



THE FLASH

A monthly newsletter published by the

Chatham Council on Aging

www.chathamcoa.com

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

October 2024



October Programs.....	2-6
Transportation Services.....	7
Outreach Services.....	8
October Calendar.....	9
COA Board of Directors.....	11
Artist of the Month.....	12
New Program!.....	13
Library Corner.....	14
Friends of Chatham COA	
News.....	15
Directors Desk.....	16

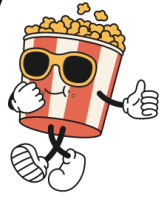
Chatham Council on Aging Mission Statement

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

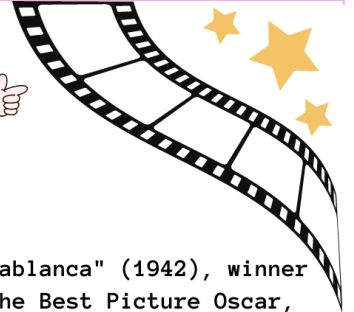
The Chatham Council on Aging (COA) promotes programs and opportunities for patrons of the Center to receive legal, financial, medical, recreational and other services or activities by volunteers or nominal cost practitioners. Seniors participating in these services or activities do so with the understanding 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.

October Programs



Classic Movies

hosted by
Barbara Nickerson



"Designing Woman" (1957) is a romantic comedy where fashion designer Marilla Brown (Lauren Bacall) and sportswriter Mike Hagen (Gregory Peck) hastily marry after a whirlwind romance. As they navigate their vastly different worlds, comedic tensions arise, particularly as Mike's past and Marilla's high-society life clash.

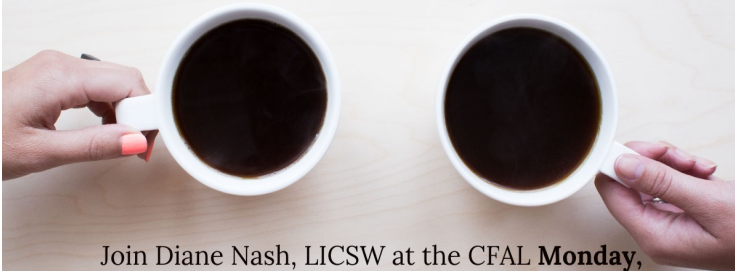


"Casablanca" (1942), winner of the Best Picture Oscar, follows cynical American nightclub owner Rick Blaine (Humphrey Bogart) as his former lover Ilsa (Ingrid Bergman) reappears with her husband, resistance leader Victor Laszlo (Paul Henreid). They seek Rick's help in obtaining letters of transit to escape Nazi pursuit.

SHOWTIME:

OCTOBER 9TH AT 1PM

Coffee Lovers Unite... and get to know Adult Behavioral Health Clinician, Diane Nash!



Join Diane Nash, LICSW at the CFAL **Monday, October 21st at 10am** to talk about her role with the Town of Chatham, how she can help members of the community and answer any questions you may have! Coffee and refreshments to be served

Please call 508-9450-5190 to sign up! 😊

SHOWTIME:

OCTOBER 23RD AT 1PM

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

October
Birthday Luncheon

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

Wednesday, October 9th
12:30 pm



Please RSVP by Friday, October 4th
to 508-945-5190

Medicare Open Enrollment begins this month! Are you prepared?

Open enrollment is October 15 - December 7 and state certified SHINE counselors are available at the Chatham Center for Active Living by appointment Monday thru Friday to help you understand your health care coverage, review cost increases, and find out what's new with Medicare.

Meeting with a certified SHINE volunteer during open enrollment may reduce your out of pocket medical and/or prescription drug costs.

Call (508) 945-5190 to schedule your appointment, and learn what documents you will need.

WEEKLY SCHEDULE

Monday	Mahjong Cribbage Masters
Wednesday	Cribbage Masters
Friday	Bridge Cribbage Masters

IMPORTANT INFORMATION

- If you don't see a game on this schedule that you would like to, let Anna know and we will add it.
- If playing Mahjong or Bridge- please let Alexis know if you are not going to be able to attend, numbers matter!
- Spread the word to friends, new players are always welcomed 😊

TO-DOS

- Call 508-945-5190 to register



Join state certified SHINE counselors for an engaging and informative presentation about the upcoming Open Enrollment season.

