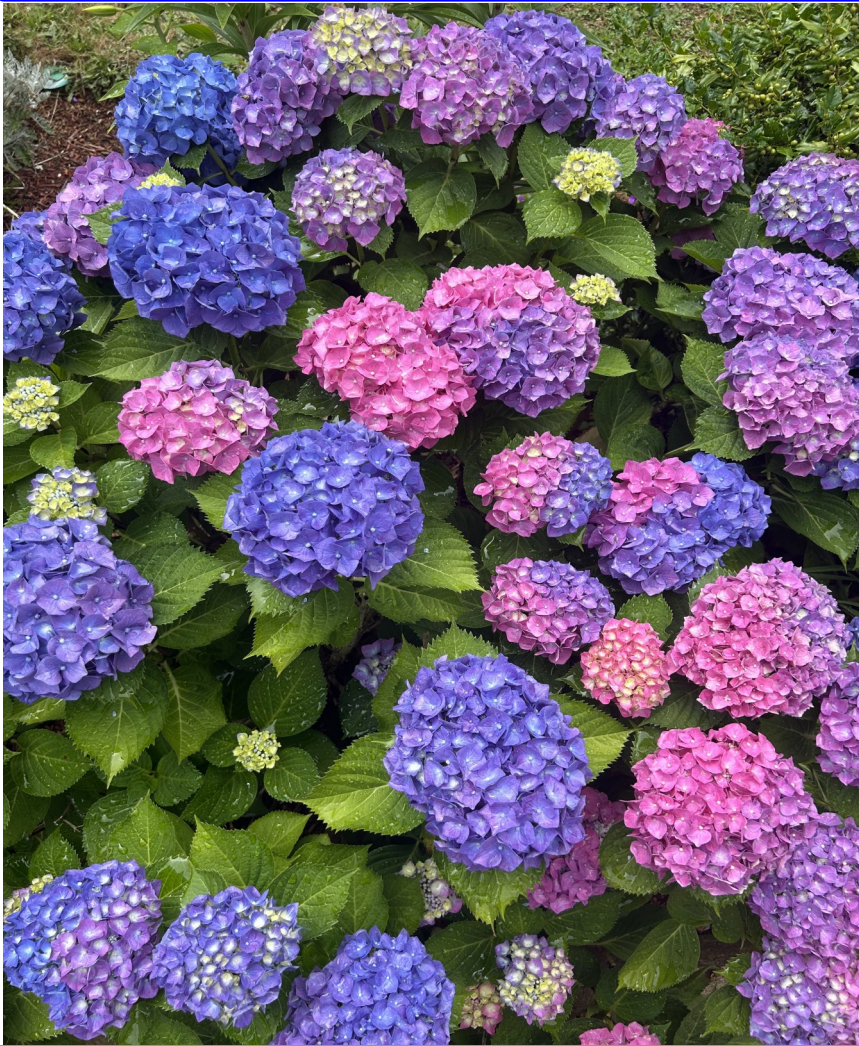




T H E F L A S H

A monthly newsletter published by the
Chatham Council on Aging
www.chathamcoa.com
193 Stony Hill Road • Chatham, MA 02633 •
(508) 945-5190

August 2024



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Chatham Council on Aging Mission Statement

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.

Chatham Council on Aging DISCLAIMER

The Chatham Council on Aging (COA) 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 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.

August Programs

BINGO

2 - 3:30 p.m.

Wednesday, August 7th

193 Stony Hill Rd

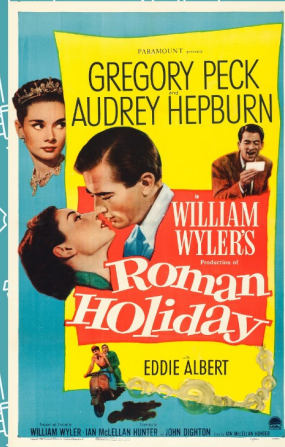
Prizes generously donated by:



Please call to sign up! (508)945-5190



GOLDEN OLDIES



Tuesday, August 13th
1pm

In this 1953 Oscar-winning film "Roman Holiday," featuring Audrey Hepburn in her American debut.

