



# THE FLASH

*A monthly newsletter published by the*

CHATHAM CENTER FOR ACTIVE LIVING [www.chathamcoa.com](http://www.chathamcoa.com)

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

NOVEMBER 2022

Vol. 53 No. 11

## Chatham Senior Center is Now... The Chatham Center for Active Living.

**Welcome Back ~ Open House!**

**Thursday,  
November  
10th,  
9am - 11:30am**

### *Please Join Us*

Welcome back to the COA! Our building, at 193 Stony Hill Road, is now named the Chatham Center for Active Living. We are fully open and have resumed regular business hours for in-person activities. Monday - Friday between the hours of 8am to 4pm. If you haven't been by in awhile, please stop by at our Welcome Back ~ Open House. Light refreshments served. We'd love to see you here!

# THANK YOU VETERANS

*Featuring Special Guest:*

Shawney Carroll, Retired USAFR, Veteran's Services Officer

**Drive-Thru  
Lunch!**

On  
Wednesday,  
November 9th  
12 Noon - 12:30pm

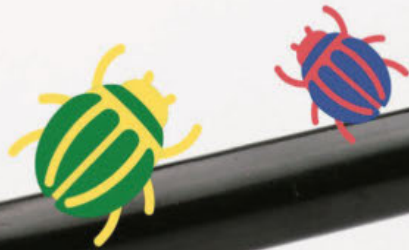
The Chatham Center for Active Living honors and invites all Veterans and Spouses to a **Free** Drive-Thru Luncheon Pick-up, with a "Meet & Greet", with Retired USAFR, Veterans Services Officer, Shawney Carroll. Officer Carroll will be on hand to chat and provide information. On the Menu: Fall Vegetable Risotto, Autumn Chopped Salad, Cranberry Orange Cupcake for dessert. Please let us know if you have any allergies, when calling to reserve your spot.

**Reservations Required.**

**Call CCAL at 508-945-5190**



## Forensic Entomology 2: Master Class



**Tuesday, November 15th,  
at 11am**

**Entomologist: Larry Dapsis,  
B.S. Environmental Science &  
Biology; & M.S. Entomology**

**Insects are phenomenally interesting and accurate detectives. Last January, we covered the basics of using insects to solve crimes. In this installment, we will extend our exploration of cases where insects were instrumental in solving them.**

**Come Join us and explore why!**

**Reservations are required. Call the Chatham Center for Active Living at 508-945-5190. Meets in the Community Center.**

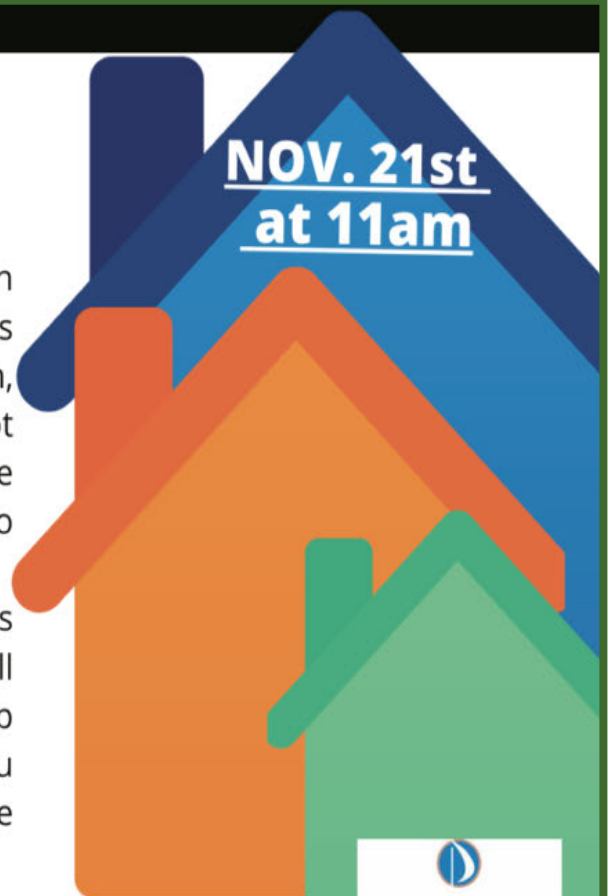
## ASSISTED LIVING 101 ~ FREE

**Join Us for the Free and Informative  
Presentation Facilitated by Stephanie Murray  
of Broadreach Assisted Living**

Choosing the right path for your loved one's future can be challenging. There are different benefits and options to each type of alternative care offering. In this session, learn about assisted living, and what it can and cannot provide. While there isn't a perfect time to start the conversation about assisted living, we'll discuss how to have those conversations with your loved one.