Don't miss the opportunity to learn about how they can help you understand your health care coverage, review cost increases, and find out what's new with Medicare!

Friday, October 11th
12:00-2:00 pm
Center for Active Living



Please call **508-945-5190** to sign up, space is limited.



2 - 3:00 p.m.

Wednesday, October 2nd

193 Stony Hill Rd

Exciting prizes, from local businesses to be won!



Need Tech Help?

Anna's here for you!



Are you having trouble with your phone, tablet, or computer? Our Tech Help Appointments are here to assist you with solving technical problems! Whether it's troubleshooting an issue, setting up a device, or learning how to use a specific feature, Anna is ready to provide one-on-one support. Book a session today and get your tech issues resolved with ease!

Call 508-945-5190 to make an appointment

Yoga

with Ashley Woodworth



Please call to register!

508-945-5190

Liability Form Required

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

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.



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.

Chatham Community Center

Walk to the Beat

Indoor walking group is back!



Chatham Community Center Gymnasium

Tuesdays & Thursdays

12-1:30 pm



Chatham LGBTQ+ Older Adult Group News

Contact Kerri Kelly for more information
kkelly@chatham-ma.gov | 508-945-5190



Explore the Edward Gorey House, a museum in Yarmouth Port, Cape Cod, located in a charming 200-year-old sea captain's home purchased by Gorey in 1979. Open from April through December, this unique museum celebrates Gorey's life, artistic works, and passion for animal welfare.

**8 Strawberry Ln Yarmouth Port
October 3rd at 11 am**



Join us **October 17th at 5pm** for our Dinner Club offering a welcoming space to connect, share stories, and enjoy a delicious meal in great company. Whether you're looking to make new friends or reconnect with familiar faces, this inclusive gathering is all about community and celebration!

BUSY FINGERS

KNITTING GROUP

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

No registration required.

ALL LEVELS WELCOME!

Tour the Caleb Nickerson Homestead & Dig Site

Explore the circa-1829 antique Cape with its three hearths and working beehive oven, see what is growing and ready to harvest in the heirloom kitchen garden managed by a master gardener and walk the grounds of this historic landmark where Chatham's first English settlers made their home in 1664.

Wednesday, October 16th 10am

Registration required, please call 508-945-5190

Pumpkin Painting

This fun and relaxed program is the perfect opportunity to enjoy the autumn season, express your creativity, and connect with others in a welcoming environment. No experience is necessary—just bring your imagination and a love for fall festivities!
All materials, including pumpkins and paints, will be provided.

**Wednesday, October 30th
11am-12pm
REGISTRATION REQUIRED!**

Please call 508-945-5190 to sign up!

Old Exit 11 Band

Join us for an afternoon of lively music with a local band featuring the unique sounds of guitar, harmonica, and banjo! This talented duo will bring the rich traditions of American music to life, blending folk, blues, and country for a foot-tapping good time.

Whether you're a fan of classic Americana or just looking for a fun afternoon out, this event promises to be a musical journey through the heart of American culture. Bring your friends, enjoy great tunes, and support local talent!

Refreshments to be served.

Friday, October 4th 12:30- 2:00pm

Healthy Meals in Motion

The Mobile Pantry partners with the Councils on Aging in the towns of Brewster, Dennis, Chatham, Eastham, Orleans and Provincetown in order to provide healthy foods for the Cape's senior citizens. Seniors can register through the Center for Active Living, select their food from a provided list, and receive a two week supply of groceries delivered once a month. This program not only helps alleviate food insecurity, but also allows seniors to allocate their funds to other essential expenses.



Pickup:
Wednesday,
Oct. 16th
12 pm

**To sign up please call 508-945-5190
 and ask for Outreach Coordinator, Kerri Kelly**



DID YOU KNOW...

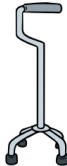
The Chatham Center for Active Living has Durable Medical Equipment available to borrow?

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!



In partnership with:

Alzheimer's Family Support Center

Until there's a cure, there's community.