Hepburn stars as a sheltered princess visiting Rome, who escapes her entourage and experiences the real world for 24 hours with an American reporter.

Please call to sign up (508)945-5190



LGBTQ+ Older Adult BOAT CRUISE

RAIN DATE
8/6



SPACE
IS
LIMITED

August 1st at 1:30 at Pleasant Bay Community Boating.
2287 Route 28, Harwich, MA 02645
Please RSVP by July 26th to - 508-945-5190

COME MOSEY WITH ME

IT'S NOT A RACE, WALK YOUR PACE

Hosted by Outreach Coordinator, Kerri Kelly!



MONDAYS
10 AM

CALL 508-945-5190
TO SIGN UP!

The Alzheimer's Family Support Group

Chatham Center for Active Living

Meets 2nd and 4th Tuesday at 10:30am

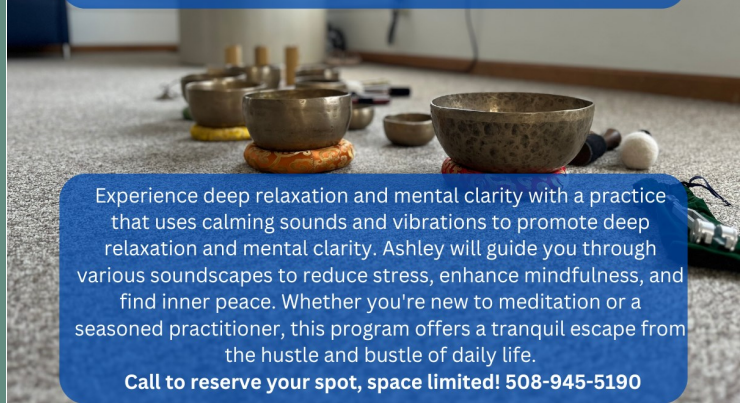
August 13th and August 27th

Call to register
(508)- 896-5710



Sound Meditation

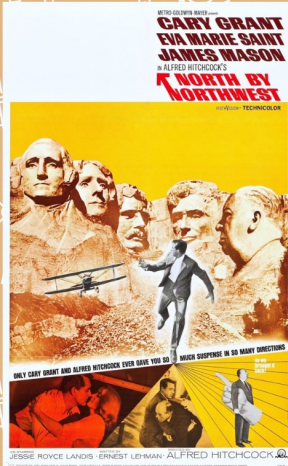
Wednesday, August 14 at 2pm
Chatham Center for Active Living



Experience deep relaxation and mental clarity with a practice that uses calming sounds and vibrations to promote deep relaxation and mental clarity. Ashley will guide you through various soundscapes to reduce stress, enhance mindfulness, and find inner peace. Whether you're new to meditation or a seasoned practitioner, this program offers a tranquil escape from the hustle and bustle of daily life.

Call to reserve your spot, space limited! 508-945-5190

GOLDEN OLDIES



**Tuesday, August 27th
1pm**

One of Hitchcock's most famous spy thrillers from 1959. Cary Grant stars as a New York City executive who goes on the run after being mistaken for a government agent by foreign spy James Mason. Along the way, he falls for a woman, played by Eva Marie Saint, whose loyalties he begins to doubt.

Please call to sign up (508)-945-5190

HEALTHY MEALS IN MOTION

Providing food assistance since 2016

**AUGUST 21ST
NOON @ CFAL**

Contact Kerri Kelly
for more information!

508-945-5190



Backyard BBQ Luncheon

Celebrate summer with us and enjoy delicious grilled favorites, refreshing beverages, and delightful desserts!

**Friday, August 9th at 12:30 pm
Center for Active Living**

Please call to sign up! 508-945-5190



Calling all Locomotive Lovers!

Join us for a historical presentation about the Chatham Railroad followed by a private tour of the Museum!

