

HARWICH COUNCIL ON AGING



Our mission is to support and advocate for older adults, their families, and caregivers.

Located at the Harwich Community Center | 100 Oak Street, Harwich MA 02645

Open Monday - Friday 8:30 AM - 4:00 PM



MARCH & APRIL 2026

INTIMACY AS WE AGE

Tuesday, April 7 • 1:30 - 3:00 PM

Dr. Jane Fleishman returns to the COA for another of her popular talks on the joys and challenges of maintaining intimacy in our later years. Research indicates that our perceptions about aging are far more challenging than the changes in our bodies—there's a lot of shame and stigma about being sexual as an older adult, but this can be alleviated by shining light on the subject.

Maybe you felt more empowered when you were younger. Maybe you want those feelings back. Maybe you never felt any kind of sexual empowerment and are ready for a change now. If any of this resonates, this talk is for you.

Join us for an insightful look into the complex emotions we have around physical intimacy—whether you are looking for more or loving being alone. No right answers here, just a comfortable space to hear a presentation and discuss a mixture of feelings, led by a seasoned presenter and sexual wellness educator who is in her 60s herself. Dr. Fleishman brings humor, warmth, and a wealth of knowledge to this sensitive conversation. Amid all the challenges of aging, there is still time for discovery, adventure, and joy.

Registration requested; call today to sign up.

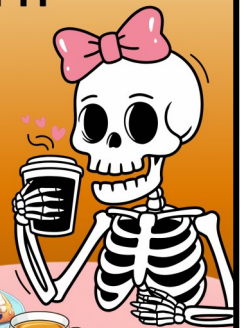
DEATH & DESSERT

Thursday, April 9

1:30-2:30 PM

This is a welcoming, informal gathering to come together to talk openly about death, dying, and living well.

Over pastries and conversation, we'll share thoughts, questions, and experiences in a respectful, non-judgmental space. No agenda, no pressure, just honest dialogue.



Call to
sign-up
508-430-7550
extension 3

Learn more about this
program on page 15

Visit the COA's new website
HarwichCOA.com

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MAKE A DIFFERENCE IN UNDER A MINUTE!

Switch from a hard copy to a digital newsletter (email) to help the COA save on postage and printing costs.

Email coa@harwich-ma.gov (please give your full name) or drop this slip off to our office:

Full Name: _____

Email Address: _____

Phone Number (optional): _____



508-430-7550



HarwichCOA.com



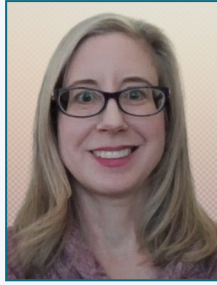
coa@harwich-ma.gov



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DIRECTOR'S DIALOGUE

Because our newsletter goes to print almost a month ahead of time, a thick blanket of snow is currently on the ground, and more snow is predicted to be on its way this weekend. We know that in March on Cape Cod, we're usually more likely to worry about another nor'easter than think, "Spring is in the air!" So although it's a little late in the season, I'd like to take this opportunity to tell you a bit about how the COA responds to severe weather events.



We maintain a list of "Elders of Concern"—residents who have a physical or cognitive impairment and have limited family/friend support in the area. Before a predicted storm, we make every effort to reach out to residents on this list to ensure they are prepared and have plans in place in the event they need to go to a warming shelter or overnight shelter because of power outage. If you are dependent on medical equipment that requires electricity (e.g., oxygen) and you do NOT have a generator, please let us know. We work closely with the Fire Department to ensure your safety.

We recommend that everyone always keep a three day supply of water, medication, and food that does not need to be heated. Also keep in mind that most modern landlines do not work when power is out, so it's important to keep your cell phone charged ahead of a storm. And don't forget to carry it with you if you go outside—it's so easy to have a fall!

Finally, it's advised that you make plans for shoveling and plowing *before* winter. Most snow removal businesses now require a seasonal commitment and do not offer "as needed" service; moreover, they tend to fill up by November. If this isn't an option for you, then reach out to people ahead of a storm to arrange for help with that event. Snow removal on private property is not a service provided by the Town of Harwich, and we are also not permitted to coordinate volunteers for shoveling (due to liability concerns). If you are ever snowed in and find that essential services (e.g., home health aides or critical food delivery) cannot access you, please call me at extension 4. We'll get creative to find a solution.

Hopefully this information won't be needed until next winter. Until then, let's appreciate the lengthening days and the warmer weather on the horizon.

Julie Groom

Julie Groom, COA Director

PROGRAM REGISTRATION

Registration for programs is either required, requested, or drop-in and will state such in each program description. Programs generally may be registered for via phone or in-person. All programs are open to Harwich residents and non-residents unless stated otherwise, however, we do prioritize Harwich residents for our most popular programs. We accept same-day registration and will also accept drop-ins for any program as long as space allows.

For programs that list a specific day in which registration opens, registration will always open at 9AM on the stated day and is taken by voicemail only. Our COA is fortunate to have robust membership, though this does mean that many of our most popular programs reach capacity quickly. We therefore take sign ups for these programs only by voicemail so that we can track the timestamp of your message and fill the class in the order calls were received. Please leave a message with your contact info and the program you are registering for. We regret that voicemails left prior to 9AM cannot be honored. Please leave only one message; leaving duplicate messages delays our ability to return calls. Fitness program participants are required by the Town of Harwich to complete a liability waiver and list emergency contacts.

**FOR PROGRAM REGISTRATION, PLEASE CALL
508-430-7550 x1**

WINTER WEATHER POLICY

If Monomoy Public Schools are closed, all Harwich COA programs—including transportation and lunch—will be canceled, but the COA office will still be staffed and available to assist you by phone and email. If Harwich Town Hall is closed, the COA will also be closed. Scheduled van riders and participants who are registered for programs will be contacted if programs or transportation is cancelled.



If you would like to be added to our list of "Elders of Concern", please contact the COA. Before storms, we make every effort to reach out to these residents to confirm they are prepared and help ensure safety.

UTILITY BILL ASSISTANCE

Tuesday, March 10 • 9:00 AM - 12:00 PM

National Grid & Eversource Customer Advocates will be on site, available to meet one-on-one to discuss options to manage your energy bill and protect yourself from shutoff. Customer Advocates can help you apply for the following programs: Discount Rate, Payment Plans, Budget Plan, Ar-rears Management Program (AMP)

No appointment needed. When you visit, please bring your eligibility letter for any/all of the following programs if you participate in them: SNAP, MassHealth, Health Safety Net, SSI, Chapter 115 Veteran's Service Benefits, Veteran's Disability Pension, Veteran's DIC, LIHEAP/Fuel Assistance, public/subsidized housing. **Drop-in service.**

LOVE YOUR BONES!

Tuesday, March 10 • 1:00 - 5:00 PM

See page 11 for details on a special program offering bone density screenings, plus nutrition and fitness recommendations for bone health. Offered with support of Barnstable County Public Health, the Cape Cod Cooperative Extension, and our Health Department.

ORAL HEALTH

Thursday, March 12 • 10:00 - 11:30 AM

Oral health is a critical part of our overall health as we age. Attendees will learn about common oral health challenges faced by older adults, how oral health impacts heart health, diabetes, nutrition, and quality of life. Take away practical daily care tips to help prevent problems and tools to overcome barriers to dental care. If cost is a barrier to care, our Director will be available to discuss financial assistance options. **Registration is required;** call anytime.

CHAIR VOLLEYBALL

Tuesday, March 17 • 1:00 - 2:00 PM

Chair volleyball is a fun, low-impact sport for all ages and mobilities. Players stay seated in chairs and use a beachball and a lower net. The only rule is that your seat must stay in your seat! Spectators welcome—come cheer on your friends! **Please register so we can hold your spot on the court or in the audience!**



A LIGHT IN DARK TIMES

Thursday, March 19 • 12:00 - 1:30 PM

Outer Cape Health Services brings our community a suicide prevention training known as "Question, Persuade, Refer" (QPR). Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR—everyday Americans just like you—play a role in saving the life of a friend or family member. With this training, you'll learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

Data shows that Barnstable County ranks among the highest in Massachusetts for suicide rates. One of the highest risk groups is men over 75, making this issue one we can't afford to ignore.

