

What you need to know about surgery and rehabilitation. Presenter: Joanne Burbank, RN. To register call Barnstable Council on Aging at (508) 862-4750.

### **BUYING & OWNING (or LEASING) A CAR -Wed., March 9, 1:00PM (via Zoom)**

Buying vs. leasing, negotiating, getting the most out of warranties and service contracts, and more. Presenter: Marie C. Clougher, CAC. To register call Barnstable Council on Aging at (508) 862-4750.

### **THE UNUSUAL BOOK CLUB - Wed., March 16, 10:00AM (via Zoom)**

Love books but feel stressed to read one by a certain date? Instead, we recommend books on a selected theme. March theme: Fantasy & Science Fiction. To register call the Provincetown Senior Center at 508-487-7080.

### **MEN IN RETIREMENT: Henry Quinlan - Wed., March 16, 10:30AM-11:30AM via Zoom)**

So, you've retired....what now? How retirement can bring new issues to recognize. For more information or to register, call The Bourne Council on Aging: 508-759-0600 ext. 5300

### **VIRTUAL DOCK TOUR WOODS HOLE OCEANOGRAPHIC INSTITUTE - Wed., March 16, 1:30PM (via Zoom)**

Learn about how WHOI advances knowledge of the Ocean with the Earth Systems, and applies this to problems facing society. Presented by Paul Daigle, docent. To register call the Orleans COA at 508-255-6333

### **LIGHT HOUSES OF NEW ENGLAND - Tues., March 22, 1:30PM (via Zoom)**

Presenter: Jeremy D'Entremont, historian, who will share stories of the many lighthouses of Cape Cod, and The Islands. To register call the Orleans COA at 508-255-6333 beginning March 1st.

### **POLLINATION ECOLOGY: HOW CAN WE HELP BEES? - Tues., March 22, 11:00AM-12:00PM (via Zoom)**

Honeybee biology and the state of wild pollinators is examined. Presenter: Larry Dapsis, Etymologist, BCCE. To register call the Barnstable Council on Aging at (508) 862-4750.

### **NEW PATH TO POSITIVE CAREGIVING - Wed., March 23, 10:00AM-11:00AM (via Zoom)**

Overview of The Savvy Caregiver Series, which provides caregivers with techniques for caring for loved ones diagnosed with Alzheimer's disease. Presenter: Stacey Cullen. To register call Barnstable Council on Aging at (508) 862-4750.

### **HOLLYWOOD HISTORY-INTERNATIONAL CINEMA: FRENCH AND ITALIAN DIRECTORS - Wed., March 30, 3:30PM-4:30PM (via Zoom)**

20th and 21st century French and Italian filmmakers and their films that are not only accessible, but also relatable!!! Presenter: Frank Mandosa. To register call Barnstable Council on Aging at (508) 862-4750.

## Think Safety First, When Heating Your Home this Winter

### *A Message From the Massachusetts Department of Fire Services*

Heating caused 6,692 fires over the past five years and is the number two cause of home fires in Massachusetts. Use your home heating system and space heating appliances wisely and responsibly. That's the way to *Keep Warm and Keep Safe*.



### The ABCs of Fire Safety

- Make sure there are working smoke alarms and carbon monoxide alarms on every level including one outside the bedrooms.
- Test smoke and carbon monoxide alarms monthly and change batteries twice a year, when you change the clocks.
- Hold home fire drills to practice the home escape plan.
- Practice home fire safety, and set a good example for the children.



### Be Careful When Using Fireplaces and Solid Fuel Stoves

If you heat your home by burning solid fuels (coal, firewood, pellets), be careful before, during and after using these kinds of fuels.

- Have the chimney professionally cleaned every year.
- Make sure the stove is approved by a national testing agency such as Underwriter's Laboratory (UL).
- Get a building permit before installing a stove.
- Keep anything that can burn three feet away.
- Dispose of the ashes in a metal container, with a lid, away from the house, garage and porch.



### Space Heaters Need Space

Fires caused by space heaters are rare but often deadly. If you must use a space heater, do so safely.