Monday, August 26th

Presentation (CFAL): 10am

Private Tour (Depot): 11:30am

Please call to sign up 508-945-5190

CELEBRATING A BIRTHDAY THIS MONTH?
JOIN US FOR THE FRIENDS OF CHATHAM COA

Birthday Luncheon

THURSDAY, AUGUST 15TH, 12:00PM

Sandwiches, sides,
cupcakes and ice cream will
be served, followed by a gift
card drawing!

Please RSVP by Monday, August 12th
508-945-5190



LGBTQ+ Older Adult DINNER

DISCUSSION GUESTS:



FENWAY HEALTH
VIOLENCE RECOVERY PROGRAM

AUGUST 15, 5 PM

CFAL - 193 Stony Hill Rd Chatham

RSVP to 508-945-5190

Yoga

with Ashley Woodworth



**Chatham
Community
Center**
1-2 p.m.

**Please call to
register!**

508-945-5190

Liability Form Required

Tuesdays: Chair Yoga

Thursdays: Gentle Flow

Join us for rejuvenating yoga sessions twice a week! Whether you're seeking to build strength or find inner peace, our classes cater to all levels and preferences.

Come discover the benefits of yoga with Ashley!

We extend our gratitude to the Friends of Chatham COA for their generous sponsorship of our program. While not required, a suggested donation of \$5 is appreciated, with all proceeds benefiting the Friends organization.



Chatham Tai Chi

Meditation in Motion



- Low impact, slow moving exercise
- Proven to help maintain strength, flexibility and balance
- Easily adaptable for all levels of ability

Tuesdays 8-9 a.m.
Chase Park, off Cross St.

Osteoporosis Prevention Exercise Class



Tuesdays & Thursdays 8:30- 9:30 a.m.

First United Methodist Church
569 Main St Chatham, MA 02633

- Structured to help people diagnosed with or at risk of Osteoporosis with strength, flexibility, balance and function
- Classes are FREE and open to all
- Led by trained ESCCI volunteers

****IMPORTANT****

Participant acknowledgment form required!



Contact Dawn to sign up!
(508) 394-4630 x 530



The SHINE Program provides free health insurance information, counseling, and assistance to people who are eligible for Medicare and their caregivers. Certified, trained SHINE counselors, who are often volunteers, work with participants to help explore Medicare plan options and uncover ways to save money on both health insurance and prescription drug costs.

Appointments Tuesdays & Fridays
Call 508-945-5190 to schedule!

Do you need help with...

- **Mental Wellness:**
 - *Managing stress, anxiety, depression, and improving emotional well-being*
- **Lifestyle Strategies:**
 - *Enhancing sleep quality, building healthy habits, and addressing memory concerns*
- **Social Support:**
 - *Navigating life transitions, enhancing social connections, and overcoming loneliness*
- **Health Management:**
 - *Managing chronic pain, accessing caregiver support, and coping with grief and loss*

Meet with Chatham's Adult Behavioral Health Community Services Clinician,
Diane Nash, LICSW

Every Thursday, 12-4pm, Center for Active Living
Walk ins welcome



BLOOD PRESSURE CLINIC

FREE

Thursdays
9:00-10:00 a.m.



Sponsored by the
VNA of Cape Cod

BUSY FINGERS

KNITTING GROUP

Every Thursday, 1-3 p.m.
Chatham Center for Active Living

No registration required.

ALL LEVELS WELCOME!

GAME SCHEDULE

1:00-3:00 PM. CALL TO SIGN UP!

Monday

Cribbage
Masters

Mahjong

Wednesday

Cribbage
Masters

Friday

Bridge

508-945-5190

DID YOU KNOW...

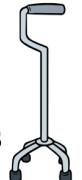
The Chatham Center for Active Living has Durable Medical Equipment available to borrow?

First come, first serve. No time limit, just return when you're done!

We offer and accept:

*Crutches, and Canes,
Shower Chairs, and Walkers,
Wheelchairs, and Rollators,
Shoe Horns, and Sock Assists*

Call Kerri Kelly at 508-945-5190 for more information!



