



THE FLASH

A monthly newsletter published by the

CHATHAM SENIOR CENTER www.chathamcoa.com

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

May 2022

Vol. 53 No. 5

Chatham COA Presents:

A Drive-thru Luncheon Honoring Mother's Day

FREE. Reservations Required. Call Chatham COA
at (508) 945-5190.

Prepared By Chef Heather Bailey

Wednesday, May 4th, 12-1 pm

On the Menu:

Mediterranean Farro Salad with Roasted
Vegetables, Golden Bisque
(FODMAP friendly soup) and a Dark
Chocolate Cherry Brownie

Chatham COA Presents:

60's Folk Music Revival

Sing-along

with

Musician & Vocalist Roger Tincknell

Wednesday, May 25th, at 11:30 a.m.

From Pete Seeger to Peter, Paul & Mary. Multi-talented Roger Tincknell is back at the Chatham COA entertaining you with those delightful folk oldies. Lyrics provided. Held in the Community Center large meeting room and sponsored in part by a grant from the Chatham Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency

RESERVATIONS ARE REQUIRED.

CALL THE CHATHAM COA:

508-945-5190



Chatham COA Invites You to A Birthday Celebration

Thursday, May 19th at 1pm

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

Reservations Required.

Call the Chatham COA to REGISTER, at 508-945-5190.

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

CELEBRATE THE FLAVORS OF SPRING!

CHATHAM COA
ONLINE COOKING CLASS
WITH CHEF HEATHER

May 18, 2022 at 9:30am
Call the Chatham COA
to register: 508-945-5190

Chatham COA Busy Fingers Group

Weekly: Thursdays 1:00-3:00pm

MEET, MINGLE, AND TRADE YARNS WITH LOCAL KNITTERS AND CROCHETERS!
JOIN THE "BUSY FINGERS" GATHERING AND HAVE FUN COMPARING PATTERNS,
SHARING TECHNIQUES, AND SWAPPING STORIES WITH FRIENDS.

To register, call Chatham COA:
508-945-5190

FOOT CARE CLINIC

AT THE CHATHAM COA

4TH WEDNESDAY OF EACH MONTH

MAY 25TH

9:00 AM-3:00 PM

APPOINTMENTS 30 MIN, \$45.

TO REGISTER CALL THE CHATHAM COA: 508-945-5190

*Autumn Knight is a certified foot care nurse
providing routine foot and nail care at the COA.*



COA LIBRARY CORNER

Liz Walker, Volunteer Librarian

Somali writer Abdi Nor Iftin has observed that “No one gets to choose when or where to be born, but what happens after that is what you can imagine.” People plant roots in new countries for many reasons – by choice, to join family members, to flee violence or war, or simply by happenstance of birth. Their new lives can unfold in ways they never imagined.

***The Beekeeper of Aleppo* by Christy Lefteri (2019)**

The novel opens in the beautiful Syrian city of Aleppo, where Nuri is a beekeeper and his wife, Afra, is an artist. They and their young son live a simple life, rich in family and friends. When the violence of the Syrian Civil War shatters their world, they are forced to escape.

***Call Me American: A Memoir* by Abdi Nor Iftin (2018)**

Born in Somalia, the author finds a new way to talk about the American Dream. He escaped to Kenya, continued his education and learned English. He had to complete criminal background checks and a mountain of paperwork to get a visa to live in the U.S. His story is one of hope.

***The Warmth of Other Suns* by Isabel Wilkerson (2010)**

Reviewed as “a superb account of an unrecognized immigration” within the U.S., Wilkerson details the decades-long migration of Black citizens who fled the South in search of better lives. She compares this exodus of almost six million people to other migrations in history.

***Girl in Translation* by Jean Kwok (2010)**

Kimberly Chang feels great pressure to succeed, along with her duty to her family and her own desires when she immigrates from Hong Kong to New York City. The novel shows her learning how to translate not only her language, but also herself, between the two worlds she straddles.

Reading Ahead...

COA Book Club discussions are held on the second Wednesday of each month from 11 a.m. to noon in the COA Library. Call 508-945-5190 to register.

Wednesday, May 11: *Oh William!* By Elizabeth Strout (2021)



CHATHAM COA MONTHLY BOOK CLUB

**REGISTRATION REQUIRED.
TO JOIN, CALL 508-945-5190**

Oh William!

by Elizabeth Strout

**Wednesday May 11th,
11 a.m.**

in the Chatham COA Library

Newly widowed Lucy Barton's amicable, but complex, relationship with her first husband stands at the heart of the novel - a story of regret, reflection and revelation.

SHINE NEWS...

Medicare Savings Programs:

Do you want to save money on your Medicare Coverage? Medicare Savings Programs (also known as “MassHealth Buy-In” programs) are programs that help older residents and people living with disabilities save money on their Medicare coverage.

If you are a Massachusetts resident with limited income and assets, who is eligible for Medicare, you may qualify for a Medicare Savings Program. If you qualify, a Medicare Savings Program will pay your monthly Medicare Part B premium (\$170.10), which is now deducted from your Social Security benefit. In some cases, it may also pay your out-of-pocket Medicare Part A and B costs.