- Do not use space heaters as your #1 heating source.
- Keep anything that can burn three feet away.
- Use only heavy-duty extension cords.
- Always turn off when going to bed or leaving home.
- Portable kerosene heaters are illegal in MA for home use.



### Maintain Natural Gas Equipment

Natural gas is a safe and efficient way to cook, heat our homes and hot water.

- Have your furnace and hot water heater professionally checked every year.
- Do not use or store gasoline or painting supplies inside where they can be ignited by the pilot light.

**Gas leaks can be dangerous – if you smell something like rotten eggs or you think there might be a leak:**

- **Move outdoors.**
- **Do not smoke or turn on or off electrical switches - sparks can cause an explosion.**
- **Dial 911 immediately.**

### Maintain Oil Heating Equipment

Home heating with fuel oil is also safe and efficient.

- Have your furnace professionally cleaned and checked every year.
- Don't let the tank get completely empty.
- Call for service if the oil burner releases smoke or soot in the house.



### Carbon Monoxide: the Silent Killer

Heating equipment is the leading source of carbon monoxide (CO) in the home.

- Install carbon monoxide alarms on every level of your home.
- Don't use the gas stove or oven for heat.
- Have furnaces and chimneys checked annually by a professional.
- Keep appliance vents and exhaust pipes clear of drifting snow and bushes.



**For more information go to: [www.mass.gov/keepwarmkeepsafe](http://www.mass.gov/keepwarmkeepsafe)**

# Chatham Council On Aging Presents...

## **NEURO GO! - FREE Exercise Program**

Weekly, Thursdays, April 7th - May 26th, 11am- 12pm

**Have you suffered from a stroke, Parkinson's Disease, or other neuromuscular diseases?**

This 8 week exercise program is aimed at helping to decrease neurological symptoms, improving your overall fitness level, and challenging your brain.



**Advanced Registration Required.**

A completed VNA Application is required prior to start of program held at the Chatham Community Center. For more information or to sign up, please contact the VNA of Cape Cod at (508) 957-7423.



# BE COMFORTABLE IN YOUR HOME...IN ANY SEASON!

**GENERAC** | **POWERPRO PREMIER**



Generac Automatic Standby Generator for your Home or Business.

**MITSUBISHI ELECTRIC**  
HEATING & AIR CONDITIONING

**DIAMOND CONTRACTOR**



A BETTER WAY TO HEAT AND COOL. Any home. Any building. Anywhere.

For more information visit: [rcaelectric.com](http://rcaelectric.com) or call 508-428-0449