SENIOR PLANET
FROM **AARP**

COMPUTER ESSENTIALS

Dates: August 16 – September 17, 2024

Days: Tuesdays and Fridays for 5 Weeks

Time: 10 – 11:30 a.m.

Location: Chatham COA, 193 Stony Hill Rd., Chatham

Cost: FREE!

COURSE DESCRIPTION: This 5-week course will cover the essentials of how to use the basic functions of a personal computer, how to safely navigate the internet, how to organize electronic files, how to send and receive email, and much more. By the end of the course, you'll have a foundation for using a computer and the internet to enrich your life!

By the end of the course, you'll have a foundation for using a computer and the internet to enrich your life!

PRE-REQUISITES: None. This course is designed for people who have never used a computer or have very little experience and want a solid introduction.

Sign Up Today!

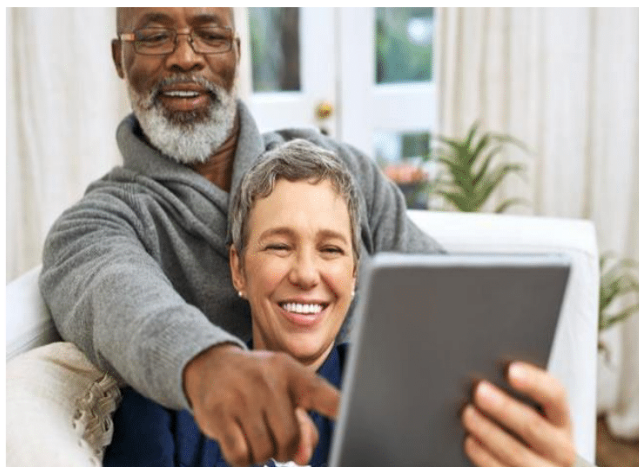
Call: Denise at

508-258-2299

email

denise.magnett@escci.org

Class size limited to 12!



Elder Services
of Cape Cod and the Islands

OATS | OLDER ADULTS
TECHNOLOGY
SERVICES
FROM **AARP**

Chatham Council on Aging Board

We work closely with the Town's Council on Aging Division to advocate for and meet the needs of residents aged 60 and over.

Upcoming Meetings:

Monday, August 19th 9:30 a.m.

Monday, September 16th 9:30 a.m.



Our meetings are the third Monday of every month at the Town Hall Annex at 9:30 am, and invite members of the public to join us!

We welcome your ideas, questions, and especially suggestions to help identify the needs of Chatham's older population. Alternatively, you can simply join us to learn about who we are and what we do!

Outreach Services & Programming

Transportation

The Chatham Center for Active Living currently offers transportation for:

- Medical and Dental appointments
- Rock Harbor respite for Chatham residents
- Grocery & Pharmacy delivery
- Weekly trips to Stop & Shop
- Bank, Post Office, Hair appointments, Library, COA programs only *if drivers are available, medical appointments receive priority*

Health & Wellness

Call (508) 945-5190 for information

Footcare Clinic: 4th Wednesday of the month, 9a-3p at the CFAL by appointment only \$50

Blood Pressure & Wellness Clinic: Thursdays 9-10am at CFAL. Walk-ins Welcome

Healthy Meals in Motion: Grocery Program
3rd Wednesday of the month, 12p at the CFAL.

Legal Services

Call (508) 945-5190 for information and/or to set up an appointment

Michael Lavender : Trusts, wills, estate planning

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

Recovery Services

Outer Cape Health Recovery Coach- Kelly Connolly at 774-801-8133

Office Hours: Chatham Police Department
Wednesdays 12p-4pm drop in or by appointment

Support Services

Alzheimer's Family Support Center Caregiver & Dementia Support Group (AFSC)

Meets in person at the CFAL on the 2nd and 4th Tuesday of the month. Please contact AFSC at (508) 896-5170 or email info@capecodalz.org.

The Cape & Islands Veterans Outreach Center Food Pantry:

For former military personnel and their families. *Please bring proof of Veteran status.*

Please call (508) 778-1590

Independence House Office Hours:

2nd Thursday of the month, Chatham Center for Active Living 9am—11am

Drop in or call to make an appointment!