The income and asset limits for the Medicare Savings Programs have increased for 2022. If you qualify for a Medicare Savings Program, you will also automatically qualify for Extra Help, a program that will help pay for your prescription drugs under Medicare.

You are	Your income is at or below*	And your assets are at or below
Single Individual	\$1,869/month	\$16,800
Married Couple	\$2,518/month	\$25,200

For more information, contact your local SHINE counselor at the Chatham COA office at 508-945-5190. You can also contact MassHealth directly to request a MassHealth Buy-In application (1-800-841-2900) or download one from: <https://tinyurl.com/MassMS>

Tracey Benson, SHINE Regional Manager

helpful telephone numbers and websites:

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

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



Annual Friends of the Chatham Council on Aging Meeting

**Open to the public ~ Held at the Chatham COA
Tuesday, May 3rd, 2022
11am-12noon**

Loneliness & Isolation

According to a report from the National Academies of Sciences, Engineering, and Medicine, more than one third of adults over 45 years old feel lonely and almost one fourth of adults over the age of 65 are considered socially isolated. Being isolated can significantly increase the risk of premature death and other major health concerns. The CDC reports that social isolation in older adults is associated with a 50% increased risk for dementia, 29% increased risk for heart disease, and 32% increased risk for stroke. Luckily, there are community resources and lifestyle changes that can help.

- ◆ **Local Senior and Community Centers:** Senior Centers and Community Centers provide services including transportation services, congregate meals, fitness classes, recreational activities, day programs, outreach services, and more. Joining different programs and resources are a great way to make new friends in a safe, fun, welcoming environment.
- ◆ **Support Groups:** There are many organizations dedicated to advocacy in areas that affect us. Whether it's for a health condition, bereavement, or making a lifestyle change, being around others you can relate with is a great way to combat loneliness.
- ◆ **Learn a new hobby:** It's never too late to learn something new! Take a seminar, learn to play a new game, or learn a new skill. Find a book club, knitting club, or other activity you enjoy.
- ◆ **Physical Activity:** The US Department of Health and Human Services Physical Activity Guidelines for Americans recommend that older adults should do at least 150- 300 minutes of moderate intensity physical activity a week. Aerobic, strength, balance, and flexibility training have proven to boost your mood and keep you independent.

Regards, Nikki Courtney, Exercise Physiologist & Activities Specialist



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May 2022

Mon	Tue	Wed	Thu	Fri
<p><u>2.</u> 10:30 Zumba Gold</p>  <p>Grocery & Rx Delivery Day</p>	<p><u>3.</u> SHINE 10:00 Friends of the COA Board Meeting 11:00 Annual Friends of the COA Public Meeting</p>	<p><u>4.</u> 10:30 Zumba Gold 12-1 Mother's Day Celebration Drive-thru Luncheon</p> 	<p><u>5.</u> 11:00 Neuro-Go Exercise Class CC 1:00 Busy Fingers</p> <p>Grocery & Rx Delivery Day</p>	<p><u>6.</u> SHINE 10:30 Zumba Gold</p>
<p><u>9.</u> 9:30 COA Board Meeting 10:30 Zumba Gold 3:00 Human Services Meeting</p> <p>Grocery & Rx Delivery Day</p>	<p><u>10.</u> SHINE AFSC</p>	<p><u>11.</u> 10:30 Zumba Gold 11:00 Book Club: <i>Oh William!</i> by Elizabeth Strout</p> 	<p><u>12.</u> 11:00 Neuro-Go Exercise Class CC 1:00 Busy Fingers</p> <p>Grocery & Rx Delivery Day</p>	<p><u>13.</u> SHINE 10:30 Zumba Gold</p> 
<p><u>16.</u> 10:30 Zumba Gold</p> <p>Grocery & Rx Delivery Day</p>	<p><u>17.</u> SHINE 10:30 Sight Loss Support Group</p>	<p><u>18.</u> 9:30 Online Cooking Chef Heather: Celebrate the Flavors of Spring!" 10:30 Zumba Gold 12:00 Healthy Meals in Motion</p> 	<p><u>19.</u> 11:00 Neuro-Go Exercise Class CC 1:00 Busy Fingers 1:00 May Birthdays Celebration</p>  <p>Grocery & Rx Delivery Day</p>	<p><u>20.</u> SHINE 10:30 Zumba Gold</p>
<p><u>23.</u> 10:30 Zumba Gold</p> <p>Grocery & Rx Delivery Day</p>	<p><u>24.</u> SHINE AFSC</p>	<p><u>25.</u> 9-3pm Footcare 10:30 Zumba Gold 11:30 "60's Folk Music Revival" Roger Tincknell at CC</p> 	<p><u>26.</u> 11:00 Neuro-Go Exercise Class CC 1:00 Busy Fingers</p> <p>Grocery & Rx Delivery Day</p>	<p><u>27.</u> SHINE 10:30 Zumba Gold</p>
<p><u>30.</u> COA Closed:</p> 	<p><u>31.</u> SHINE</p>			



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Quick Peek: Program & Service Offerings

COA PROGRAMMING

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

TRANSPORTATION FOR CHATHAM RESIDENTS

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

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 , 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)
offers 47 FREE virtual support groups for caregivers & people with memory loss. Call for more info and to register for the group that best meets your needs and schedule. Support provided for accessing these groups through Zoom.