The signs of crisis are all around us, but quality education empowers all people to make a positive difference in the life of someone they know. We invite you to join in this community conversation and training to learn how to recognize and intervene at a moment when it matters most. **Registration is required;** call anytime.

Brought to you by the Harwich Council on Aging
& the Harwich Community Center

Get Your Irish On

**Monday, March 16
12 - 1 PM**

A rollicking St. Patrick's Day show, highlighting performer **Jackson Gillman's** leprechaun spirit.

Sparkling with energy, wit and whimsy, the "Stand-Up Chameleon" will entertain us with sprightly songs, comedy, and Irish tales.

Jackson Gillman
Stand-Up Chameleon
Comedy, music, stories and entertainment from the professional and inspirational... to the zany and whimsical...

**Registration required
Call the Community Center
at 508-430-7568 or email
sestabrookeharwich-ma.gov**

COOKING WITH BALANCE

Discover a new way to nourish yourself with Chef Linda Kelley's Cooking with Balance. Participants will experience monthly hands-on cooking; seasonal, accessible ingredients; spice education for flavor & wellness; tools for confidence, creativity, and everyday balance. You will take home recipes and guides, a personalized spice blend, and practical meal templates. Sessions 3 and 4 of this 6 month series are described below. **Registration required for each session;** call anytime. Capacity: 16 per class



Session 3: Thursday, March 19 • 1:00 - 3:00 PM

Spices & Flavor for Wellness: You'll learn how spices support wellness and enjoyment; gain confidence using spices without fear; create a simple, versatile spice blend; and focus on transition from winter to spring nutrition along with warming spices and seasonal ingredients.

Session 4: Thursday, April 16 • 1:00 - 3:00 PM

Cooking for Gut Health & Digestion: Learn about gentle digestion support and foods that soothe vs irritate. Feel empowered to listen to your body! We'll also continue with our focus on seasonal eating.

USING MY CHART

Friday, March 20 • 10:30 AM - 12:00 PM

MyChart is a secure and convenient way to access your health information, manage appointments, communicate with providers, and much more! Whether you're looking to view your test results, schedule an appointment, or communicate with your care team, MyChart makes managing your health easy. Join the VNA for a hands-on presentation on how to manage your MyChart account. Bring your cell phone or tablet so you can follow along! **Registration is required;** call anytime.



VISITING NURSE ASSOCIATION
OF CAPE COD
Member Cape Cod Healthcare

view your test results, schedule an appointment, or communicate with your care team, MyChart makes

managing your health easy. Join the VNA for a hands-on presentation on how to manage your MyChart account. Bring your cell phone or tablet so you can follow along! **Registration is required;** call anytime.

**SEE PAGE 2 FOR PROGRAM
REGISTRATION INSTRUCTIONS**

BLADDER HEALTH

Tuesday, March 24 • 1:00 - 2:00 PM

Join Cape Concierge Physical Therapy for an interactive presentation on bladder health. One in three older adults experience urinary leaking. Those with bladder dysfunction have a significantly increased risk of fall and fracture. Come learn some simple strategies you can use immediately to better your health! **Registration is required;** call anytime.

SOCIAL SECURITY UPDATES

Thursday, March 26 • 10:00 - 11:30 AM

Don't miss our upcoming discussion focused on the latest Social Security Administration updates for 2026. We'll cover new policies, changes to business procedures, and what these developments mean for beneficiaries. This is a great opportunity to stay informed, ask questions, and prepare for the year ahead. Delia De Mello, Metropolitan Public Affairs Specialist, will present. **Registration is required;** call anytime.



Medicare & Rehab Presentation

Transitioning from Hospital to Rehab to Home

Topics Covered:

- Medicare Education: The "3-Midnight Rule"
- Secondary Payers: Medicare vs. Medicaid
- Understanding the "5-Star Rating" System for Online Facility Evaluations
- Hospital Observation vs. Admission

At the Harwich Council on Aging

Tuesday, March 31st

10:00 AM - 11:30 AM

Call to Register: 508-430-7550

SPRING WALKING PROGRAMS

Cold Brook Preserve with Harwich Conservation Trust

Wednesday, April 8 • 1:00 - 2:00 PM

Join the Harwich Conservation Trust Board President Tom Evans for a tour of the recently restored Cold Brook Preserve, now a wildlife oasis with rewilded wetland and stream habitats. Walk the half-mile, wheelchair and walker-accessible All Persons Trail and learn how ecological restoration enhances the health of the land and water. Spot some of the 44 nestboxes along the "Bluebird Trail" as you enjoy the early Spring air. Meets at 203 Bank St, Harwich. Space is

limited, so **registration is required**; call anytime.



**HARWICH
CONSERVATION
TRUST**
Preserve • Restore • Explore

Nordic Walking with the VNA

Monday, April 27 - June 8 • 10:00 - 11:00 AM

This beginner program helps participants learn the Nordic Walking technique, a form of exercise that uses poles to propel you forward which engages both your upper and lower body. Safely enjoy the outdoors and make friends while getting a great cardiovascular workout! Participants must be able to ambulate independently and tolerate 60 minutes of walking. The first session meets at the COA for demonstration and instruction. The following sessions will be held at outdoor walking trails in town

(no class 5/25). **Registration is required.**

To sign up, please call the VNA directly at 508-957-7423.

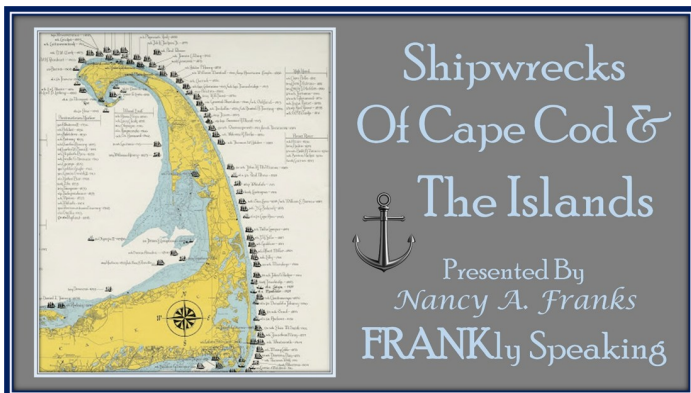


**VISITING NURSE ASSOCIATION
OF CAPE COD**
Member Cape Cod Healthcare

SHIPWRECKS OF CAPE COD

Thursday, April 2 • 10:00 - 11:30 AM

Buckle up your life jacket! We're off to the Graveyard Of The Atlantic! Since 1626, over 3,000 shipwrecks have occurred off the coast of Cape Cod, Martha's Vineyard, and Nantucket. This area has earned the chilling nickname, "the ocean graveyard." Popular speaker Nancy Frank returns to help us investigate six shipwrecks that historians and residents are still talking about. Stay for the shipwreck-themed raffle at the end of the presentation. **Registration is required**; call anytime.



**ASSISTIVE LISTENING DEVICES ARE
AVAILABLE FOR OUR PROGRAMS;
PLEASE ASK THE COA FRONT DESK**

RED SOX HOME OPENER

Friday, April 3 • 2:00 - 4:00 PM

Whether you're a die-hard fan or just here for the fun, join us for the season's home opener as we stream the game live on the big screen and enjoy some favorite classic ballpark snacks. Meet fellow fans, cheer on your team, and feel the excitement of the game in great company.



So grab your glove, throw on your favorite team's jersey, and get ready for a game day experience you won't forget. Let's make this watch party a total home run! **Registration is required**; call anytime.

