



THE FLASH

A monthly newsletter published by the

CHATHAM SENIOR CENTER www.chathamcoa.com

193 Stony Hill Road • Chatham, Massachusetts 02633 • (508) 945-5190

OCTOBER 2022

Vol. 53 No. 10

Join Chatham COA On A Tour of the Restored Godfrey Windmill with Historian, Bill Cullinane

In the six decades that the Windmill has been owned by the Town of Chatham, it has undergone several restorations, most recently in 2012, in a cooperative effort with the Chatham Windmill Group and Chatham Park's and Recreation Department. Learn the fascinating story, and the glory behind one of the town's oldest and most historic buildings. Participants to meet at Chase Park, 125 Shattuck Place, Chatham.

October 4th, at 1pm

Limited space. Reservations required.

Call the Chatham COA at 508-945-5190.



Chatham COA Presents:

The Ukraine War & Vladimir Putin "Consequences Expected and Unintended"

Special Guest Speaker: Henry Quinlan

October 5th, 10:30am

Guest Speaker, Henry Quinlan has over 35 years of experience in dealing with the former Soviet Union and Russia, including living in Moscow for five years. He has made over 60 trips to Russia since 1986, most recently in 2018. Mr. Quinlan will be discussing the following topics:

- The Origins of The War & Status Today
- Corruption in Both Countries
- Options for Ending The War
- Is America Fighting A Proxy War?
- New World Order Emerging
- Russia & China in the Future
- The New Ice Curtain
- The Enigma That is Vladimir Putin ~ And More!

Reservations Required. Call the Chatham COA at 508-945-5190

Held in the Community Center large meeting room

CHATHAM COA PRESENTS:
OCTOBERFEST LUNCH & SHOW~ FREE
Featuring
The Cape Cod Bavarian Band



October 18th
12-1:30pm

Held at the Comm. Center Gym
Reservations are required.
Call the Chatham COA at
508-945-5190

On the Menu:
Bratwurst Sandwich with
caramelized onions and
mustard, Bavarian Pretzel,
& Apple Strudel for dessert



Special thanks to Friends of the Chatham COA and Women's Club of Chatham

Don't Wait Until It's Too Late!

Medicare's Open Enrollment Period is
October 15 – December 7

Attend Chatham COA's Medicare Overview
and Open Enrollment Presentation

Facilitated by Tracey Benson, SHINE Program Manager

Wednesday, October 26th, 10:00 AM
Held at the Chatham Community Center



Important information for Medicare Beneficiaries, family members,
caregivers, caseworkers and representatives

Medicare Advantage (Part C) and Prescription (Part D) plans change every year!
A quick review of your plans could save you money!

Call Chatham COA at 508-945-5190 to make a reservation

This project is supported in part by Grant #90SAPG, from the US Administration for Community Living, Department of Health and Human Services, Washington DC, 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.



Chatham Council On Aging Presents...

Stepping Stones to Fitness: A Free VNA Exercise Program to Get You Functioning Again!

**Weekly, Thursdays, from September 15th - October 27th
10:30am - 11:30 am**

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.



FREE COOKING CLASS AT THE CHATHAM COA

With Chef Heather
IN PERSON & LIMITED ENROLLMENT

Plant Based Autumn Soups and Stews:
**Learn how to make the most of delicious
vitamin packed soups, designed to keep
you healthy throughout cold and flu season.**

**Wednesday, October 19th
1:30-3:00pm**

RESERVATIONS ARE REQUIRED.
Call Chatham COA at 508-945-5190.



Re-introducing Blood Pressure Clinic at Chatham Senior Center

WEEKLY WELLNESS CLINICS



THURSDAYS 9:00-10:00AM

The VNA of Cape Cod, in collaboration with the Chatham COA, is re-introducing the weekly Wellness Clinics on Thursdays from 9:00 -10:00AM at the Chatham COA.

- ◆ **Blood Pressure Screenings**
- ◆ **Education on Various Health Topics.**

**WALK-INS
ALWAYS
WELCOME**

Chatham Council On Aging Presents...

Strong at Heart: A Free VNA Exercise Program Recommended for Generally Healthy Older Adults!