We'll also take a look at how to assess your loved one's ability to complete their activities of daily living, as well as, how to pick up on specific areas where extra help could be beneficial to your loved one. We will offer you guidance on how to begin your journey to selecting the best community for your loved one's unique needs.

**NOV. 21st  
at 11am**



**Held at the CCAL. Reservations Required. Call The CCAL at 508-945-5190.**





## FREE COOKING CLASS AT THE CHATHAM CENTER FOR ACTIVE LIVING

### *Keeping The Holidays Healthy*

With Chef Heather  
IN PERSON & LIMITED ENROLLMENT

**Wednesday, November 16th  
1:30-3:00pm  
RESERVATIONS ARE REQUIRED.**

**Call CCAL at 508-945-5190.**



### Re-introducing Blood Pressure Clinic at Chatham Center for Active Living

**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 CCAL.

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

**WALK-INS  
ALWAYS  
WELCOME**

### ***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.**





# November Birthdays Party Luncheon

*IF YOU WERE BORN IN NOVEMBER AND RESIDE IN CHATHAM, COME CELEBRATE WITH US!*

JOIN US FOR SANDWICHES, BEVERAGE, CHIPS  
AND,... BIRTHDAY CAKE AND ICE CREAM!

**THURSDAY, NOVEMBER 17th**  
**12-1:30PM**

AT CHATHAM CENTER FOR ACTIVE LIVING  
DINING ROOM

193 STONY HILL RD, CHATHAM

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

*HOSTED BY THE FRIENDS OF COA*



**Join us for our first**

## LGBTQ+ OLDER ADULT GROUP

**NOV. 3RD, 5-7PM AT FIRST UNITED METHODIST CHURCH**

The Chatham Center for Active Living LGBTQ+ Older Adult Group provides: information, resources, and events for LGBTQ+ older adults, and works with community partners to build awareness of issues these older adults might face.

Monthly meetings are held on the first Thursday of the month, at First United Methodist Church, 569 Main Street, Chatham, MA. All are Welcome.



## FOOT CARE CLINIC

4TH WED OF EACH MONTH

**NOVEMBER 23, 2022**  
**9:00AM-3:00PM**

**APPOINTMENTS 30 MIN, \$45**  
**TO REGISTER: 508-945-5190**

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







## **CCAL LIBRARY CORNER**

*Liz Walker, Volunteer Librarian*

The shelves in the Chatham Center for Active Living's self-service library are brimming with generous donations of recently published fiction, non-fiction and Large Print books. We are always grateful to receive gently read books published within the past decade. Also, if you spot any books on your shelves at home stamped "COA Library," please drop them off, so that they can go back into circulation. Here are some recently donated titles to consider:

***Horse* by Geraldine Brooks (2022 Large Print)**

The Pulitzer-Prize-winning author weaves a compelling story of spirit, obsession and injustice across American history from a discarded painting in a junk pile, a skeleton in an attic and a remarkable racehorse. Based on the true story of a record-breaking thoroughbred named Lexington, the novel moves from 1850 Kentucky to 1954 New York City and, finally, to 2019 Washington, DC. "Horse is a novel of art and science, love and obsession, and our unfinished reckoning with racism."

***Lessons in Chemistry* by Bonnie Garmus (2022)**

In this debut novel, Elizabeth Zott, a frustrated chemist, finds herself hosting a cooking show because it's the early 1960s, and sexism, double standards, scientific theft and discrimination all keep her from working as an actual scientist. She is determined to overturn the status quo one meal at a time. The characters include "a really great dog."

***Two Wheels Good: The History and Mystery of the Bicycle* by Jody Rosen (2022)**

This meticulously researched and broadly entertaining history of the bicycle takes the reader on a wild ride across centuries, through history and around the world. This multifaceted exploration of the bicycle evokes "the rush of cruising on two wheels," whether on a first trip to the candy store or on an adventure into the unknown.