ESTATE PLANNING

Thursday, April 9 • 10:00 - 11:30 AM

Protect your future! Do you have your essential estate planning documents in order? An experienced elder law attorney will explain key documents and their importance, including: will, power of attorney, healthcare proxy, advanced directive, HIPAA release, revocable and irrevocable trusts. Learn how these documents protect your loved ones and ensure your plan works when it's needed most. Sponsored by Oasis Senior Advisors. **Registration is requested**; call anytime.



DISABILITY PLACARDS

Monday, April 13 • 10:30 AM - 12:00 PM



The Massachusetts Registry of Motor Vehicles (RMV) issues special license plates and placards to people with disabilities who meet certain medical qualifications. Join us for a workshop to learn more. We'll cover: disability plate/placard application process; do's and don'ts of placard use; placard renewal procedures; and how to replace a lost or stolen placard.

Registration is required; call anytime.

BEYOND THE BOOK

Friday, April 17 • 2:00 - 3:00 PM

April is National Poetry Month! We are proud to host local poet Judith Partelow, who will discuss how her experiences

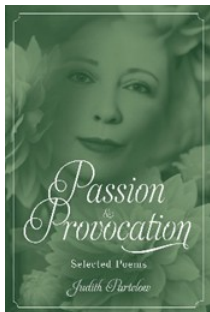


JUDITH PARTELOW

helped create the poems in her collection, *Passion and Provocation*. Poetry can evoke emotions and ideas that go far deeper than the words on the page. This ancient literary art transforms everyday

experiences into extraordinary ones. Join the COA in welcoming Judith and celebrating the gift that poetry can bring to our lives. Books will be available for purchase and signing, or bring your own copy.

Registration is requested; call anytime.



AARP TAX-AIDE PROGRAM

AARP Tax Aide is the largest free, volunteer-based tax assistance and preparation program in the United States and is offered in conjunction with the IRS. If you would like assistance with preparing and filing your federal and state income tax returns, contact us today—we may have a few appointments remaining for this tax season. Appointments are filled on a first come-first serve basis.

HOSPICE 101

Tuesday, April 21 • 1:00 - 2:00 PM

People tend to have a reaction when they hear the word hospice, one that can fill them with fear and trepidation. But what, exactly, is hospice? Who is eligible, and what is its goal? What are the benefits in utilizing this portion of our healthcare benefit?



BROAD REACH
HOSPICE

Join Broad Reach Hospice Program Education Specialist Jamie Nunes, RN, for a conversation on the topic of hospice care, with plenty of time for questions and conversation. Jamie is passionate about the benefits of hospice, having



seen the effects of presence vs. absence in her own family situations, and has devoted the last 20 years of her career to hospice care. **Registration is required;** call anytime.

SOIL HEALTH

Thursday, April 23 • 10:00 - 11:30 AM

All dirt is not soil—come learn the dirty little secrets about making soil. Build a better garden by getting back to the basics. Use regenerative practices that starts with knowing what is in your soil. Feel free to bring a small sample of your soil to be examined. Presented by Keith Wilda of Blue Stream Aquaculture. **Registration is required;** call anytime.

St Patrick's Day Luncheon

WEDNESDAY, MARCH 11

Join us for a traditional meal of corned beef & cabbage, prepared by Chef Linda St. Pierre

Dine in only - Seating for 50

Registration Required
Call the COA at 508-430-7550 x1
starting Monday, March 2 at 9AM



BIG SCREEN MOVIE DAYS

Come in out of the cold and enjoy a movie, with popcorn & snacks.
Call the COA to reserve your seat!

Thursday, March 19 at 1:00 PM

Yesterday
(2019): PG-13
Comedy/Music/Romance

Note Thursday,
not Friday!

Yesterday is a heartfelt and imaginative romantic comedy-music film that asks one irresistible question: What if you were the only person who remembered The Beatles? Struggling musician Jack Malik (Himesh Patel) is on the verge of giving up on his dreams when a mysterious global blackout changes everything. When he wakes up, Jack discovers the world has somehow forgotten the most famous band in history except for him. As Jack begins performing The Beatles' legendary songs as his own, he skyrockets from obscurity to global stardom, guided by his fiercely loyal childhood friend and manager, Ellie (Lily James). Fame, fortune, and opportunity arrive fast, but success comes at a cost. Filled with iconic music, humor, and emotional warmth, the film is a joyful celebration of creativity, love, and the timeless power of great songs.



Friday, April 17 at 1:00 PM

WICKED for Good
(2025): PG-13
Musical/Fantasy/Adventure

Wicked For Good continues the epic untold story of Oz with real heart and spectacle. After the events of the first film, Elphaba (Cynthia Erivo) is demonized and living in exile as the so-called Wicked Witch of the West, determined to fight for freedom and expose the truth about the ruler of Oz. Glinda (Ariana Grande), meanwhile, has become the glamorous symbol of "Good," swept up in the politics and power of Emerald City life under the Wizard's rule. Their deep friendship, once unbreakable, is tested by power, politics, and the consequences of their choices, pushing them further apart even as the world around them begins to unravel. With a star-studded cast including Jonathan Bailey, Michelle Yeoh, Jeff Goldblum, Ethan Slater, Bowen Yang, and Marissa Bode, this emotionally powerful and visually stunning finale brings Elphaba and Glinda facing each other one last time, where only honesty and empathy can change themselves, and all of Oz, for good.



SCRAPBOOKING

Mondays, Ongoing • 1:30 - 3:00 PM

Bring your photos and mementos and turn them into a timeless treasure! We provide all standard supplies. Spend an afternoon getting creative while you get to know some new friends. **If you are new to the group, please call to register for the program before your first visit.** You are then free to drop in as often or as little as you'd like. **No meetings April 20 or 27**

CRAFT WORKSHOP

Fridays, March 27 & April 24 • 1:30 - 3:00 PM

Come play with us! All supplies are provided, but you are also welcome to bring any special materials that you'd like to use. Capacity: 12 people/session. **Registration is required and opens Weds March 4 & April 1 respectively.**

In **March**, you'll create colorful beaded garden stakes to enliven your Spring plantings.

In **April**, Kim Bathrick will return, bringing supplies to help you create a "chain and bead" necklace. Use colors to get you ready for Spring & Summer and make any length you like, as long as it can go over your head!

GAMES, GAMES & MORE GAMES

These are weekly groups that gather to play a variety of games. There is no sign up, no lessons, just come down to play. All levels of play are welcome.

MAH JONGG

Tuesdays • 1:00 - 4:00 PM



RUMMIKUB

Tuesdays • 1:00 - 3:00 PM

MEXICAN TRAIN DOMINOES

Wednesdays • 1:00 - 3:00 PM



CRIBBAGE

Fridays • 1:00 - 3:00 PM



UKULELE CLASSES

Mondays, March 9 - April 13 (6 Weeks)

Long-time instructor Cathy Hatch offers ukulele classes, held in 6-week sessions. **Registration is required**; call the COA anytime. **Cost: \$50/6 week session.**

BEGINNER 2

1:00 - 2:00 PM

Are you ready for primetime? You'll learn some Irish tunes and Beatles melodies. This is a class for people who can play the basic chord progressions and are comfortable with strumming.

BEGINNER 1

2:00 - 3:00 PM

This is a class for people who have taken the "Absolute Beginner" class and can play the basic chord progressions. You'll work on strumming, fingerpicking, and instrumentals.

ABSOLUTE BEGINNER

3:00 - 4:00 PM

Found a ukulele in your closet or just want to jump into something new? Then this is your class! This class is for people who are new to ukulele. Learn how to tune the instrument, how to play the basic 8 chords (C, F, G, D7, Am, Em, Dm, and G7), and work on beginner strumming with easy songs.

BIRTHDAY PARTY

Thursdays, March 19 & April 16 • 2:00 - 3:00 PM

We welcome you to come celebrate your special day with us at our new birthday party events! We'll serve cake, sing, and learn fun facts about your birth month. March babies should join us on March 19; April babies on April 16. Open to everyone who wants to help us celebrate.