**Weekly, Thursdays,
November 3rd - December 29th
10:30am - 11:30 am**

- **A mix of interval training and circuit training.**
- **Build strength and endurance!**
- **Keep your heart rate up and muscles engaged!**

**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.**



CHATHAM COA PRESENTS:

Autumn Drive-Thru Luncheon



**Wednesday, October 12th
12-1pm
FREE**

**All are welcome.
Reservations are required.
Call the Chatham COA at
508-945-5190.**

On the Menu:

**Butternut Squash and Kale Lazy
Lasagna, Pesto Rosemary Garlic Potato
Soup & Pumpkin Muffin for dessert**



COA LIBRARY CORNER

Liz Walker, Volunteer Librarian

“People can lose their lives in libraries. They ought to be warned,” writer Saul Bellow once observed. While the Nobel Prize winner did not mean to be taken literally, most avid readers would admit to spending more hours than planned, during “quick” visits to our wonderful Eldredge Library. Two of this month’s selections offer engrossing mysteries that will help to enliven these chilly evenings as the sun departs ever earlier.

***The Woman in the Library* by Sulari Gentill (2022)**

This mystery-within-a-mystery unfolds in the reading room at the Boston Public Library. A woman's terrified scream shatters the tranquility. Security guards take charge, instructing everyone inside to stay put until the threat is identified and contained. Four strangers pass the time in conversation and friendships are struck. Each has his or her own reasons for being in the reading room that morning—it just happens that one is a murderer.

***A Botanist's Guide to Parties and Poison* by Kate Khavari (2022)**

In 1923 London, a new research assistant, Saffron Everleigh, is the first woman to hold this position at University College of London. When she attends a dinner party for the school, the evening is quickly upended when the wife of a professor drops to the floor after being poisoned by an unknown toxin. Saffron's mentor, Dr. Maxwell, is the main suspect as the evidence quickly mounts in this mystery. Saffron explores her knowledge of botany and deadly poisons in an effort to clear Maxwell's name.

***Still Life* by Sarah Winman (2021)**

Reviewed as “that rare, affectionate story” that unfolds like an unhurried Saturday night among old friends. The novel is set in Italy during World War II. As bombs are falling, a young British soldier meets an older art historian who has been commissioned to identify masterpieces hidden in the Tuscan hills to protect them from destruction.

On our shelves:

The Madness of Crowds by Louise Penny (2021) and *The Golden House* by Salman Rushdie (2017), called a “hurtling, page-turning mystery set against the backdrop of contemporary politics and culture.” If you love whodunits and beagles, check out our collection of David Rosenfelt’s “Andy Carpenter” mysteries.

JOIN CHATHAM COA MONTHLY BOOK CLUB

Wednesday, October 12, at 11 am

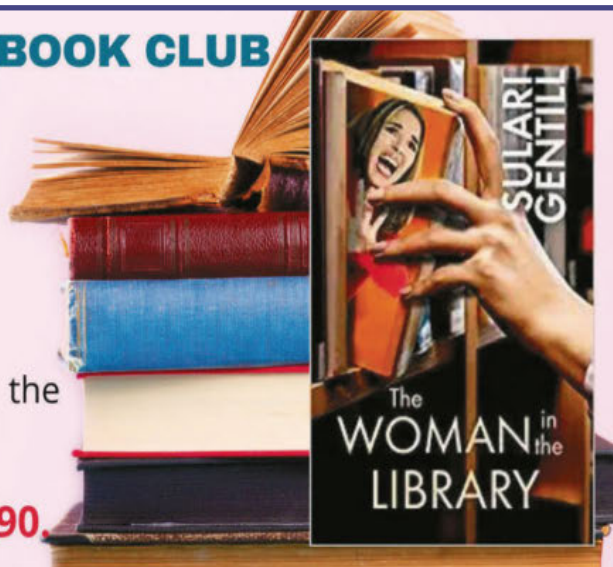
in COA Library

The Woman in the Library

By Sulari Gentill (2022)

"A thrilling read that shows words can be the most treacherous weapons of all."

Call the Chatham COA at 508-945-5190.



Chatham COA Presents: **Life After Loss Grief Support Group**

Facilitated by Rebecca Chesboro
Broadreach Hospice

Fridays, 11am - 12:30pm
at Chatham COA

October 14th, 21st, 28th

November 4th, 18th

December 2nd, 9th, 16th



This is an 8 week series designed to help people learn coping strategies to help navigate a path helping themselves through grief. Meets once per week, in a safe environment for participants to express their individual sorrow within the comforting presence of others on the same path.