# MARCH 2022

Mon	Tue	Wed	Thu	Fri
	<u>1.</u> <b>SHINE</b> <b>AARP Tax Prep</b> (by appt. with the COA) <b>AFSC</b> <b>10:00</b> Friends of the COA Board Meeting	<u>2.</u> <b>AARP Tax Prep</b> (by appt. with the COA) <b>10:30</b> Zumba Gold <b>10:30</b> Presentation - Master Gardener: Lifelong Gardening	<u>3.</u> <b>1:00</b> Busy Fingers TBD  <b>Grocery &amp; Rx Delivery Day</b>	<u>4.</u> <b>SHINE</b> <b>10:30</b> Zumba Gold
<u>7.</u> <b>10:30</b> Zumba Gold  <b>Grocery &amp; Rx Delivery Day</b>	<u>8.</u> <b>SHINE</b> <b>AARP Tax Prep</b> (by appt. with the COA)	<u>9.</u> <b>AARP Tax Prep</b> (by appt. with the COA) <b>10:30</b> Zumba Gold <b>11:00</b> Book Club: <i>The Splendid and The Vile</i>	<u>10.</u> <b>1:00</b> Busy Fingers TBD  <b>Grocery &amp; Rx Delivery Day</b>	<u>11.</u> <b>SHINE</b> <b>10:30</b> Zumba Gold
<u>14.</u> <b>9:30</b> COA Board Meeting <b>10:30</b> Zumba Gold <b>12-1pm</b> St Patricks Celebration Drive thru Boiled Dinner & Music by Roger Tincknell <b>3:00</b> Human Services Meeting <b>Grocery &amp; Rx Delivery Day</b>	<u>15.</u> <b>SHINE</b> <b>AARP Tax Prep</b> (by appt. with the COA) <b>AFSC</b>	<u>16.</u> <b>AARP Tax Prep</b> (by appt. with the COA) <b>9:30</b> Online Cooking with Chef Heather - "Get Your Greens On!" <b>10:30</b> Zumba Gold <b>12:00</b> Healthy Meals in Motion	<u>17.</u> <b>1:00</b> Busy Fingers TBD <b>1:00</b> Birthday Celebration  <b>Grocery &amp; Rx Delivery Day</b>	<u>18.</u> <b>SHINE</b> <b>10:30</b> Zumba Gold
<u>21.</u> <b>10:30</b> Zumba Gold  <b>Grocery &amp; Rx Delivery Day</b>	<u>22.</u> <b>SHINE</b> <b>AARP Tax Prep</b> (by appt. with the COA) <b>11:00</b> Stepping Stones to Fitness Exercise Class	<u>23.</u> <b>AARP Tax Prep</b> (by appt. with the COA) <b>9-3</b> Foot Care Clinic <b>10:30</b> Experience Ireland, Sean Murphy <b>10-11:30</b> Atty Lavender <b>10:30</b> Zumba Gold	<u>24.</u> <b>1:00</b> Busy Fingers TBD  <b>Grocery &amp; Rx Delivery Day</b>	<u>25.</u> <b>SHINE</b> <b>9:00</b> Fit, Fun, and Fall Free exercise Class - Online <b>10:30</b> Zumba Gold
<u>28.</u> <b>10:00-11:30</b> Savvy Caregiver (via Zoom) <b>10:30</b> Zumba Gold  <b>Grocery &amp; Rx Delivery Day</b>	<u>29.</u> <b>SHINE</b> <b>AARP Tax Prep</b> (by appt. with the COA) <b>11:00</b> Stepping Stones to Fitness Exercise Class	<u>30.</u> <b>AARP Tax Prep</b> (by appt. with the COA) <b>10:30</b> Zumba Gold	<u>31.</u> <b>1:00</b> Busy Fingers TBD  <b>Grocery &amp; Rx Delivery Day</b>	

## SUPPORT OUR ADVERTISERS!





# Quick Peek: Program & Service Offerings

## COA PROGRAMMING

[www.chatham-ma.gov/531/Programs-Events](http://www.chatham-ma.gov/531/Programs-Events)  
[www.chatham-ma.gov/600/Virtual-Programs](http://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.

## FREE CAREGIVER SUPPORT

**Alzheimer's Family Support Center  
Caregiver & Dementia Support Group**  
Please contact AFSC at 508-896-5170 or email at [info@capecodalz.org](mailto:info@capecodalz.org)

**COA Outreach:** Call COA: 508-945-5190

**ESCCI-Caregiver Support Group**  
Online via Zoom, Tuesdays 10:00-11:00am  
Registration required: 508-394-4630 x227

**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**  
**Zumba Gold-Live Online: M, W, F - 10:30**

## LEGAL SERVICES

Call 508-945-5190 for Information

**Michael Lavender:** trusts, wills, estate planning.

## 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>

## SUPPORT SERVICES

**Alzheimer's Family Support Center:**  
508-896-5170 ([www.alzheimerscapecod.org](http://www.alzheimerscapecod.org))  
offers 47 FREE virtual support groups for caregivers & people with memory loss. Call for more info and to register for the group that best meets your needs and schedule. Support provided for accessing these groups through Zoom.