***Kitchen Canary* by Joanne C. Parsons (2017)**

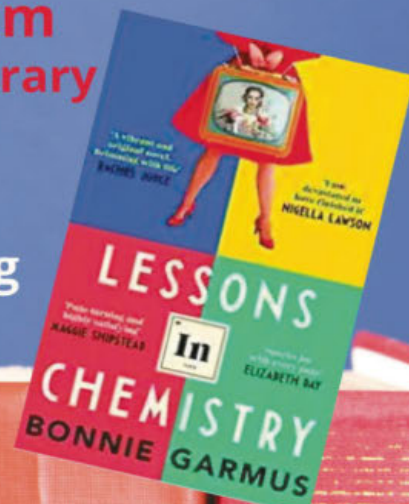
Sixteen-year-old Katie's parents insisted that she leave home in Galway to join her cousin in Boston to work as a domestic. The cousins become entangled in the secrets and lies of the Beacon Hill family that employs the young women and views them as "their property." This debut novel is from the Cape Cod author of *Her Family's Secrets* (2021).

## **JOIN OUR MONTHLY BOOK CLUB**

**Wednesday, November 9th at 11 am**  
**in the Chatham Center for Active Living Library**

***Lessons in Chemistry***  
**by Bonnie Garmus (2022)**

**Call the Chatham Center for Active Living**  
**at 508-945-5190**



**NEW!**

## **Chatham Center for Active Living Presents:**

### **Weekly Trips to Stop & Shop**

**JOIN US FOR AN EASY WAY TO GET YOUR GROCERY SHOPPING DONE!**

- Transportation Assessment is required.
- Call the Chatham Center for Active Living at (508) 945-5190.
- Space is limited.

#### **Schedule:**

- Thursday Home Pickup , between 10:30am - 11:00am.
- Shop for One Hour in the store.
- Home by approximately 12:30pm.



## **Life After Loss Grief Support Group**



**Reservations Required.**

**Facilitated by Rebecca Chesboro  
Broadreach Hospice**

**Fridays, 11am - 12:30pm  
at Chatham Center for Active**

**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.

**Call CCAL 508-945-5190**

**WANTED**



**DECORATING ELVES**

The Chatham Center for Active Living is looking for decorating elves to transform our center into a winter wonderland!  
Please let us know if you are interested!



NOVEMBER 28TH 9AM - 11AM  
NOVEMBER 29TH 9AM - 11AM  
NOVEMBER 30TH 9AM - 11AM





## 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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# NOVEMBER 2022

Mon	Tue	Wed	Thu	Fri
	<b>1.</b> <b>SHINE</b> <b>10:00</b> Friends of COA Board Mtg at CC	<b>2.</b> <b>SHINE</b>	<b>3.</b> <b>9:00-10:00</b> Blood Press. / <b>Wellness Clinic</b> <b>10:30</b> Strong at Heart Exercise at CC <b>10:30</b> Stop N Shop Trip <b>1:00</b> Busy Fingers <b>3:00 -5:00pm</b> LGBTQ+ Older Adults at FUMC Grocery & Rx Delivery	<b>4.</b> <b>SHINE</b> <b>11:00-12:30</b> Life After Loss Support Group
<b>7.</b> <b>SHINE</b>  <b>Grocery &amp; Rx Delivery</b>	<b>8.</b> <b>SHINE</b> AFSC	<b>9.</b> <b>11:00</b> Monthly Book Club Meeting: Lessons In Chemistry <b>12-12:30</b> <i>For Veterans</i> & Spouses: FREE Drive - Thru Lunch 	<b>10.</b> <b>9:00-10:00</b> Blood Press. / <b>Wellness Clinic</b> <b>9:00 - 11:30</b> CCAL Open House <b>10:30</b> Strong at Heart Exercise at CC <b>10:30</b> Stop N Shop Trip <b>1:00</b> Busy Fingers Grocery & Rx Delivery	<b>11.</b>  CCAL Closed
<b>14.</b> <b>SHINE</b> <b>9:30</b> COA Board Meeting <b>3:00</b> Human Services Meeting <b>Grocery &amp; Rx Delivery</b>	<b>15.</b> <b>SHINE</b> <b>10:30</b> Sight Loss Support Group <b>11:00</b> Forensic Entomology 2: Master Class - Free Presentation at CC	<b>16.</b> <b>SHINE</b> <b>12:00</b> Healthy Meals in Motion <b>1:30-3:00</b> In Person Class Cooking: “Keeping the Holidays Healthy” 	<b>17.</b> <b>9:00-10:00</b> Blood Press. / <b>Wellness Clinic</b> <b>10:30</b> Strong at Heart Exercise at CC <b>10:30</b> Stop N Shop Trip <b>12-1:30</b> November Birthdays Luncheon <b>1:00</b> Busy Fingers Grocery & Rx Delivery	<b>18.</b> <b>SHINE</b> <b>11:00-12:30</b> Life After Loss Support Group
<b>21.</b> <b>SHINE</b> <b>11:00</b> Assisted Living 101 - Free Presentation <b>Grocery &amp; Rx Delivery</b>	<b>22.</b> <b>SHINE</b> AFSC	<b>23.</b> <b>SHINE</b> <b>9-3pm</b> Footcare 	<b>24.</b> 	<b>25.</b> CCAL Closed Thanksgiving Holiday
<b>28.</b> <b>SHINE</b> <b>Grocery &amp; Rx Delivery</b>	<b>29.</b> <b>SHINE</b>	<b>30.</b> <b>SHINE</b>		