Please RSVP so we bring enough cupcakes!



COA BOARD OF DIRECTORS MEETING

The next meetings for the COA Board of Directors will be:

Wednesdays, March 18 & April 15 at 10:00 AM

All agendas and meeting minutes will be available on the town website, via the Town Clerk, or by contacting the COA.

BROOKS FREE LIBRARY NEWS

New Monthly Program at Brooks Free Library

Assistive Technology Demonstrated is a new monthly program beginning in March at Brooks Free Library (BFL). The program will take place on the third Tuesday of each month from 1:00 to 2:00 in the Thornton Meeting Room. A different technology that can be used by individuals who are blind or have low vision will be demonstrated each month. Technologies that will be covered include various apps, devices, and software, as well as some services specifically for use by people with vision loss. Opportunities for one-on-one training on certain technologies that are demonstrated will be available to people with vision loss through the library's Vision Impaired Technology Assistance at the Library (VITAL) program.

The program dates and technologies that will be demonstrated are listed below. They are also included on the library's event calendar which can be found at <https://brooksfreeLibrary.libcal.com/calendar>. Technologies to be demonstrated are subject to change. You may want to check the event calendar, or contact the library, prior to each scheduled meeting for any changes.

2026 program dates and technologies to be demonstrated:

March 17—The Be My Eyes app

April 21—Cory Kadlik, Assistive Technology Manager at Perkins Braille and Talking Book Library, demonstrating items from the Technology Demonstration Center at Perkins Library and providing a comparison of smart glasses

May 19—The NFB Newsline audio news service

June 16—The Victor Reader Stream digital media player

July 21—The Seeing AI app

August 18—The National Library service and the Braille and Audio Reading Download service

September 15—Accessibility options on the Windows operating system

October 20—Artificial Intelligence (AI) and ChatGPT chatbots

November 17—Perkins Braille and Talking Book Library's Library of Things

December 15—iPhone accessibility options for blind and low vision users

Each session will conclude with some general tech tips. This monthly program is free and open to all. Pre-registration is not required. For more information contact Carla Burke at 508-430-7562, extension 5 or email cburke@clamsnet.org.

HARWICH COMMUNITY CENTER

BUILDING CLOSED

Monday, April 20: Patriot's Day

Select Events are listed below. For a full list of happenings, visit the Community Center website or pick up their newsletter.

MARCH EVENTS

- **KD Quilters:** Mar 2nd & 16th, 10:45AM-3:30PM
- **Garden Club Meeting:** Mar 3rd, 1PM-3PM
- **Pasta Dinner:** March 5th, 5PM-6:30PM
- **Harwich Republicans:** Mar 5th, 5PM-6:30PM
- **Sound Bath Meditation:** Mar 6th, 6:30PM-7:30PM
- **Master Gardeners "Backyard Horticulture":** Mar 6th, 13th, 20th & 27th, 1PM-5:30PM
- **Harwich Democrats:** Mar 7th, 9:30AM-11:45AM
- **Newcomers Club Monthly Mtg:** Mar 9th, 9AM-11AM
- **Cape Cod Quilters Guild:** Mar 12th, 4:30PM-8:30PM
- **Women's Club Meeting:** Mar 12th, 1PM-4PM
- **Harwich Children's Fund Mtg:** Mar 18th, 4PM-5:30PM
- **Seed Starting Party:** Mar 20th, @ 6PM
- **Cape Cod Spring Ring Handbell Concert:** Mar 21, 2-3PM
- **Cranberry Rug Hookers:** Mar 21st, 9:30PM-1:30PM
- **Harwich Artists Demo:** Mar 21st, 2PM-4PM
- **Cape Cod Hydrangea Society:** Mar 28th, 9AM-12PM
- **Women's Club Book Club:** Mar 30th, 2PM-3PM

APRIL EVENTS

- **Pasta Dinner:** Apr 2nd, 5:30PM-7PM
- **Harwich Republicans:** Apr 2nd, 5PM-6:30PM
- **Master Gardeners "Backyard Horticulture":** Apr 3, 1-5PM
- **Pancake Breakfast:** April 4th, 8AM-10AM
- **Harwich Democrats:** Apr 4th, 9:30AM-11:45AM
- **KD Quilters:** Apr 6th & 27th, 10:45AM-3:30PM
- **Garden Club Meeting:** Apr 7th, 1PM-3PM
- **Women's Club Meeting:** Apr 9th, 1PM-4PM
- **Cape Cod Quilter's Guild:** Apr 9th, 4:30PM-8:30PM
- **Harwich Children's Fund Mtg:** Apr 14th, 4PM-5:30PM
- **Drop-In Appraisal Event:** Apr 16th, 1PM-4PM
- **Cranberry Rug Hookers:** Apr 18th, 9:30AM-1:30PM
- **Harwich Artists Demo:** Apr 18th, 2PM-4PM
- **Red Cross Blood Drive:** Apr 21st, 12PM-4:30PM
- **Master Gardeners Monthly Mtg:** Apr 27th, 8AM-12PM
- **Women's Club Book Club:** Apr 27th, 2PM-3PM

*Events are subject to change.

Please contact the Community Center for verification.

BALANCE BOOSTERS Tues • 10:00-10:45 | Tues • 11:15-12:00 | Thurs • 12:15-1:00 PM NO COST

Next session: Tuesdays, April 7 - May 12 | Thursdays, April 9 - May 14

Maintain balance and flexibility with 45 minutes of strengthening and stretching while safely seated in a chair using your own body and simple implements, which are supplied. This FREE class is adapted from an evidence-based program that is shown to improve balance and reduce falls. **Registration is required and opens Tuesday, March 24 for all classes.** You may only register for ONE of the three options. Capacity: 25



CHAIR YOGA Fridays • 11:00 AM - 12:00 PM OR 12:00 - 1:00 PM NO COST

Session 1: March 6 - 27 | Session 2: April 3 - 24

4-week sessions

Lindsay Guinan leads a gentle chair yoga class suitable for all fitness levels. Chair yoga has many benefits, including increased flexibility, improved muscle strength, better balance and coordination, lower stress, reduced pain, and even better sleep. **Registration is required and opens Friday, Feb 27 for Session 1 and Friday, March 20 for Session 2.** Capacity: 30

JILL'S SEATED EXERCISE CLASS Mondays • 11:30 AM - 12:30 PM \$8/class

Session 1: March 2 - 30 | Session 2: April 6 - 27 (no class 4/20)

Monthly sessions

Join Jill Brown, Certified Personal Trainer, for a low impact **seated** exercise class that includes balance work, stretching, strength training, cardiovascular exercise, yoga, and meditation all in one! All fitness levels are welcome. **Registration is required and opens Monday, Feb 23 for Session 1 and on Monday, March 23 for Session 2.** Capacity: 30

JILL'S SENIOR WORKOUT Wednesdays & Fridays • 9:15 - 10:15 AM \$70/16 classes

Wednesday, March 4 - Friday, April 24

Payment window: Feb. 18 - March 4

8-week sessions

Jill Brown, Certified Personal Trainer, teaches a total body workout fusing stretching, toning, calisthenics, and movement exercises. No floor work in this session. **NEW participants must register, complete required paperwork, and provide payment by Tuesday, March 3 at 3PM; stop by the COA Mon-Fri between 10AM - 3PM to complete paperwork and obtain a scan card.** Participants who wish to continue from one session to the next do not need to sign up; please drop off your payment by Wednesday, March 4 (end of day). *Because of required Accounting procedures, we regret that we are unable to offer exceptions to these dates.*



QI GONG Wednesdays • 10:00 - 11:00 AM NO COST

Session 1: March 4 - 25 | Session 2: April 1 - 29

Monthly sessions

Practiced for the same reasons as Tai Chi, Qi Gong is a more simplified method of cultivating our life-force energy to improve health and overall well-being. Rather than learning a sequence of postures, Qi Gong is done mostly in a stationary position, either standing or sitting. Prior experience is not required and there is no ongoing commitment to attend. Each class is unique and uplifting. Drawing from centuries of Traditional Chinese Medicine wisdom, our instructor, A. Jay Zahn will help you learn to improve and maintain good health and vitality. **Registration required. Please register directly with the instructor, A. Jay Zahn by emailing capecodtaichisociety@gmail.com.** If you do not use email, call our office and we will pass along your contact info. Capacity: 15



TAI CHI: BRAND NEW BEGINNER

Tuesday & Fridays, Ongoing • 10:00 - 11:00 AM

\$18/class

Come learn the many benefits of Tai Chi. Recent studies show Tai Chi practice can help lower blood pressure, improve balance, help with stress reduction, and more. Classes are fun and energetic, incorporating stretching warm-ups, breathing exercises, and an exploration of Traditional Chinese Medicine concepts for healing and vitality. Start your Tai Chi experience with our instructor A.Jay Zahn who has been practicing for over 40 years and teaching at the Harwich COA since 2020.