**For Family and Friends of People with Mental Illness** Call NAMI CC&I at 508-778-4277

**For People with Mental Illness**  
Call Carolyn Witt at 774-722-4528.

**Grandparenting Support Group**  
Contact Francie Joseph at 508-430-1692 or [fjoseph@monomoy.edu](mailto:fjoseph@monomoy.edu)

**Grief Support-Life After Loss by Broad Reach Hospice**  
Contact Nancy Sorbo at 508-945-4601

**Homeless Prevention Council**  
Call (508) 255 - 9667, [info@hpccapecod.org](mailto:info@hpccapecod.org)  
14 Old Tote Road Orleans, MA 02653

**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

**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>

## What To Do If You Fall

According to the World Health Organization, falls are the second leading cause of unintentional injury death worldwide and the leading cause of fatal and nonfatal injuries among adults 65 and older in the United States. While preventing a fall is the best strategy to mitigate your risk of injury, what should you do if you do fall?

- 1. Rest for a moment and avoid panicking.** Check in with yourself and your body. Are you hurt? Can you move with no pain? Can you speak? Do you remember where you are and what you were doing when you fell? Did you hit your head?
- 2. Assess your surroundings.** If you are in pain, what is your best option to get help? Do you have a life alert or other alarm for assistance? Is there a phone, door, or window nearby you can safely get to? Are you home alone or out in public? Once you have assessed yourself and your environment, you can come up with a plan for the next step.
- 3. Is it safe to get yourself up?** Is there something sturdy or someone around to help assist you? If it is not safe to get yourself up, find the best option to call for help.

If you have frequent falls or are afraid of falling, speak your physician on a plan to help keep yourself safe and on your feet!



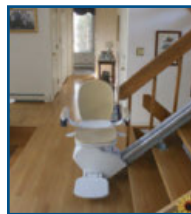
VISITING NURSE ASSOCIATION  
OF CAPE COD

Regards,  
Nikki Courtney  
Exercise Physiologist and Activities Specialist  
Public Health & Wellness VNA - Clinics

### 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!



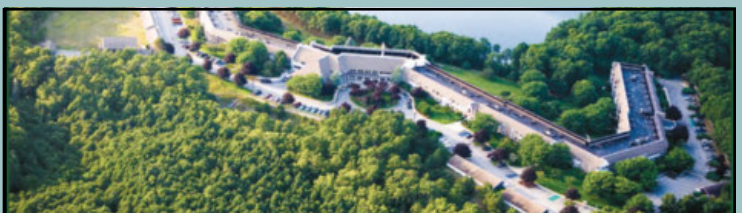
Call Cam today at (508) 237-1786  
for your FREE, in-home estimate!



"I've helped many of your friends and neighbors"



Cam Camenga



### EXPERIENCE THE THIRWOOD DIFFERENCE

Spacious senior living in a beautiful setting  
with flexible reasonable priced options.

INDEPENDENT & ASSISTED LIVING  
LOW VISION SUPPORT SERVICES

Thirwood  
PLACE



(508) 398-8006  
237 North Main Street  
South Yarmouth, MA 02664

ThirwoodPlace.com

### Open Arms Home Health Care Services

With Open Arms we will compassionately care for you in your home.

25 Cedardale Rd. Harwich, MA 02645

774.368.0640

Call to make an Appointment TODAY!!

BECAUSE WE ARE FAMILY



## How Energy Efficient Is Your Home?



We can help you find out with a **Home Energy Assessment**

No-cost expert advice and assistance with energy-efficient improvements

Access 75% off recommended insulation upgrades

→ Renters and income-qualified customers can receive 100% off

Learn more, sign up, start saving:

1-800-797-6699

CapeLightCompact.org



W. VERNON  
**Whiteley**  
INC.®  
PLUMBING • HEATING • AIR CONDITIONING

*Family Owned  
&  
Operated  
Since 1952*

28 VILLAGE LANDING  
WEST CHATHAM  
(508)945-1100

ERIC WHITELEY  
PRESIDENT

THE **Pavilion**  
Rehabilitation and Nursing Center

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

**The Pavilion Rehabilitation and Nursing Center**

please contact

Cindy Parker-Marney,

Director of Admissions/Marketing at 508-775-6663

Or visit us at  
876 Falmouth Road in Hyannis  
[www.pavilionnsg.com](http://www.pavilionnsg.com)