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# Quick Peek: Program & Service Offerings

## CCAL 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 Center for Active Living 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 CCAL on 2nd and 4th Tuesday of the month. Please contact AFSC at 508-896-5170 or email at [info@capecodalz.org](mailto:info@capecodalz.org).

**CCAL Outreach:** Call CCAL: 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, at CCAL by appointment \$45.

**Blood Pressure & Wellness Clinic:** Thursdays, 9-10am, at CCAL. 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](http://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](mailto:fjoseph@monomoy.edu).

### **Grief Support-Life After Loss Facilitated by Broad Reach Hospice**

Thursdays, for 8 weeks beginning Oct. 14th., 11am - 12:30pm, at CCAL. 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,** at CCAL, call 508-945-5190.

### **Sight Loss Support Group**

Meeting in person at the CCAL 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>.

## The Risks of Holiday Overindulgence

Many of us look forward to the holiday season- opportunity to travel, time together with loved ones, and the big holiday feast. Research suggests increased cardiac morbidity and heart failure exacerbates during winter months, with a peak around the holiday season. All too ofte, we get out of our routines of regular exercise, portioned meals, and timely medication administration, and it costs us in the long run. Gluttony with excessive ingestion of high caloric and heavily sodium filled foods takes precedence over diet compliance and self-management of chronic cardiac conditions.

In addition to dietary slip ups, the holidays tend to be a time of high stress. This combination can lead to a congestive heart failure episode, which generally requires hospitalization for proper management. Congestive heart failure (CHF) is a chronic, progressive condition in which the heart muscle is unable to pump enough blood to meet the body's needs for blood and oxygen. Basically, the heart can't keep up with its workload. Excessive eating and drinking holiday goodies increases heart rate and blood pressure and forces your heart to work harder. A strained heart increases incidence of arrhythmia (abnormal heart rhythm), heart attack, and congestive heart failure. Signs that your heart isn't working as it should include: progressive shortness of breath, swelling of the lower extremities, and increases in body weight.

The holidays don't have to end for those with cardiac conditions, they can still be enjoyable times if some mindful actions are put into place before the big day. Take proactive actions such as, talking openly to those you share the holidays with, about the importance of maintenance of routine and not over-indulging because of the danger it can have. Other conditions to remain healthy through the holidays include getting regular exercise, staying properly hydrated, taking prescribed medications, drinking alcohol in moderation, and being selective with the intake of salty and sugary foods.