Community Services Clinician Office Hours:

Every Thursday, Chatham Center for Active Living
Available for walk in appointments between 12-4 pm

For Mental Illness Services :

Call NAMI Cape Cod & Islands (508) 778-4277.

Mental Illness Support Group:

Meets every Wednesday 2-3:30p
Federated Church of Orleans (162 Main Street East Orleans).

Call Carolyn Witt at 774-722-4528.

Neuropathy Support Group:

tinameserveycpnp@aol.com

Parkinson's Support Group

Call Betty Magnusson at (508) 945-1106

SHINE:

Serving the Health Insurance Needs of Everyone, at CFAL. Appointments available Tuesdays and Fridays
(508) 945-5190

Sight Loss Services

(508)394-3904 www.sightloss.org

Support group meets 1st Tuesday of the month at the Harwich Community Center 10:30 am

August 2024

Mon	Tue	Wed	Thu	Fri
<p>ALL are welcome at the Chatham Center for Active Living!</p>			<p>1 8:30 Osteoporosis Prevention Exercise Class (FUMC) 9 Blood Pressure Clinic (CFAL) 12-4 Community Services Clinician Office Hours (CFAL) 1 Busy Fingers (CFAL) 1 Gentle Flow Yoga (CC) 1:30 LGBTQ+ Older Adult Group Boat Trip (PBCB) Stop & Shop trip Grocery & RX Delivery</p>	<p>2 1 Bridge (CFAL) SHINE by appointment</p>
<p>5 10 Walking Group (CFAL) 1 Mahjong Monday (CFAL) 1 Cribbage Masters (CFAL) Grocery & RX Delivery</p>	<p>6 8 Tai Chi (Chase Park) 8:30 Osteoporosis Prevention Exercise Class (FUMC) 1 Chair Yoga (CC) SHINE by appointment</p>	<p>7 1 Cribbage Masters (CFAL) 2 Bingo (CFAL)</p>	<p>8 8:30 Osteoporosis Prevention Exercise Class (FUMC) 9 Blood Pressure Clinic (CFAL) 9-11 Independence House Office Hours (CFAL) 12-4 Community Services Clinician Office Hours (CFAL) 1 Busy Fingers (CFAL) 1 Gentle Flow Yoga (CC) Stop & Shop trip Grocery & RX Delivery</p>	<p>9 12:30 BBQ Luncheon (CFAL) 1 Bridge (CFAL) SHINE by appointment</p>
<p>12 10 Walking Group (CFAL) 1 Mahjong Monday (CFAL) 1 Cribbage Masters (CFAL) Grocery & RX Delivery</p>	<p>13 8 Tai Chi (Chase Park) 8:30 Osteoporosis Prevention Exercise Class (FUMC) 10:30 Caregiver Support Group (CFAL) 1 Golden Oldies (CFAL) 1 Chair Yoga (CC) Attorney Bardetti by appointment SHINE by appointment</p>	<p>14 1 Cribbage Masters (CFAL) 2 Sound Meditation (CFAL)</p>	<p>15 8:30 Osteoporosis Prevention Exercise Class (FUMC) 9 Blood Pressure Clinic (CFAL) 12-4 Community Services Clinician Office Hours (CFAL) 12 Friends of CCOA Birthday Luncheon (CFAL) 1 Busy Fingers (CFAL) 1 Gentle Flow Yoga (CC) 5:30 LGBTQ+ Older Adult Dinner Club (CFAL) Stop & Shop trip Grocery & RX Delivery</p>	<p>16 10 Computer Essentials (CFAL) 1 Bridge (CFAL) SHINE by appointment</p>
<p>19 9:30 COA Board of Directors Meeting (Town Hall Annex) 10 Walking Group (CFAL) 1 Mahjong Monday (CFAL) 1 Cribbage Masters (CFAL) Grocery & RX Delivery</p>	<p>20 8 Tai Chi (Chase Park) 8:30 Osteoporosis Prevention Exercise Class (FUMC) 10 Computer Essentials (CFAL) 1 Chair Yoga (CC) SHINE by appointment</p>	<p>21 9-3 Footcare (CFAL) 12 Healthy Meals in Motion (CFAL) 1 Cribbage Masters (CFAL) Attorney Lavender by appointment</p>	<p>22 8:30 Osteoporosis Prevention Exercise Class (FUMC) 9 Blood Pressure Clinic (CFAL) 12-4 Community Services Clinician Office Hours (CFAL) 1 Busy Fingers (CFAL) 1 Gentle Flow Yoga (CC) Stop & Shop trip Grocery & RX Delivery</p>	<p>23 10 Computer Essentials (CFAL) 1 Bridge (CFAL) SHINE by appointment</p>
<p>26 10 Chatham Railroad Presentation (CFAL) 11:30 Private Tour Chatham Railroad Museum (Depot Rd) 10 Walking Group (CFAL) 1 Mahjong Monday (CFAL) 1 Cribbage Masters (CFAL) Grocery & RX Delivery</p>	<p>27 8 Tai Chi (Chase Park) 8:30 Osteoporosis Prevention Exercise Class (FUMC) 10 Computer Essentials (CFAL) 10:30 Caregiver Support Group (CFAL) 1 Golden Oldies (CFAL) 1 Chair Yoga (CC) SHINE by appointment</p>	<p>28 11 Chatham Better Together (Chase Park) 1 Cribbage Masters (CFAL)</p>	<p>29 8:30 Osteoporosis Prevention Exercise Class (FUMC) 9 Blood Pressure Clinic (CFAL) 12-4 Community Services Clinician Office Hours (CFAL) 1 Busy Fingers (CFAL) 1 Gentle Flow Yoga (CC) Stop & Shop trip Grocery & RX Delivery</p>	<p>30 10 Computer Essentials (CFAL) 1 Bridge (CFAL) SHINE by appointment</p>