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

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

Grandparenting Support Group
Contact Francie Joseph at 508-430-1692 or fjoseph@monomoy.edu

Grief Support-Life After Loss by Broad Reach Hospice
Contactt 508-945-4601

Homeless Prevention Council
Call (508) 255 - 9667, 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

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>

WE CAN is here for you!

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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.

Caregiving From a Distance Workshop

Monday, May 23, 10:00 - 11:30 AM, via Zoom

Learn about caregiving from afar.

How to Get Debt Free

Tuesday, June 7, 6:00 - 8:00 PM

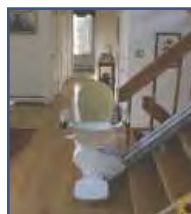
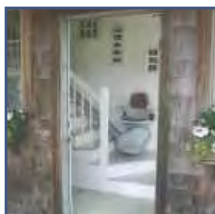
Cape Cod Chamber of Commerce, Centerville

Call to register: 508-430-8111 or mairead@wecancenter.org
More Info: wecancenter.org

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Embrace Spring!

The past 2 years have been a whirlwind, but like everything in life, change is inevitable. Not surprisingly, the pandemic saw more people eating at home and focusing on taking care of their health. I can tell you that the only thing that is consistent, is that every trend comes and goes. However, I hope the trend of eating more plants in the form of whole, unprocessed fruits, vegetables, legumes and grains does not fade into the background as our old patterns of life begin to return.

I am increasing my efforts to bring understanding to the community about eating locally sourced foods, and to focus on eating more plants. As much as I hoped that Covid would re-shape food policy towards a more sustainable, and regenerative means; I already see us slipping back into old staid patterns as a nation, and that concerns me. The more I delve into sustainable food systems, the more I realize the importance of regional and local food systems.

Since I am dedicated to offering solutions, it is not all doom and gloom. Here are some spring recipes to get you excited about the change of seasons and the wonderful local produce that will soon be popping up all over the Cape. You may not know that asparagus was once a largely marketed crop on the Lower/Outer Cape. The recipe below for “Roasted Tomatoes and Asparagus”, is just one healthy and tasty way to enjoy the delicious flavors of spring.

Since spring actually takes awhile to arrive on Cape Cod; the comfort and warmth of a soup that incorporates spring flavors is a great way to enjoy the start of the new season. Many spring-inspired soups are cream-based, thus making a celebration of those fresh flavors entirely unhealthy. In the recipe below, potatoes are used to make this soup thick and creamy instead of using loads of saturated dairy fat from creams. Enjoy these recipes this spring, and don't forget to embrace the spring days as they get warmer and longer and remember to get outside to enjoy the air.

ROASTED TOMATOES AND ASPARAGUS

- | | |
|--|---|
| <ul style="list-style-type: none"> ● 1 lb asparagus ● 1 cup cherry or grape tomatoes ● juice and zest from 1 lemon ● 2 cloves of garlic, minced ● Olive oil for cooking | <ol style="list-style-type: none"> 1. Rinse and halve tomatoes and place them flat side down on a parchment lined cookie sheet, drizzle with oil and place in a 325 degree oven. 2. Poach asparagus lightly, and rinse with ice cold water. 3. When tomatoes have shrunk to half their size, (10mins), add garlic and asparagus, and roast another 5-7mins. 4. Remove from oven and toss with lemon juice and zest, season with sea salt. |
|--|---|

POTATO LEEK SOUP

- | | |
|--|--|
| <ul style="list-style-type: none"> ● olive oil for cooking ● 2 cloves garlic minced ● 1 bunch spring leeks sliced ● 2-3 medium white or gold potatoes ● salt & pepper to taste ● 1tsp dried rosemary ● 4 cups vegetable stock | <ol style="list-style-type: none"> 1. Heat olive oil in a large pot over medium heat. Add leeks and garlic and cook until softened (about 5 minutes). 2. Add rosemary. Cook about 1 minute before adding potatoes. Season with salt and pepper. Cook with onions and garlic for a few minutes, then pour the vegetable broth in, and bring mixture to a boil. Reduce heat and simmer until potatoes are tender (about 20 minutes). 3. Using an immersion blender (or batches in a blender) to blend the soup until it is smooth and creamy. Top with croutons if desired. |
|--|--|

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



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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
- ◆ Friends of Chatham Council on Aging
- ◆ The Old Harbor Inn
- ◆ Massachusetts Cultural Council
- ◆ Nauset Neighbors
- ◆ SHINE
- ◆ Volunteer Librarian, Liz Walker
- ◆ WE CAN



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