**Lauren Forziati**  
RN, Public Health

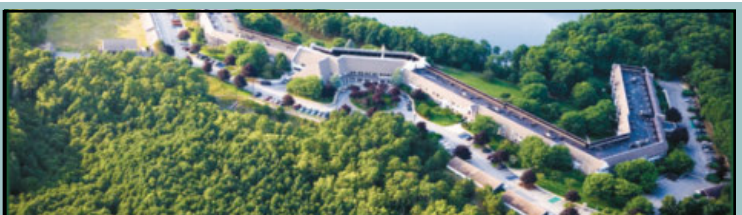
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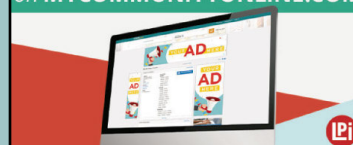
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**Call Jean C. Copeland, M.Ed., LPN  
at (774) 994-2738  
[seasidehomecarechatham@gmail.com](mailto:seasidehomecarechatham@gmail.com)**



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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) is starting 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. You should have received this letter and read through it. It does contain the premium for 2023. Some people did not read their letter for 2022 and did not realize, until too late, their premiums doubled.

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

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 when you have hit the gap, formerly the "donut hole", and your medication costs have jumped. Fortunately, there are programs that may be able to assist with these costs. Please call the Regional SHINE office or talk with the SHINE counselor at Chatham Center for Active Living, to learn about these assistance programs.

Remember- don't wait until it is too late. If you don't change your Part D plan during the Open Enrollment Period (Oct 15th- Dec 7th), your 2022 plan will be your 2023 plan. Let SHINE help you navigate through the 2023 plan changes.

Bill Redmond  
Interim SHINE Regional Manager

#### **Helpful Telephone Numbers and Websites:**

Medicare  
Social Security  
Prescription Advantage  
800.243.4636

[www.medicare.gov](http://www.medicare.gov)  
[www.ssa.gov](http://www.ssa.gov)  
[www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org)

800.633.4227  
800.772.1213

***SHINE: Serving the Health Insurance Needs of Everyone***  
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## SHREDDING AVAILABLE AT THE COA

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Thanks to  
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Frank & Dorothy Gilmore  
by their son Brian.

### CHATHAM CENTER FOR ACTIVE LIVING MISSION STATEMENT

Since its inception in 1974, the Chatham COA, now called the Center for Active Living, 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 CCAL 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.*

### CCAL DISCLAIMER

The Chatham Center for Active Living (CCAL) promotes programs and opportunities for patrons of the 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 CCAL, 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.



### We Would Like to Acknowledge and Thank...

- ◆ Cape and Islands Shredding
- ◆ Chatham Cultural Council
- ◆ Chatham Merchants Association
- ◆ Friends of Chatham Council on Aging
- ◆ SHINE
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## Keeping the Holidays Healthy

Each year the holidays come quickly, and between the stress and parties, it is no wonder we all end up feeling lousy and unhealthy. This year will probably look more like holidays of years past, but it isn't clear yet, if this turns out to be a good thing. As always, unknowns are stressful. After 2 years of pandemic rules, where we missed gathering with family and friends, and when we did, it was muted; even a return to normal may be stressful. Food is always a great stress reducer and many of us will make some unwise choices as we find comfort in those holiday favorites. Every holiday season, it is critical to find a balance between treating ourselves so as to maintain our mental health, while making healthy choices to maintain our physical health.

Thanksgiving is the kick off to the holiday eating season, and we all have family favorites we can not imagine going without. But, those recipes are full of foods that many be will not able to eat. These days, even in a group as small as 10, there is bound to be someone who suffers from a food allergy or intolerance. There could also be someone trying to reduce pain through an anti-inflammatory diet, or managing symptoms of a chronic illness by avoiding foods like sugar and gluten.

Another key to surviving holiday overindulgence, is to come up with some good alternatives to family favorites. I find this critical when it comes to Thanksgiving. If you have ever cooked the entire Thanksgiving Feast yourself, then you are aware of how much butter is used. For those of you who do not cook, but instead, just eat: how does roughly 4lbs. of butter per 8 guests sound to you? There are some simple ways to change family recipes to make them healthier; and, there is nothing wrong with trying some new, healthier recipes that are just as delicious. One of the best ways to control Thanksgiving indulgence, into start the meal with a delicious velvety soup which can help fill you with fiber rich goodness. It could also be the main course for vegetarian or vegan guests at your holiday table. This soup is a classic squash bisque that uses sweet potato instead of cream to give it a beautiful texture, and uses the same spices as our beloved pumpkin pie.