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

**RILEY &  
NORCROSS, LLC  
LAW OFFICES**

156 Crowell Road  
Box 707  
Chatham, MA 02633

**508-945-5400**  
Fax: 508-945-4110

**ESTATE PLANNING  
AND REAL ESTATE**

**ADVERTISE  
HERE** to reach the senior market



Call (800) 477-4574

**STAND OUT**  
with a PREMIUM DIGITAL AD  
on MYCOMMUNITYONLINE.COM



CONTACT US AT 800-477-4574



*The Nickerson  
Funeral Home*

Preplanning and Prefunding available

Christopher Luciano, Manager

87 Crowell Road, Chatham • 945-1166 • [www.nickersonfunerals.com](http://www.nickersonfunerals.com)  
An Affiliate of Alderwoods/Service Corporation International • 1929 Allen Parkway, Houston, TX 77019 (713) 522-5141

## Seaside Home Care, LLC

*We're there for you when you need us.*

*We are professional, experienced and certified caregivers that provide what is necessary for the health, well-being and protection of your loved one. Seaside Home Care caregivers are compassionate and connect to our mission of care with integrity.*

Offering up to 24/hr care. We collaborate with local home care agencies, hospice agencies and care for dementia/Alzheimer's clients. We provide services including but not limited to bathing, medication reminders, light housekeeping, and monitor safety, hydration, nutrition and skin integrity.

**Call Jean C. Copeland, M.Ed., LPN**  
**at (774) 994-2738**  
[seasidehomecarechatham@gmail.com](mailto:seasidehomecarechatham@gmail.com)



## SHINE NEWS

### Are You Happy with Your 2022 Medicare Health Insurance Plan?

Now that you are a few months into 2022, let's think about your 2022 Medicare health and prescription plans. Have you had some out-of-pocket expenses you did not anticipate? Were your co-payments more than you thought they should be? Are you struggling with premium expenses? Do you just need someone to explain what you have for coverage?

SHINE counselors can help explain your policies, so you have a better understanding of what your financial obligations are. We can also look to see if you qualify for any assistance programs to help alleviate some of the out-of-pocket expenses.

We are here to help. Don't hesitate to give us a call if you have any questions regarding your Medicare coverage or to see if you qualify for assistance with Medicare expenses.

You can make an appointment with a SHINE counselor at the Chatham Council on Aging by calling the office at 508-945-5190.

#### Helpful telephone numbers and websites:

Medicare	<a href="http://www.medicare.gov">www.medicare.gov</a>	800.633.4227
Social Security	<a href="http://www.ssa.gov">www.ssa.gov</a>	800.772.1213
Prescription Advantage	<a href="http://www.prescriptionadvantagemag.org">www.prescriptionadvantagemag.org</a>	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.*



Looking back upon my life  
I see how lucky I have been.  
The people I have known and loved;  
The sights and places I have seen.  
I made mistakes along the way,  
Regret a few that I recall,  
But when I cannot sleep at night  
I view the past with quiet delight  
And revel in it all!

~ Maris Childs



*Selling & Buying Real Estate Is A Life Changing Decision...*

Ella Leavitt, SRES  
Seniors Real Estate Specialist

508.237.5363 • 856 Main St. Chatham

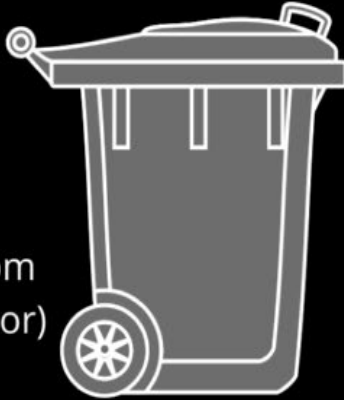
Dedicated To Helping Seniors With Their Real Estate Needs For Over Two Decades



COMPASS

# 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.

## 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

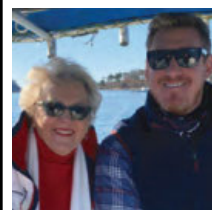
## The Chatham COA Would Like to Acknowledge and Thank...