Chatham Center for Active Living Transportation

Our Drivers:



Dick Hosmer



Dexter Smith



Mark Massoni



Paul Robinson

Transport to medical appointments is our #1 priority.

- Call Debbie at 508-945-5190 to make travel requests as soon as possible
- Trained drivers available 8:00 a.m. - 4:00 p.m. Monday thru Friday
- Chatham, Brewster, Harwich, Orleans, Dennis, Yarmouth, or Hyannis



We deliver!

- Mondays and Thursdays we will deliver groceries and prescription orders placed at Chatham Village Market, CVS Chatham, CVS Harwich, Stop & Shop Harwich and Outer Cape Health (Harwich Port)
- Prefer to shop? We have weekly trips to Stop & Shop Harwich on Thursday mornings



Have other errands to run?

- We offer transport to bank, post office, or hair appointments in Chatham, Harwich or Orleans **No more than 5 days in advance, please.**
- Rides to CFAL programming also available!





The Chatham Council on Aging continued to celebrate our 50th anniversary by participating in this year's Fourth of July parade! Our heartfelt thanks go out to all the participants who joined us in the parade, as well as the wonderful community members who came out to show their support.

Your continued encouragement and involvement make it possible for us to serve and enrich the lives of our seniors. Here's to many more years of support and service!



*From left, back row: Judy Hanlon, Liz Walker, Laura Everett, Pat Burke, Nancy Fields, Wyatt Blanco of HES, Anna Milan, Dave Duclos
From left, front row: Michael Barry, Chris Kerrigan*