Traditional Mashed Potatoes, instead try substituting chicken or vegetable stock for the butter and milk and to give it some creaminess toss in a handful of parmesan cheese. Also substitute cauliflower for half the potatoes to increase the fiber and lower the calories and starch. Be sure to use lots of fresh herbs like rosemary, garlic and parsley and a drizzle of olive oil to give them great flavor without all the extra saturated fat.

Candied Yams or Sweet Potatoes with Marshmallows: Instead, opt for some roasted winter squashes which have lots more fiber and a much lower glycemic load. Sweeten with a touch of blue agave or maple syrup, instead of brown sugar.

Stuffing: Try using some broth to reduce the amount of butter, and if you are sautéing onions and other veggies to add to your stuffing, use olive oil instead of butter. Keep in mind, oyster stuffing is a better option than sausage, because, oysters are rich in heart healthy minerals which may counteract some of the other foods we eat that day! Even better, add lots of veggies to your dressing; and always cook stuffing in a casserole dish, not stuffed in the bird, to avoid food borne illness

Make your own cranberry sauce. Try using a little stevia or blue agave syrup to sweeten it rather than sugar. Also add some cinnamon which helps regulate insulin production.

Opt for a pastured free-range turkey. When animals eat their natural diet, rather than a grain fed diet, their meat has the correct balance of essential fatty acids: and is thus, healthier for us to eat.

Green Bean Casserole: If this dish still has a place at your Holiday Table, encourage your family to give this one up. Instead, for a much healthier dish, try blanching some fresh or frozen green beans and then, toss with some olive oil, lemon zest and some sliced almonds.

Remember, it is all about finding your balance, and most importantly, have a wonderful Thanksgiving!



## SQUASH AND APPLE BISQUE

- 2 lbs winter squash, peeled, cut 1 in. pieces
- 2 lbs apples, roughly chopped
- 1lb sweet potato peeled and cubed
- 1 onion, chopped
- 3 cloves of garlic, minced
- 1 inch piece of fresh ginger, grated
- 1tsp cinnamon
- ½ tsp clove
- ½ tsp nutmeg
- 1 quart+ vegetable stock or water



1. Heat a large saucepan over medium heat; coat pan with cooking spray. Add garlic, ginger and onions and sauté for 5 minutes or until onions are clear, add cinnamon.
2. Add apples, squash and the sweet potatoes and saute.
3. Add 1 quart + of broth; simmer until potatoes are very soft.
4. Let cool a bit and using a blender or food processor blend until smooth, adding a bit more stock or water to get the right consistency.
5. Top with toasted pumpkin seeds or nuts for a bit of crunch and extra flair



## ROASTED BRUSSEL SPROUTS WITH CARAMELIZED ONIONS

- 1 pound brussel sprouts
- 2 onions peeled and thinly sliced
- olive oil for cooking
- sea salt and pepper



1. In a bit of oil over low heat saute the onions stirring occasionally for 15 - 20 minutes or until caramelized.
2. Trim brussel sprouts and cut an x in the bottom.
3. Blanch brussel sprouts lightly and rinse in cool water.
4. Toss brussel sprouts together with onions and a tablespoon of oil, season with salt and pepper.
5. Place in a 375 degree oven for 8-10 minutes and serve.

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## From the Director's Desk...

Fall Greetings to Everyone!

I can't get over the shock of thinking that as I write this, I'm doing so for the November issue of the Flash. It seems like just yesterday that I was outside in the hot sun working in my garden. Even though it's cooler, fall is such a wonderful time of year, and November especially, as we get a formal day to count our blessings and to express gratitude for all that we have.

Speaking of gratitude, I am so appreciative of all of you who took the time to fill out our survey telling us which new name you would like for the Senior Center. We listened, and I am so pleased to formally announce that the Chatham Senior Center is now the "Chatham Center for Active Living"! Yes, we are still the Council on Aging, our building just has a newer name. If you haven't come by in a while, please stop by and say "Hello"!

While you're here, don't forget to sign up for one or all of our November programs and services like our free Veteran's Day Drive-Thru Lunch, free Blood Pressure Clinics, our new LGBTQ Older Adult Group, or our Informational Session on Choosing an Assisted Living Facility. Please don't forget to come by our "Welcome Back Open House" on November 10th!

Wishing you all a Healthy and Happy Thanksgiving!

Leah