Reservations Required.

Call Chatham COA 508-945-5190

October Birthdays Party Luncheon

**IF YOU WERE BORN IN OCTOBER AND RESIDE IN CHATHAM,
COME CELEBRATE WITH US AT THE CHATHAM COA.**

- WHAT: OCTOBER BIRTHDAYS LUNCHEON CELEBRATION!**
SANDWICHES, BEVERAGE, CHIPS... AND, BIRTHDAY CAKE AND ICE CREAM!
- WHEN: THURSDAY, OCTOBER 20th, 12-1:30PM**
- WHERE: AT CHATHAM COA DINING ROOM**
CHATHAM SENIOR CENTER
193 STONY HILL RD, CHATHAM

Reservations Required. Call the Chatham COA to REGISTER, at 508-945-5190.
Please advise, when registering, if you have a food allergy.

HOSTED BY THE FRIENDS OF THE CHATHAM COA

Osteoporosis Prevention Exercise Class!

Tuesday and Thursday 8:30 AM

FIRST UNITED METHODIST CHURCH
569 Main Street, Chatham



- Classes are structured to help people diagnosed with Osteoporosis or who are at risk for Osteoporosis to maintain strength, flexibility and function.
- Classes are free, open to the public.
- Led by trained AmeriCorps Seniors RSVP volunteers.
- NOTE: A medical release form is required to start the class.

**For More Information, and
the Medical Release Form:
Contact Stefanie Paventy at
Stefanie.Paventy @escci.org
Or call 508-394-4630 X520**



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OCTOBER 2022

Mon	Tue	Wed	Thu	Fri
3.  Grocery & Rx Delivery Day	4. SHINE 10:00 Friends of COA Board Mtg at CC 1:00 Guided Restored Chatham Windmill Tour - meets at the Windmill	5. 10:30 FREE Presentation-Guest Speaker: Henry Quinlan on "The Ukraine War & Vladimir Putin, Consequences Expected & Unintended"	6. 9:00-10:00 Blood Press. / Wellness Clinic 10:30-11:30 Stepping Stones to Exercise Class held at CC 1:00 Busy Fingers Grocery & Rx Delivery Day	7. SHINE
10. COA Closed 	11. SHINE AFSC	12. 11:00 Monthly Book Club Meeting: <i>The Woman in the Library</i> 12-1pm FREE Autumn Drive--Thru Luncheon	13. 9:00-10:00 Blood Press. / Wellness Clinic 10:30-11:30 Stepping Stones to Exercise Class held at CC 1:00 Busy Fingers Grocery & Rx Delivery Day	14. SHINE 11:00-12:30 Life After Loss Support Group
17. SHINE 9:30 COA Board Meeting 3:00 Human Services Meeting Grocery & Rx Delivery Day	18. SHINE 10:30 Sight Loss Support Group 12-1:30pm Octoberfest- Free Lunch & Show featuring The Cape Cod Bavarian Band, held at CC	19. SHINE 12:00 Healthy Meals in Motion 1:30-3:00 COA IN PERSON Cooking Class with Chef Heather - Plant based Autumn Soups & Stews	20. 9:00-10:00 Blood Press. / Wellness Clinic 10:30-11:30 Stepping Stones to Exercise Class held at CC 12-1:30 October Birthdays Luncheon 1:00 Busy Fingers Grocery & Rx Delivery Day	21. SHINE 11:00-12:30 Life After Loss Support Group
24. SHINE Grocery & Rx Delivery Day	25. SHINE AFSC	26. SHINE 9-3pm Footcare 10:00 FREE Medicare Open Enrollment Presentation & Overview Facilitated by SHINE Presenter	27. 9:00-10:00 Blood Press. / Wellness Clinic 10:30-11:30 Stepping Stones to Exercise Class held at CC 1:00 Busy Fingers Grocery & Rx Delivery Day	28. SHINE 11:00-12:30 Life After Loss Support Group
31. SHINE Grocery & Rx Delivery Day				



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Seniors Real Estate Specialist

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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 medical, 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

Meets in person at the COA on 2nd and 4th Tuesday of the month. Please contact AFSC at 508-896-5170 or email at 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, 9am-3pm, by appointment \$45.