For more info, contact capecodtaichisociety@gmail.com

TAI CHI: ADVANCED BEGINNER

Tuesdays & Fridays, Ongoing • 11:15 - 12:15

\$18/class

This class will focus on developing the Eight Posture Yang Style Tai Chi Form. Classes include basic warm-up exercises, QiGong practice, and insights into traditional Chinese Medicine for healing and longevity. Tai Chi practice can help improve overall wellbeing, hand-eye coordination, and lower stress. This class is open to anyone with previous Tai Chi experience. Our instructor A. Jay Zahn, is a long time practitioner. For more information, contact capecodtaichisociety@gmail.com

FOOT CARE CLINIC

BY APPOINTMENT ONLY

Wednesdays • 9:00 AM - 3:00 PM

March 4, 18, 25 and April 8, 15, 22

Certified podiatry providers Janet Tinney and Autumn Knight offer a general assessment of your feet and will trim, file, clean, and reduce thickening of nails, and smooth corns and calluses. Call the COA to schedule.

Cost: \$50/clinic



WELLNESS & BLOOD PRESSURE CLINIC with TOWN NURSE

BY APPOINTMENT, AT COA:

Every Wednesday • 10:00 AM - 12:00 PM

WALK IN, AT TOWN HALL:

1st Thursdays • 9:30 AM - 10:30 AM

Meet with the Town Nurse to have your blood pressure taken, ask health related questions, or discuss your health needs. Call the COA for a FREE appointment.



HEARING CLINIC

Thursdays, March 19 & April 16 • 10:00 - 12:00

Schedule an appointment to see Susanne Powers, licensed Hearing Instrument Specialist with over 14 years' experience. Services provided include a visual inspection of both ears, hearing screening, hearing aid maintenance and check-up, and consultation for anything involving hearing. **Call the COA to schedule your FREE appointment.**

LOVE YOUR BONES!

JOIN US FOR AN ENGAGING AND EDUCATIONAL AFTERNOON
DEDICATED TO BUILDING AND MAINTAINING STRONG,
HEALTHY BONES.

Bone Density Screenings

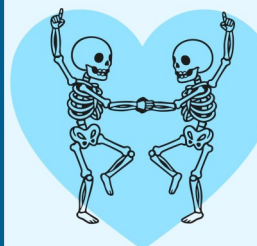
Barnstable County Nurses will provide bone density screenings.

Nutrition & Cooking for Bone Health

Led by Sue Jusell, Town Nurse and Kim Concra, nutritionist from Cape Cod Cooperative Extension. This session will explore how diet and nutrition support bone health, offering practical tips and cooking advice.

Bone-Strengthening Exercise Tutorials

Jill Brown, personal trainer, will guide you through safe and effective exercises designed to enhance bone strength and overall fitness.



Date: March 10, 2026
Time: 1:00PM
Location: Harwich
Community Center
100 Oak St, Harwich

Registration opens
March 2nd through the
COA. Call 508-430-7550
to sign up.



GROCERY ASSISTANCE

The COA can pick up and deliver groceries from the Family Pantry at no cost. The Family Pantry offers a full range of groceries, including perishables such as milk, eggs, meats, bread, and produce. All Harwich seniors are eligible. Deliveries take place on Tuesday afternoons. Orders accepted **Fridays 12-3:30PM and Mondays 9AM-2PM. (On holiday weekends, orders must be in by Friday at 2:45PM.)** Call **508-430-7550 x1** to order.



The COA also distributes groceries through our **“Brown Bag” program** on the first Friday of the month. Bags may include fresh fruit or vegetables, meat, and shelf stable items. All Harwich seniors are eligible. Call **Saranya at 508-430-7550 x3**.

PHARMACY ASSISTANCE

COA staff will pick up and deliver your Rx if: (1) The Rx is filled at CVS, Shaw’s/Osco, or Stop & Shop in Harwich, and (2) No copay is due at time of pick up. (Some pharmacies collect payment over the phone.) Call the COA to request service.

LEGAL ASSISTANCE

Wednesdays, March 25 & April 22 • 12:30 - 4:00 PM

Do you have a legal question? Schedule a FREE half-hour consultation with attorney Michael Lavender, who specializes in elder law. Call the COA to schedule your appointment.



Tuesday, March 10 • 1:00 PM - 3:00 PM

Low and moderate-income seniors are invited to schedule a FREE half-hour consultation with an elder law attorney from South Coastal Counties Legal Services. For an appointment, contact Heather Pearce at **774-487-3250**.

HOMELESS PREVENTION COUNCIL

A caseworker from HPC is available to meet at the Harwich Council on Aging on **Tuesday afternoons from 12:30 - 2:00 PM**. They can assist with housing applications, applying for SNAP benefits, fuel assistance, and other personalized case management support. This is a walk in service—no appointment required.



NOTARY PUBLIC

Free notary public services for those age 60+ by appointment. Call the COA to schedule.



UTILITY BILLS & FUEL ASSISTANCE

It’s not too late to apply for Fuel Assistance! This program helps pay your winter heating bills. In addition, iscounted rates are available from Eversource and National Grid for residents who receive SNAP, MassHealth, SSI, EADC, Health Safety Net, or Veterans Disability benefits. To see if you are eligible, contact Saranya Hayward at **508-430-7550 x3**.

REAL ESTATE TAXES

Qualified residents may be eligible to lower their tax bill via exemption programs. Income and asset limits apply. Applications for FY26 are available now. Contact the Assessor’s office for a list of available exemptions: **508-430-7503**.

CAREGIVER SUPPORT

See page 17 for a listing of local respite services and information on our current support group offerings for caregivers.

SHINE (MEDICARE) COUNSELING

SHINE provides free health insurance information and counseling to all MA residents with Medicare. Learn more about your plan options and receive help signing up for a more cost-effective plan. Available by appointment; call the COA.

SOCIAL WORK SERVICES

Our Social Services Coordinator Saranya Hayward, MSW is available to help Harwich residents age 60+ and their family and caregivers with a variety of services, including but not limited to: referrals to homecare agencies and assisted living communities, referrals to Elder Services and help navigating their service offerings, consultation regarding aging at home, SNAP applications, Fuel Assistance applications, referrals to local emergency financial assistance programs, enrollment in the Brown Bag grocery delivery program, and referrals to many other agencies and services. Call Saranya at **508-430-7550 x3**.

CALEB CHASE FUND

The Caleb Chase Fund is a Town of Harwich fund that provides financial assistance to Harwich residents who need urgent help with rent, utilities, medical bills, etc. **Julie at 508-430-7550 x4 for information on how to apply.**

VETERAN'S ASSISTANCE

A Veterans Service Officer is available at the Harwich office on a part-time basis to assist Veterans and surviving spouses with claims, VA healthcare, VA pensions, MGL Chapter 115 low income benefits, and more. Call **508-778-8740 (Hyannis)** or **508-430-7510 (Harwich)** to schedule an appointment or learn the office's current drop-in hours.