Name: _____

Date: _____

Collector Car Fanatic

T E K C O R Y H R I I I I F E O T L
N S E E E R S O C E A F O L C S O H
E O E S U G A L N A A R O A U O J E
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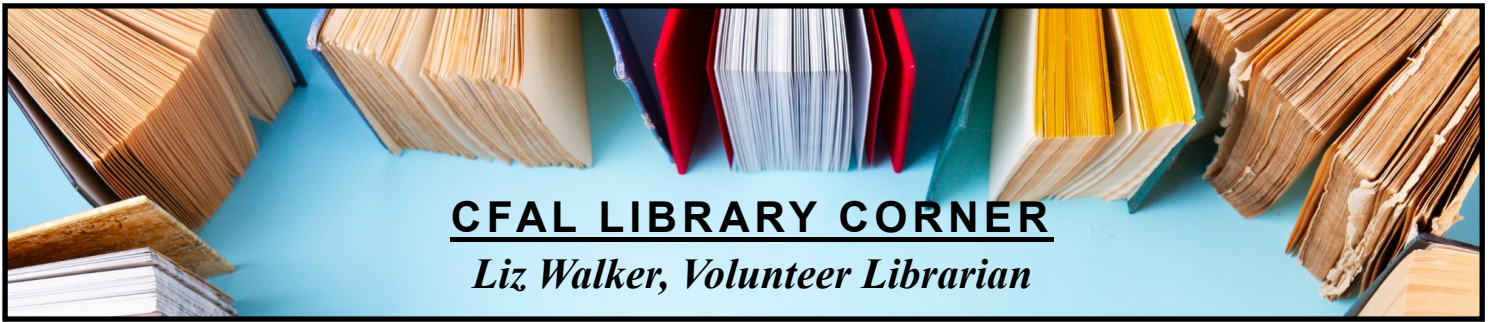
Word List:

VINTAGE
AXLE
BONNET
CABRIOLET
COACH
DAGMARS
PISTON
IGNITER
PHAETON
RESTORED

ANTIQUE
BELTLINE
BROUGHAM
CAM
CONVERTIBLE
DEUCE
HARDTOP
AUTOMOBILE
RAILS
ROCKET

APPLETONS
WOODY
BULLETS
CAMMER
CRUISE
FASTBACK
HEADER
MERCURY
MANIFOLD

BANJO
CHASSIS
COUPE
CLASSIC
CUSTOM
FLATHEAD
HYDRO
AEROMOBILE
ROADSTER



CFAL LIBRARY CORNER

Liz Walker, Volunteer Librarian

Love, longing, regrets, and secrets are the silver threads that tighten the weave of the family fabric and heighten the relationship drama in the following newly published novels and memoir. Reflecting on past decades while avidly looking forward speaks to the COA's year-long 50th Anniversary celebration of its half-century of service, wellness, and social and educational programming for the Chatham community. Stop by the Center for Active Living's self-service library during business hours to "check out" the growing collection of that the Friends of the COA, and our generous donors and book donations provide.

Sandwich: A Novel by Catherine Newman (2024)

The setting is the family's annual week at the beach. Rocky, her husband, their son and his girlfriend, and their college-age daughter return to their beloved Cape Cod rental. Rocky is sandwiched between her almost launched -children and her rapidly aging parents, caring for both fiercely. During their emotionally charged week in close quarters, secrets are revealed, relationships are tested and memories haunt the characters.

An Unfinished Love Story: A Personal History of the 1960s by Doris Kearns Goodwin (2024)

One of America's most beloved historians artfully weaves together biography, memoir, and history. She takes you along on the emotional journey she and her late husband Dick Goodwin embarked upon in the last years of his life.

Within Arms Reach by Ann Napolitano (2024)

Reviewed as "a witty, charming and swoony novel" about opposites who attract. A romance writer who longer believes in love and a literary stuck in a rut engage in a summer-long challenge that might just upend everything they believe about happy ever-after's.

The Cliffs by J. Courtney Sullivan (2024)

A novel of family, secrets, ghosts, and homecoming set in Maine on a secluded bluff overlooking the ocean. There sits a Victorian home that contains a century's worth of secrets. The house becomes a hideaway for teenage Jane, a place to escape her volatile mother. Two decades later, now a Harvard archivist, Jane returns home to Maine following a terrible mistake that threatens both her career and her marriage.