Blood Pressure & Wellness Clinic: Thursdays, 9-10am, Walk-ins welcome.

LEGAL SERVICES

Call 508-945-5190 for Information

Michael Lavender: trusts, wills, estate planning.

SCCLS Andrew Bardetti: Housing, government benefits, health law, guardianship, reverse mortgages, consumer issues.

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:

Offers 47 FREE virtual support groups for caregivers & people with memory loss. Call for more information and to make an appointment, 508-896-5170 (www.alzheimerscapecod.org).

The Cape & Islands Veterans Outreach Center

Food Pantry: For former military personnel and their families. Please bring proof of Veteran status, such as a DD-214 form. Locations - Hyannis: weekly on Thurs 9-1PM & 5-7:00PM via drive-up at 247 Stevens Street, Hyannis. Falmouth: 1st and 3rd Tues of the month, 10a.m.-1p.m. at the Am Vets, 336 Palmer Ave in Falmouth. Eastham: 2nd and 4th Tues. of the month. 10AM-1:00PM, at the Elks Club, 10 McKoy Rd. in Eastham. Please call 508-778-1590 if you have any questions.

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 Facilitated by Broad Reach Hospice

Thursdays, for 8 weeks beginning Oct. 14th., 11am - 12:30pm, at Chatham COA. Contact 508-945-5190.

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 Group

Meeting in person at the Chatham COA on the Third Tuesday of the month, at 10:30am.

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>.

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Director of Admissions/Marketing
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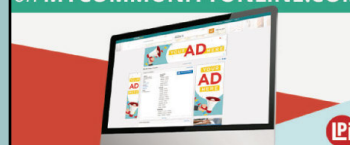
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Flu Season is Upon Us, Are You Ready?

The influenza Virus' most contagious time is referred to as the "FLU SEASON." Flu activity can begin as early as October and last until May. It is believed that the winter months (cold temperatures) triggers the Flu to be more active.

The most common Flu symptoms are fever, chills, muscle aches, sore throat, nasal congestion, cough, headache, nausea, and vomiting. People infected with these symptoms are at risk for complications like severe pneumonia that can be fatal. Medical experts believe the virus is spread when people infected with the virus cough, sneeze or even talk around others.

The Flu vaccination is the leader in prevention. The vaccine causes antibodies to develop within a person's body protecting the individual against the Influenza virus. Seasonal Flu vaccines are not a 100% guarantee to eliminate the flu, but it can improve the odds in avoiding the Flu infection and prevent potential severe Pneumonia, particularly in adults older than 65. It takes about two weeks after vaccination for antibodies to develop and protect the body against the Flu virus. Proper hand hygiene, limiting contact with others if you have symptoms or been exposed to others with the flu virus, covering nose and mouth, and cleaning/disinfecting surfaces will also help lower the risk of spreading the Flu.

It is best to be vaccinated in early fall- September/October- before the start of the Flu season. However, it is still recommended to get vaccinated in late fall, even after November, because the Flu peaks in midwinter and continues through early spring. Flu vaccines are available in doctor's offices, health clinics, and pharmacies. Keep an eye out for announcements of Flu clinics coming soon in your community.

Mary Mahan, RN, BSN
Immunization Public Health Nurse



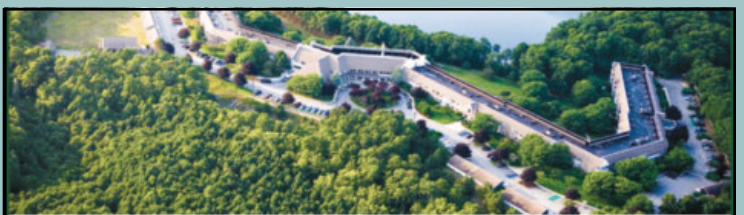
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SHINE NEWS:

MEDICARE'S OPEN ENROLLMENT IS HERE...

Don't wait until it is too late!