SIGHT LOSS SERVICES SUPPORT GROUP

1st Tuesdays, March 3 & April 6 • 10:30 AM - 12:00 PM

Peer meetings for those with vision loss and blindness. Speakers and experts give presentations, and the group discusses coping techniques and medical advances. Free transportation available. **RSVP to Sight Loss Services at 508-394-3904.**

DURABLE MEDICAL EQUIPMENT

Loans: Durable medical equipment is available for loan to Harwich residents (canes, walkers, commodes, shower seats, wheelchairs, etc). Loans to non-Harwich residents are limited to items we have in abundance & is subject to a \$25 deposit.

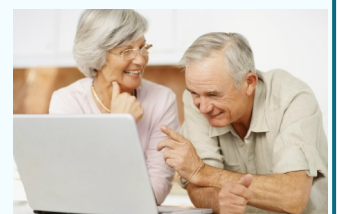
Donations & Returns: Please only donate or return equipment that is clean and in good condition (e.g., no rust). Packages of urinary incontinence supplies must be unopened. Note that our ability to accept donations and returns is dependent upon our storage space. **There may be periods when we have to decline donations and returns.** Further, we cannot accept any equipment that requires power, nor non-durable medical supplies (e.g., bandages, medications) other than un-opened incontinence products. **You can drop in Monday-Friday 9AM-3PM, though we recommend calling ahead.**

PEER TECH SUPPORT

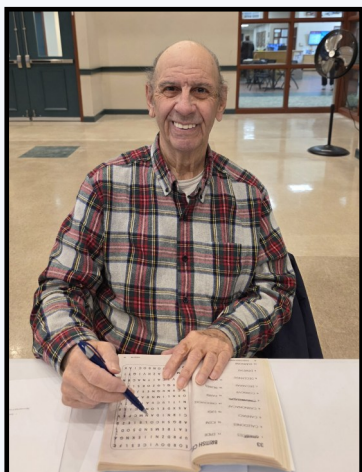
Senior volunteers are ready to assist Harwich residents age 60+ with a variety of devices (phone/tablet/PC, Mac) either in the COA office or at home. Available by appointment; call the COA to schedule.

TECH SUPPORT BY CAPE COD TECH

Seniors at Cape Cod Technical High School are available onsite at the COA to help troubleshoot your device needs. Appointments are available March 19 & April 9; call the COA to schedule.



VOLUNTEER SPOTLIGHT

**Lunch and a Smile**

Ralph Galeota is our Volunteer Spotlight, and for more than five years he has been sharing his time, kindness, and signature smile here at the Council on Aging. You may recognize Ralph when you come in to dine for lunch or pick up a grab-and-go meal. Could it be Ralph's welcoming presence—along with a great meal—that keeps our members coming back for more?

Ralph believes that building relationships begins with greeting everyone with a smile, a bit of humor, and a pleasant attitude. He takes the time to listen and connect, understanding that for some, this interaction may be the only positive connection they have that day.

Creating happy moments comes naturally to Ralph. He spent twenty-five years as a science teacher with Boston Public Schools. Raised in Roslindale, a neighborhood of Boston, Ralph married his wife, Ellen there, and they shared fifty-six wonderful years together. They raised three children and are proud grandparents to three grandchildren, all of whom still live in the Boston area. Ralph and Ellen moved to Harwich twenty-five years ago.

Eight years ago, Ralph sadly lost his wife, and he is also a cancer survivor. Gratefully, Ralph credits his continued health to staying active—working at Cranberry Valley Golf Course, volunteering at the COA, staying social, and enjoying a weekly Sunday lunch with one of his children.

We are incredibly grateful to have Ralph as part of our volunteer family.

Ralph, thank you for all the happiness and smiles you share at the Council on Aging!

CURRENT VOLUNTEER NEEDS

The Council on Aging is always seeking new volunteers. We ask for a 6 month minimum commitment for most of our roles. To find out more about our current opportunities, contact Rosa Wright at rosa.wright@harwich-ma.gov or 508-430-7550 ext 5.

Peer Technology Assistant: You'll work 1:1 with an older adult who struggles with technology, helping them work through a specific minor problem and teaching them along the way. Shifts: Approx 1 hour 2x month, on your schedule.

Craft Workshop Facilitator: At our monthly craft workshops, facilitators lead participants through the process of making, creating, and/or decorating a project that can be completed by someone with a beginner skillset. Choose from our project ideas or bring one of your own. Supplies provided. Shifts: 4th Fridays, 2-3 hours, 1-2 times a year.



Friendly Visitor: Friendly Visitors are matched with an older adult client for a meaningful 1:1 companion home visit with them for an hour each week. Our outreach coordinator will do an interview and try to match clients based on similarities in interests, ideas and experiences. Shifts: Approximately 1 hour each week, according to your own schedule.

Medical Driver: Transport seniors to doctor's appointments in your own vehicle. Small stipend (\$5-\$20) provided to offset the cost of gas and vehicle maintenance. Application process and car inspection required. Shifts: Volunteer for 1 or 2 appointments per month that work for your schedule.

VOLUNTEER APPRECIATION LUNCHEON

We have begun planning our annual Spring Volunteer Recognition Luncheon and look forward to seeing you there! We enjoy having this opportunity to celebrate the hard work you do all year. At the time this newsletter goes to print, we've not yet finalized a date, but we are planning for the in the first two weeks of April. Look for an invitation in your email or post in early to mid-March.



Susan Jusell, RN - Town Nurse
508-430-7550 x2

Welcome back to some of you snowbirds that escaped a couple feet of snow this winter. The weather on April 1 has played some jokes on us in the past, so I hope you still know where those snow boots are!

Rosa, our program coordinator, has been hard at work putting together some fabulous events to bring us all together. Do you “LOVE YOUR BONES”? I hope you do, because we have a fun and engaging program coming right up on March 10th. Together with myself, the town’s Health Department, the Barnstable County Nursing and Nutrition Departments along with our very own Jill Brown, personal trainer and holistic nutritionist, will go through meal prep, food tasting, moving your body (either in your chair or up out of your chair) and **FREE bone density screening**. We’ll discuss maintaining and building your bone density as you get older. The program is from 1-2:30 with ongoing bone density screenings and general consultation 1-4. See page 11 for our flyer. Please call to sign up.

Falls are preventable and not a normal part of aging. Statistically 1 out of every 4 people that are 65 years or older will suffer a fall this year, making falls the leading cause of injury in this age group. Of those falls, 1 in every 5 resulted in broken bones or a head injury. Always report falls to the doctor, even if you were able to get yourself up and had no injury. Sometimes your primary care will find it appropriate to refer you to physical therapy either at home or outpatient to help improve your strength and mobility. The VNA also has a wonderful program to assess your safety and mobility at home. I’m happy to help you navigate this at any time.

For the first time we’re offering a program on *Oral Health and Aging*, led by Francesca, one of our County health nurses. Sometimes we disregard how essential good oral health is, but this can affect our ability to eat, speak and smile comfortably. Deferring dental care can lead to infections, tooth loss and can be linked to inflammatory issues, like heart disease and diabetes. Awareness can help us avoid pain and added medical costs in your future. If you need dental work and find cost is a barrier, contact our Director, Julie Groom, to learn about financial assistance options.

It’s been too long since we’ve offered a QPR training, and Brianna Smith, Director of Behavioral Health at OCHS will offer us this vital 1 hour training on Thursday, March 19th. Suicide prevention training gives you the confidence and skills to recognize warning signs and how to respond. You can truly save a life by attending and being the person who helped someone feel seen, supported and not alone, when it matters the most.

Our Regional Health and Environmental Fair is even bigger and better this year. It’s on Saturday, April 25 from 11AM-2PM at The 204, Harwich Cultural Center. We hope to see you there!

I’m happy to meet with you or check your blood pressure Monday through Friday. I have a walk-in clinic at the entrance of Town Hall on the first Thursday of each month from 9:30-10:30 and by appointment every Wednesday here at the COA. I hope you’re all well, and I look forward to seeing you!