CFAL BOOK CLUB

Important Reminder

The CFAL Book Club will be on hiatus for July & August

September Selection:

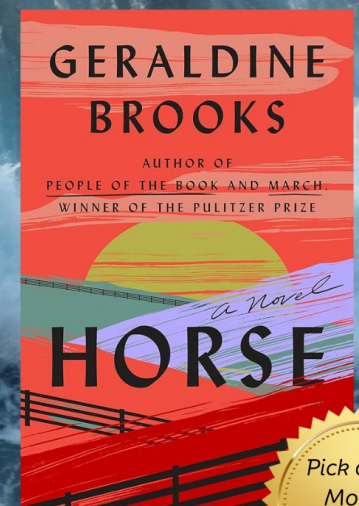
Horse: A Novel by Geraldine Brooks (2022)

Based on the remarkable true story of America's greatest racehorse, Lexington, this compelling novel of art, science, love and racism unfolds over three generations.

Call 508-945-5190 to register.

Books, including two LARGE- print editions, are available to registrants

Wednesday, September 11th 11 am - Noon



Pick of the Month:
Sept. 2024

Contact us:

508-945-4190

193 Stony Hill Rd

Chatham, MA 02633

www.friendsofchathamcoa.com

FRIENDS OF THE CHATHAM COA

Michael Barry, *President*

Anthony Pacillo, *Director*

Judy Hanlon, *Vice President*

Robin Zibrat, *Director*

Sue Foster, *Treasurer*

Michelle Pollard Kleinkauf, *Director*

Elizabeth Walker, *Secretary*

Janet Fields, *Director*

Paula Carroll, *Director*

Dorothea Speight, *Director*

Jill James, *Director*



Art in the Park is back!

Check out the Friends of the Council on Aging Whale

Artist: Mary Dunn Cauley

Mary Dunn Cauley is a Cape Cod Mosaic Artist.

Much of her inspiration comes from the nature around her. Her work contains tile, glass, shells, jewelery, china, and rocks. Color and texture are incorporated throughout her pieces.

Mary has been awarded a month long artist in residency in Listowel, Ireland for January 2025.

Mary sells locally. Her work can be found in Oceana Gift shop in Orleans, Cape Cod Museum of Art, Cape Cod Cultural Center and Cape Abilities Garment.

Chatham Center for Active Living

193 Stony Hill Road, Chatham, MA 02633
508-945-5190, www.chatham-ma.gov



Printing and Postage for the FLASH are generously provided by the Friends of the Chatham Council on Aging and a grant from the Executive Office of Elder Affairs.

CFAL Staff

Leah LaCross, *Director of Community Services*

Deborah Mayhew, *Department Coordinator*

Kerri Kelly, *Outreach Coordinator*

Anna Milan, *Programs & Communication*

Alexis Weglarz, *Department Assistant*

COA Board of Directors

Pat Burke, *Chair*

Laura Everett, *Vice-Chair*

Nancy Fields, *Clerk*

Joan Bagnell, *Member*

Betty Magnusson, *Member*

Stan Mansfield, *Member*

Ann Ryan, *Member*

Van Drivers

Dick Hosmer

Mark Massoni

Paul Robinson

Dexter Smith

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Dear Friends,

As we step into August, it's hard to believe that summer is winding down. I hope you'd all had the chance to savor everything July offered, from the renowned Chatham 4th of July parade and fireworks to the beautiful (albeit warm!) weather and our picturesque town beaches. If not, I encourage you to seize the remaining days of summer before cooler temperatures arrive.

Looking ahead to August, the Center for Active Living (CFAL) has lined up a variety of engaging programs. For those seeking a tranquil break from the hustle and bustle of summer, consider joining us for "Sound Meditation with Ashley", an experience guaranteed to leave you feeling relaxed and rejuvenated. Ever been curious about the inner workings of the Chatham Windmill? Don't miss the opportunity to take a special behind-the-scenes tour of this iconic piece of Chatham's history on August 28th.

Additionally, due to popular demand, we're bringing back "Computer Essentials with AARP" starting Friday, August 16th. Held on Tuesdays and Fridays until September 17th, this 5-week course will cover fundamental computer skills such as navigating basic functions, internet safety, file organization, email etiquette, and more.

Let's make the most of these last weeks of summer together!

Kind regards,

Leah

Leah