The Open Enrollment Period (**Oct 15th – Dec 7th**) for Medicare Advantage Plans (Part C) and Prescription Drug Plans (Part D) begins this month and it is **very important** to re-evaluate your Medicare options for **2023** during this period. Each year Medicare plans can change premiums, deductibles, co-pays and the prescription formulary (list of drugs they cover). In addition, Medicare Advantage Plans (HMOs, PPOs) often add and/or drop primary and specialty physicians, skilled nursing facilities and hospitals. Your current plan is required to notify you by September 30th of any changes for the coming year.

If you decide to stay with your current plan, no further action is required. If you switch your Medicare Advantage Plan or Medicare Prescription Drug (Part D) Plan during the Open Enrollment Period, it will take effect January 1, 2023. (Please note - this enrollment period may not affect you if you have retiree coverage).

SHINE appointments fill up quickly so don't forget to call your senior center early. The Regional SHINE office is also available to help. If you would like the Regional SHINE office to assist you, please call 508-375-6762 for a telephone appointment. You may also contact Medicare at 1-800-633-4227, they are available 24 hours, 7 days a week.

This may also be the time of year where you have hit the gap or "donut hole" and your medication costs have increased. Fortunately, there are programs that may be able to assist with these costs. Please call the Regional SHINE office or make an appointment with a SHINE counselor at your local Senior Center to find out more about these assistance programs.

Remember- don't wait until it is too late. If you don't make a change to your Medicare prescription plan during the Open Enrollment Period (Oct 15th- Dec 7th), you may have to stay with your existing plan for another year. Let SHINE help you navigate through the 2023 plan changes.

Tracey Benson
SHINE Regional Manager

Helpful Telephone Numbers and Websites:

Medicare
Social Security
Prescription Advantage

www.medicare.gov
www.ssa.gov
www.prescriptionadvantagemma.org

800.633.4227
800.772.1213
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.





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SHREDDING AVAILABLE AT THE COA

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



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...

- ◆ Cape and Islands Shredding
- ◆ Chatham Cultural Council
- ◆ Chatham Merchants Association
- ◆ Friends of Chatham Council on Aging
- ◆ SHINE
- ◆ WE CAN
- ◆ VNA of Cape Cod and the Islands

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Autumn Has Arrived!

October is the month mother nature shows off all her glory, but I believe in all that technicolor display she puts on, it is really just her reminder telling us to eat the rainbow, every shade, just like her autumn display. It is no wonder those rich and vibrant winter squashes ripen, bursting forth with their bright orange vitamin A rich flesh, just as cold and flu season arrives, and if you grow kale you know that as the nights get cooler the edges of the leaves get tinged with purple, a concentration of Phyto-chemicals that make those leaves even more nutrient dense. This month forests are teeming with wild mushrooms with incredible health properties for those who know how to forage, making this just an incredible time to eat healthy.

Harvests are still plentiful with lots of local produce still available and the cooler temperatures making standing over the stove a pleasure rather than a chore. Soups, stews and casseroles begin to replace our salads, salsas and grill gear and as the days shorten we retreat more into our homes. This is a great time to embrace feeding yourself well. I am constantly telling clients it is much easier to prevent getting sick than it is to heal from an illness and one of the first steps to making that happen is feeding yourself well. So this month's recipes are designed to help boost your immune system and of course features the brightly colored vegetables abundant in fall.

Every year I feel the need to remind everyone to not worry so much about the leaves, at least not the ones that fall in the garden. If leaves are so thick they are killing your grass by all means rake them away, but leaving leaves and dead plant matter in your perennial beds in the fall provides habitat for a variety of wild life and insect species that are beneficial to the health of your garden all year long. Often we are so worried about cleaning up and making sure everything is put to bed and buttoned up for the winter we don't even realize we are interrupting natural rhythms that have happened for millennia. Those falling leaves provides everything from bedding and shelter material to food for microbes and fungi essential to the health of our soil and in turn OUR HEALTH. The more we disrupt natural patterns and try and control our surroundings the more we seem to damage the planet, so now I only worry about the leaves that clump on the lawn and kill the grass and put those in the compost because I know those leaves are destined to become black gold. In the spring after I have had all winter to rest up indoors I will get out there and clean up those gardens knowing those leaves and plants added nutrients to the soil and was a home to native species.