- ◆ Alzheimer's Family Support Center, Cape Cod
- ◆ Cape and Islands Shredding
- ◆ Chatham Cultural Council
- ◆ Chatham Village Market
- ◆ Friends of Chatham Council on Aging
- ◆ Massachusetts Cultural Council
- ◆ The Old Harbor Inn
- ◆ The Optimal Kitchen
- ◆ SHINE
- ◆ WE CAN

**Case**  
ESTATE LAW, P.C.

**Rad Case**  
Attorney at Law  
1645 Falmouth Road, Suite 1E  
Centerville, MA 02632  
T 508.790.3050 F 508.790.3049  
Rad@CaseEstateLaw.com

Estate Planning - Elder Law & Medicaid  
Probate & Trust Administration - Asset Protection  
[www.CaseEstateLaw.com](http://www.CaseEstateLaw.com)



NP  
NICKERSON  
POWER

Nickerson Power Real Estate Team  
508.237.1406  
phyllis.power@compass.com  
mike.power@compass.com

Serving Seniors for over 34 years.  
Call Phyllis for a confidential chat.

COMPASS

NP Nickerson Power Team is a Team of Real Estate Agents Affiliated With Compass. A Licensed Real Estate Broker And Abides By Equal Housing Opportunity Laws.





# THE OPTIMAL KITCHEN

HEATHER T. BAILEY, CNC  
CERTIFIED NUTRITIONAL CONSULTANT

185 Main Street, PO Box 1165  
East Orleans, MA 02643  
theoptimalkitchen@comcast.net - 774-216-9553  
www.theoptimalkitchen.com

## GO GREEN IN MARCH

It makes perfect sense to talk about greens in March. Later this month is the ideal time to plant those cold weather greens like Kale, Swiss Chard and Arugula, to name a few; and a few weeks after that, you will have some tender baby greens ready to harvest!

March also means St. Patrick's Day, which to me means very soon the price of cabbage will plummet to around 20 cents per pound, which is about 5 times cheaper than it usually is, making March the perfect month to experiment with Cabbage recipes. Cabbage is an often overlooked vegetable. A member of the cruciferous vegetable family, cabbage is a great disease fighter, which is rich in plant compounds to help boost your immune system, to help it fight off bacterial and viral infections. The great thing about cabbage is it's shelf life, which exceeds other green leafy vegetables significantly. Cabbage is great for making slaws, the leaves are perfect for stuffing, and it is incredibly delicious simply sauteed with olive oil and garlic. It is also an ideal hearty green for winter soups, as spinach and even kale will shrink to a quarter of their original size once cooked; often meaning that you will need to use enormous amounts to balance with other ingredients in soups and stews. This is not the case with cabbage, which only shrinks to about half its raw volume, and so that makes it one of my favorite winter greens for soups!

The following recipes are inflammation and weight busting powerhouses. Not to mention, they will prime the immune system, to help it run smoothly, and hopefully keep you healthy!

## CURRIED CABBAGE SOUP



- ½ head of green cabbage
  - 3 carrots peeled and chopped
  - 1 medium onion, chopped
  - garlic cloves, crushed and minced
  - 1 inch piece ginger, grated or minced
  - 2 tbs. good quality curry powder
  - 1 to 2 quarts vegetable stock
  - olive oil for cooking
  - sea salt and pepper to taste
1. Sauté onions in a bit of oil over medium heat, once they begin to turn clear add the garlic and ginger.
  2. After 2 or so minutes add the carrots cook for another five minutes.
  3. Add the curry powder and give a good stir and then add the cabbage, continuing to stir until thoroughly incorporated, the cabbage wilts, and becomes tender.
  4. Add a quart of vegetable stock and simmer for 10 mins.
  5. You can add more stock if the vegetables absorb all the liquid, but keep in mind this is a stew like soup rather than a broth with bits of cabbage.
  6. Season with salt and pepper and enjoy.