Saranya Hayward, MSW
508-430-7550 x3

I am looking forward to Springtime and gaining more sunlight every day. We’re excited to host a new Death Café session in this Spring!! What is a Death Café? Have you ever heard about one? Have you been to one? It sounds like a depressing topic; however, it’s not intended to be. It’s a place to open your mind to a different perspective.

Death Café is a global movement that began in London in 2011. It was found by Jon Underwood and inspired by the ideas of Swiss sociologist Bernard Crettaz, who had hosted “Café Mortals” to encourage open conversation about death. Lizzy Miles was the first person to offer Death Café in the US. A Death Café is a directed open group discussion of death with no agenda. The objective is “to increase awareness of death and to help process what death means to you”. Using a model typical of European public life – complete with tea, coffee, and desserts being served – it is way to simply have an informal conversation about something that many people don’t know how to talk about.

Please keep in mind that a Death Café is not a counseling session nor a grief support group. A Death Café is simply an informal place for people to come with an open mind, questions, and curiosity on how other people are feeling about death.

Come have a scone and a cup of tea or coffee with me, and let’s talk about what’s on your mind when you hear the word death – possibly the death of a loved one or how to be prepared to discuss your final wishes with your family, or maybe just curiosity about the unknown. There is no need to feel pressured to share if you are not comfortable doing so; you can come just to listen and that is okay.

I will be facilitating this discussion. If you have any question about the Death Café program, please reach out to me directly. For those of you who are looking for grief support group, there are a few resources in our community including **VNA Hospice** (please call VNA office to find out the schedule and to pre-register at 508-740-2370) and **Sharing Kindness** (508-237-0774).

Friends of The Harwich Council on Aging

100 Oak Street, Harwich MA 02645
 508-432-5050
 FriendsofHarwichCOA@gmail.com



A Message from the Friends'

Dear Friends, Donors, and Members:

Many of you received our solicitation for donations and I'm delighted to say that we had a wonderful response. Thank you to everyone for your contributions that allow us to continue our support of the many programs offered by our Council on Aging.

We have had a new member join our Board and are pleased to introduce Dutch Hayward to you. He has been working in healthcare since 1985 and has served as a Nursing Home Administrator since 1999, beginning his career in Upstate New York. He grew up in Maine, where his parents and sister still reside, and was excited to return to the East Coast to be closer to family. In 2022, he moved to Cape Cod, where he continues his commitment to healthcare leadership, supporting residents, families, and care teams while strengthening the local community. He presently lives with his wife, Saranya, who is a Social Worker for the Town of Harwich, and their 20-year-old turtle, Sleepy. In his free time, Dutch can be found windsurfing at Kalmus Beach in Hyannis. He also enjoys cycling, having competed in numerous events and rides to raise money for charities. We're looking forward to Dutch's contributions to the Board and are excited to have him join us.

We hope you all are staying warm and safe in this unusually snowy winter.

Thank you for your continued support of the Friends of the Harwich COA.

Bob Hamilton on behalf of the Board of the Friends of the Harwich Council on Aging

FY 26 FRIENDS OF HARWICH COA MEMBERSHIP

Annual dues are \$15 per person or \$25 per couple

Name _____

Name _____

Mailing Address _____

Mailing Address _____

Town/Zip _____ Phone _____

Town/Zip _____ Phone _____

Email: _____

Email: _____

ANNUAL INDIVIDUAL: \$15 _____ ANNUAL COUPLE: \$25 _____

Additional Donation: \$ _____

In Honor Of / In Memory Of: _____

Bronze: \$100 Silver: \$250 Gold: \$500 Platinum: \$1,000

Please make checks payable to: Friends of Harwich COA
 Mail to: FHCOA, 100 Oak St., Harwich, MA 02645

ROCK HARBOR RESPITE

Rock Harbor Respite is a regional adult supportive daycare program for older adults in need of social engagement and those living with physical disabilities or cognitive changes. The program offers a structured day which includes news and conversation, fitness, and engaging activities to promote optimal social, emotional, and physical wellness.



The Town of Harwich subsidizes the cost of attendance for our residents. The cost for Harwich residents is \$65/day.

For more information about the program, admission guidelines, or to learn about the opportunity to schedule a complimentary trial day, contact Supportive Day Program Director, Maria Cecchi, at 508-255-6333 x19.

If transportation or cost is a barrier to attendance, please contact Julie at the Harwich COA (508-430-7550 x4). Scholarships are available.

DENNIS GOLDEN AGE PROGRAM

The Golden Age Program (GAP) is a Social Day Program for persons with cognitive impairment. Participants enjoy the company of friends, have fun enjoying games, crafts, field trips, music, exercise, dance, and much more. GAP meets Tuesday-Friday 9:30AM to 2:30 PM. For more info, call the **Dennis Center for Active Living: 508-385-5067.**

MEDICARE GUIDE PROGRAM

New!! Medicare's GUIDE program (Guiding an Improved Dementia Experience) is a nationwide initiative providing free, comprehensive support for eligible Medicare beneficiaries with dementia and their caregivers, offering services like care navigation, 24/7 support lines, caregiver training, respite care, and community resource connections to improve care quality and reduce caregiver burden. Healthcare providers (like home health, hospice, or specialized dementia care programs) enroll to offer GUIDE services. To learn more or find a GUIDE program provider, visit the program's website:

<https://www.cms.gov/priorities/innovation/innovation-models/guide>

ALZHEIMER'S FAMILY SUPPORT CENTER OF CAPE COD

AFSC provides free support to families affected by dementia. Services include support groups, consultations, care planning, phone support, education, insurance support, and social and cultural programming. The AFSC is committed to providing support through every stage of dementia-related illness, not only for family caregivers and professionals but for people living with cognitive disease, from pre-diagnosis to bereavement and all of life that happens in between.

A respite center in Hyannis is also operated Monday - Friday. For assistance, call **508-896-5170.**



Alzheimer's Family Support Center of Cape Cod

DEMENTIA CAREGIVERS SUPPORT GROUP with CONCURRENT COMPANION GROUP

1st and 3rd Wednesdays

March 4 & 18 / April 1 & 15 • 2:00 - 3:30 PM

The Alzheimer's Family Support Center hosts a caregiver's support group on-site at the Harwich COA. Facilitated by a social worker, this group is open to anyone who provides caregiving to a loved one with dementia, Alzheimer's Disease, or any other form of cognitive impairment. While the caregivers meet, your loved ones will be engaged in activities in a companion group that is run by experienced staff.



Join us and take time to fill your cup with self-care. There is no commitment to attend all sessions; come and go as works for your family. **Registration requested, but drop ins welcome; call the AFSC office in Brewster at 508-896-5170.**

ALZHEIMER'S ASSOCIATION OF MA

The Alzheimer's Association Massachusetts-New Hampshire Chapter offers several free programs for patients and caregivers. They maintain a free 24/7 helpline answered by a live person all around the clock, providing information and support to anyone who needs assistance. You can also call this line to learn more about how the organization can help you and your family.

24/7 Helpline: 800-272-3900



CRANBERRY COACH

Transportation on our wheelchair-accessible van is available for trips to grocery stores, pharmacies, and post offices within Harwich, as well as to onsite COA programs, Brooks Free Library, and Town Hall.

- The capacity on our largest van is 14 passengers.
- You must make a reservation at least 24 hours ahead. More notice always helps!
- Riders with symptoms of respiratory illness will be asked to wear a mask or reschedule.
- **Reminder: Rides are to scheduled locations only.** Drivers cannot bring you to any location not scheduled through the COA office in advance. Our transportation coordinator needs to account for every trip in our daily schedule to ensure the van runs on time.

Cranberry Coach Weekly Schedule

Please note: Schedule is subject to change based on rides to and from COA sponsored programs.