Most importantly get outside and get some exercise this month. No excuses about it being too hot or too cold and it is important to get yourself into an established routine before the holidays come,

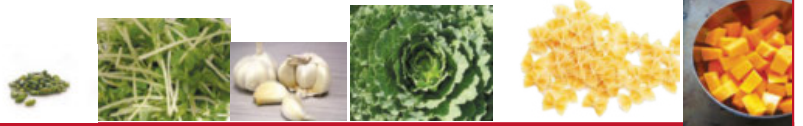
Pasta with Pea Shoot Pistachio Pesto, Butternut Squash and Kale

- 1lb box pasta, oriechette, farfalle or penne
 - 2 cups butternut squash cubes
 - 2 cups fresh kale cut into threads
 - ½ cup pea shoot pesto
 - a few garlic cloves, minced (opt.)
 - olive oil for cooking
 - sea salt and pepper to taste
1. Coat butternut in olive oil and garlic and roast in a 400 degree oven for 20 minutes.
 2. Cook pasta, but before draining, toss kale threads into the colander and pour the pasta over to soften the kale.
 3. Toss kale, pasta and butternut squash cubes together with the pea shoot pistachio pesto and serve.
- (pea shoot pistachio pesto recipe on next page)*

Pea Shoot Pistachio Pesto

- 1 cup loosely packed pea shoots
- 1 cup fresh basil leaves
- ¼ cup fresh parsley
- ½ cup pistachios (shelled & unsalted)
- a few garlic cloves (optional)
- Juice and zest of 1 lemon
- (if lemon is dry use 2; at least 2 tbs)
- ½ cup olive oil

1. Place first six ingredients into a food processor or blender and begin to blend.
2. Slowly add olive oil and continue to blend until desired creamy consistency, if necessary add a spoonful of water, ½ tsp at a time.
3. Cover in a layer of olive oil and it will keep for several weeks in the fridge.



Butternut and Apple Bisque

- 2 cups cubed butternut , or other winter squash
- 1 cup cubed apple
- 1 onion, roughly chopped
- 1 inch piece of fresh ginger sliced
- 1 tsp dried rosemary
- 1 quart+ vegetable stock
- olive oil for cooking
- sea salt to taste

1. Sauté onion and ginger in olive oil until soft and then add apple and the rosemary and cook for another few minutes.
2. Add the squash cubes and stir then pour vegetable stock over.
3. Let simmer for 25-30 mins until the squash is soft.
4. Use an immersion blender to puree smooth, and add a bit more water if necessary to get desired thickness and then season with salt.
5. This recipe can be easily doubled or tripled to make a large batch and freezes beautifully.

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:

How to Get Debt Free Workshop

Wednesday, September 28, 6-8pm, Cape Cod Chamber of Commerce, Centerville
Learn about debt settlement & credit scores, and develop a debt elimination plan.

Wills and Estate Planning Workshop

Monday, October 17, 6:00-7:30, Cape Space, Hyannis
This workshop will cover the basics of wills and estate planning.

To register: 508-430-8111 or mairead@wecancenter.org

More Info: wecancenter.org

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From the Director's Desk...

Hello October! The fall season is finally upon us, and I couldn't be more excited. The crisp air, the beautifully colored leaves, and new beginnings. There are a lot of new beginnings for us here at the Chatham Council on Aging (COA), and I'm happy to share them with you.

Kristi Eldredge, our new Receptionist, began working with us in August, and has already become a valuable part of our team. Next time you call the COA and hear a friendly voice at the other end, please introduce yourself, or even better, come by and say "hello".

Jessica Rogers has also joined our team as the new Senior Services Programs and Communication Coordinator for the COA. Jessica will be designing and implementing exciting new programs at the Senior Center and making sure that the word gets out. We could not be more excited to have her here!

In other exciting news, we are elated that we recently revived our popular "Senior Tax Work Off" Program. This year, we have 14 participants working in many areas of our Town offices: including the Sticker Office, Natural Resources, Finance and Human Resources Departments. In exchange for their work, participants will receive a break on their property taxes.

Last month, I told you that we are in the process of undertaking a total rebranding of the COA to reflect the dynamic and thoughtful programs available to you. We asked you to vote and help us choose a new name, and you delivered. The winning name won by a landslide! While we can't reveal the new name just yet, we can't wait to do so soon. Stay tuned! In the meantime, check out our calendar and sign up for one of the many program offerings we have this month.

Happy Fall!

Leah