*(Continued on Page 15)*



I couldn't very well talk about cabbage and not include a slaw recipe. This Asian Slaw is light and refreshing and complements a variety of other dishes, such as a grilled salmon or chicken. So embrace those greens on every level this month. I hope you enjoy these recipes and all the healthy benefits of cooking with cabbage!

## ASIAN SLAW

- 1 small head of Napa or Savoy cabbage (2 cups shredded)
- ½ small head red cabbage (1 cup shredded)
- 3 carrots peeled and grated or ½ cup
- 1 small bunch of scallions, sliced thinly
- 2 tbs freshly grated ginger
- ¼ cup wheat free tamari
- ¼ cup rice wine vinegar
- 2 tbs sesame oil
- 2 tbs sesame seeds
- Salt and pepper to taste

1. Combine all ingredients.
2. Let sit for at least 1 hour before serving.

\*The cabbage will give off water as it sits in the dressing. If it seems too dry when you first make, it give it some time before adding extra tamari.



# WE CAN is here for you!

**WE CAN** helps women transform their lives with free one-to-one consultations and workshops that provide guidance and help them navigate challenges and opportunities.

### Upcoming Workshops:

#### **Job Search Series**

Four Tuesdays: March 8, 15, 22, and 29, 6:00-7:30pm, via Zoom

Sign up for one... or all four!

Topics include: Resumes, LinkedIn Profile, Interviewing/Networking, Salary Negotiation.

#### **Power Within Her- Coming this Spring!**

A six-week workshop series, with a certified life coach, to help you achieve your goals.

To register: 508-430-8111 or [mairead@wecancenter.org](mailto:mairead@wecancenter.org)

More Info: [wecancenter.org](http://wecancenter.org)

Chatham Council On Aging & Senior Center  
193 Stony Hill Road, Chatham MA 02633  
508 945-5190, Fax 508 945-5198, www.chathamcoa.com

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.

Friends of the Chatham COA  
Judy Hanlon, President  
Michael Barry, Vice President  
Sue Foster, Treasurer  
Paula Carroll, Secretary  
Nancy Fields  
Jill James  
Phyllis Koppel  
Anthony Pacillo  
Elizabeth Walker  
Robin Zibrat

Chatham COA Board  
Barbara Segall, Chairperson  
Carole DeChristopher, Vice Chairperson  
Joan Bagnell  
Patricia Burke  
Joe Gagliano  
Betty Magnusson  
David Speciale

Chatham COA Staff  
Interim Director / Outreach: Eva Orman  
Department Assistant: Debbie Mayhew  
Program/Communication Coordinator:  
position to be filled.

ADDRESS SERVICE REQUESTED

NON-PROFIT ORG.  
US POSTAGE PAID  
ORLEANS MA  
PERMIT NO. 32

Van Drivers  
Dick Hosmer  
Mark Massoni  
Paul Robinson  
Dexter Smith

## From the Director's Desk . . .

Greetings! I hope that this issue finds you and your families in good health. I am very excited to share some of the highlights that the COA has in store for you during the upcoming month of March. Please be sure not to miss:

The COA's St. Patrick's Day celebration, complete with food and live outdoor entertainment. Join us to enjoy a traditional Irish boiled dinner (drive-thru) and music performed by the fabulous Roger Tincknell. We are also hosting an informative lecture titled "Experience Ireland", presented by historian and noted Irish expert, Sean Murphy. In mid March, there is an online cooking class presented by Chef Heather Bailey titled "Get your greens on!" (Not Irish cuisine, but please work with us!). With spring on the way, there will a timely presentation, in early March, by Master Gardener, Cherie Bryan titled "Lifelong Gardening".

In addition to these special events, and with tax time rapidly approaching, we also encourage you to benefit from free tax preparation assistance at the COA, graciously provided by AARP. Please take advantage of these, and our many other routine activities and services. I hope you'll agree that we have a very full month ahead. As always, the staff at the COA is standing by to be of assistance. Please be sure to plan ahead and make reservations for those events which are interest to you.

Best wishes,

*Eva*