Mon	AM - Market Basket or Hyannis shopping (see below) PM - Ocean State Job Lot & Dollar Tree in Dennis Port
Tues	AM - Shaw's PM - Family Pantry deliveries
Wed	AM - Shaw's PM - Call for availability
Thur	AM - Shaw's PM - Call for availability, schedule varies
Fri	AM - Shaws, Brown Bag, or Breakfast Programs PM - Stop & Shop or Shaw's, optional Harwich Port stops*

**Stops at Harwich Port CVS, Post Office, and local banks must be explicitly scheduled when arranging your ride. Thanks!*

Monday Trip Schedule

Market Basket: March 9, 23; April 6, 27

Hyannis shopping: March 2, 16, 30; April 13



RIDES TO MEDICAL APPOINTMENTS

Volunteer Drivers provide rides to medical appointments. Requests must be made **AT LEAST ONE WEEK in advance**. Call 508-430-7550 x1 to request a ride.

- Travel between **Wellfleet and Sandwich** only.
- Rides must commence and end during our regular business hours (pick ups at 8:30 or later; drop off by 4:00).
- Limit of 2 medical rides per month.
- We cannot transport anyone who has been under any form of anesthesia; rides to procedures are possible.
- Riders must be able to enter and exit a vehicle without assistance. Caregivers may accompany if needed.
- A cash donation of \$5-20 to your driver to offset the cost of gas is requested (can be waived if needed).
- Prescription delivery also available; see page 12.
- **NEW:** Limited availability of rides for residents who need wheelchair transport. Call to inquire.

COMMUNITY TRANSPORTATION

Contact CCRTA for all options below: 800-352-7155

DART: Door-to-door, ride-by-appointment service that is wheelchair accessible. Fare is \$1.50/ride for seniors. To make a reservation, call the CCRTA weekdays from 8am-5pm. Booking 72 hours in advance is highly recommended.

Smart DART: An app based, on-demand service that is a door-to-door, ride-hail service. Download SmartDart from the app store (Apple or Android) by searching "CCRTA SmartDart". Fixed fare of \$3/ride. For travel within Harwich, with free transfer to fixed routes for longer trips.

H2O: CCRTA's fixed route public transportation between Orleans and Hyannis, with stops in Harwich Port and at Shaw's in Harwich. Fare is free for seniors.

FLEX: The CCRTA's Flex bus picks up and drops off passengers at designated stops between Harwich and Provincetown and also flexes off its route up to ¾ of a mile to serve people who have difficulty getting to a regular bus stop. Reservations are required for the off-route stops.

Boston Hospital Transportation: Transportation provided for medical appointments at Boston hospitals weekdays by the CCRTA, with a pick-up in Harwich. Call the CCRTA to reserve by 11am the day before.

\$30 round trip, \$15 one way



Call the COA to schedule all rides

508-430-7550 x1

24 Hours Notice for Cranberry Coach

1 Week Notice for Medical Rides

MEAL PROGRAMS

BREAKFASTS

Enjoy a breakfast feast prepared by Town Chef Linda St. Pierre accompanied by a brief presentation from a community partner. Seating is limited, so you must call ahead to reserve your spot. **Registration required as space is limited. To register, please call the COA or sign up in person starting March 2.** "Last call" is 3pm the Wednesday before the breakfast.



March Speaker: Cape Cod Senior Softball League

April Speaker: TBD

MEN'S BREAKFAST

Held on the 2nd Friday

March 13 & April 10 • 9:30 - 10:30 AM

WOMEN'S BREAKFAST

Held on the 4th Friday

March 27 & April 24 • 9:30 - 10:30 AM

LUNCH

Lunch is available Monday - Friday, 11:30 AM to 12:30 PM.



We offer the option to dine onsite (Tu-Fri) or take your meal as a "grab & go" (Mon-Fri). One meal per person please. We have a capacity of 70 meals total each day.

REGISTRATION: Advance registration is required. Please note that some dates fill up well in advance, so reserving your spot as early as possible is recommended! Clients with documented Health Needs or Financial Needs will be prioritized for Grab & Go Meals (ask for more info). Registration for **March lunches opened February 17** and registration for **April lunches opens on Mon, March 16**, starting at 11:30 AM.

ATTENDANCE: Diners must be seated by 11:40 AM, and Grab & Go meals must be picked up by 12:30 PM. Cancellation and no-show policies apply.

PAYMENT: The suggested voluntary donation per meal is **\$4 for Harwich residents** and **\$5 for non-residents**.

Order forms & a full description of program policies are available in the office or by mail/email.

MARCH - Registration opened Tuesday, Feb 17 at 11:30AM

Mon 3/2	Salami & cheese sandwich w/chips
Tue 3/3	Chicken with parmesan noodles
Wed 3/4	Corn chowdah and grilled cheese
Thu 3/5	Salmon w/rice & veg
Fri 3/6	Chili with garlic bread
Mon 3/9	Bologna & cheese sandwich w/chips
Tue 3/10	Chicken ceasar salad roll
Wed 3/11	ST PAT'S DAY LUNCHEON—SEE PG 6. Registration required
Thu 3/12	Grilled cheese w/bacon and chips
Fri 3/13	MEN'S BREAKFAST—REGISTER BY 3/11 3PM
Mon 3/16	Tuna BLT wrap w/chips
Tue 3/17	Veggie lasagna w/garlic bread
Wed 3/18	Hot turkey sandwich w/gravy & potatoes w/veg
Thu 3/19	Taco boat w/rice
Fri 3/20	Hot pastrami & swiss sandwich
Mon 3/23	Chicken salad roll w/chips
Tue 3/24	Kale soup w/garlic bread
Wed 3/25	Swedish meatballs on egg noodles *G&G priority forms due
Thu 3/26	Onion soup and grilled cheese
Fri 3/27	WOMEN'S BREAKFAST—REGISTER BY 3/25 3PM
Mon 3/30	Turkey & cheese wrap w/chips
Tue 3/31	Cheeseburger w/brie & red onions w/chips

APRIL - Registration opens Monday, March 16 at 11:30 AM

Wed 4/1	Italian sausage w/peppers & onions over pasta
Thu 4/2	Sloppy joes w/slaw & chips
Fri 4/3	Chowder w/grilled cheese
Mon 4/6	BLT wrap w/chips
Tue 4/7	"The Rachel" sandwich w/chips
Wed 4/8	Salad w/shrimp
Thu 4/9	Mac & cheese with ham slice and pineapple
Fri 4/10	MEN'S BREAKFAST—REGISTER BY 4/8 3PM
Mon 4/13	Egg salad roll w/chips
Tue 4/14	Italian chicken soup w/garlic bread
Wed 4/15	Cheeseburger w/bacon & chips
Thu 4/16	Meat lasagna w/garlic bread
Fri 4/17	Baked fish with veg
Mon 4/20	CLOSED—PATRIOT'S DAY HOLIDAY
Tue 4/21	Tuna roll w/chips GRAB & GO ONLY
Wed 4/22	Meatballs w/pasta and garlic bread
Thu 4/23	Corned beef reuben w/chips
Fri 4/24	WM'S BKFST—REG BY 4/22 3PM *G&G priority forms due
Mon 4/27	Turkey sandwich w/pesto mayo
Tue 4/28	Hot dog w/potato salad
Wed 4/29	Chicken salad roll w/chips
Thu 4/30	Hot dog w/beans & pasta salad

HARWICH COUNCIL ON AGING
100 Oak Street
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**Visit the COA's new website
HarwichCOA.com**

HARWICH COUNCIL ON AGING

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**FOR THOSE WITH VISUAL IMPAIRMENTS,
A LARGE PRINT VERSION OF THE NEWSLETTER
IS AVAILABLE UPON REQUEST**



The Harwich COA offers many legal, financial, medical, recreational and other services and/or activities by volunteers or nominal cost practitioners. Older adults participating in these services do so with the understanding that the Harwich COA, the Town of Harwich, or its employees do not assume any legal or other responsibility for any advice or services rendered by such volunteers or practitioners.



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