Caregiver Support Group

Tuesdays, 10:30 - 12:00pm

October 8th

***meeting moved to Community Center, see facilitator for details.*

October 22nd

***meet at Center for Active Living.*

Call AFSC to register!
 (508)- 896-5710



BLOOD PRESSURE CLINIC

FREE

Thursdays

9:00-10:00 a.m.



Sponsored by the
 VNA of Cape Cod

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

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!



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 Katie Kane: 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:

tinameserveycnp@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

October 2024

Mon	Tue	Wed	Thu	Fri
<p>30</p> <p>10 Walking Group (CFAL)</p> <p>1 Mahjong Monday (CFAL)</p>	<p>1</p> <p>8 Tai Chi (CC)</p> <p>8:30 Osteoporosis Prevention Exercise Class (FUMC)</p> <p>12-1:30 Indoor Walking Group (CC)</p> <p>1 Chair Yoga (CC)</p> <p>SHINE by appointment</p>	<p>2</p> <p>12 Artist of the Month: Meet the Artist (CFAL)</p> <p>1 Cribbage Masters (CFAL)</p> <p>2 Bingo (CFAL)</p>	<p>3</p> <p>8:30 Osteoporosis Prevention Exercise Class (FUMC)</p> <p>9 Blood Pressure Clinic (CFAL)</p> <p>10 LGBTQ+ Trip</p> <p>10:45 Strong at Heart (CC)</p> <p>12-4 Community Services Clinician Office Hours (CFAL)</p> <p>12-1:30 Indoor Walking Group (CC)</p> <p>1 Busy Fingers (CFAL)</p> <p>1 Gentle Flow Yoga (CC)</p> <p>Stop & Shop trip</p> <p>Grocery & RX Delivery</p>	<p>4</p> <p>12:30 Old Exit 11 Band (CFAL)</p> <p>1 Bridge (CFAL)</p> <p>1 Cribbage Masters (CFAL)</p> <p>SHINE by appointment</p>
<p>7</p> <p>10 Volunteer Meeting (CFAL)</p> <p>11 Chatham Screen Club (CFAL)</p> <p>1 Mahjong Monday (CFAL)</p> <p>1 Cribbage Masters (CFAL)</p> <p>Grocery & RX Delivery</p>	<p>8</p> <p>The CFAL is Closed today for Staff Training</p> <p><i>*Off site programs will continue as scheduled*</i></p>	<p>9</p> <p>11 Book Club (CFAL)</p> <p>12 Friends of CCOA Birthday Luncheon (CFAL)</p> <p>1 Golden Oldies (CFAL)</p> <p>1 Cribbage Masters (CFAL)</p>	<p>10</p> <p>8:30 Osteoporosis Prevention Exercise Class (FUMC)</p> <p>9 Blood Pressure Clinic (CFAL)</p> <p>9-11 Independence House Office Hours (CFAL)</p> <p>10:45 Strong at Heart (CC)</p> <p>12-4 Community Services Clinician Office Hours (CFAL)</p> <p>12-1:30 Indoor Walking Group (CC)</p> <p>1 Busy Fingers (CFAL)</p> <p>1 Gentle Flow Yoga (CC)</p> <p>Stop & Shop trip</p> <p>Grocery & RX Delivery</p>	<p>11</p> <p>12-2 Lunch & Learn: Open Enrollment Information (CFAL)</p> <p>1 Bridge (CFAL)</p> <p>1 Cribbage Masters (CFAL)</p> <p>SHINE by appointment</p>
<p>14</p> <p>The CFAL is Closed in Honor of Indigenous Peoples Day</p>	<p>15</p> <p>8 Tai Chi (CC)</p> <p>8:30 Osteoporosis Prevention Exercise Class (FUMC)</p> <p>12-1:30 Indoor Walking Group (CC)</p> <p>1 Chair Yoga (CC)</p> <p>Attorney Kane by appointment</p> <p>SHINE by appointment</p>	<p>16</p> <p>10 Tour of Nickerson Homestead/ Dig Site (CFAL)</p> <p>12 Healthy Meals in Motion (CFAL)</p> <p>1 Cribbage Masters (CFAL)</p> <p>SHINE by appointment</p>	<p>17</p> <p>8:30 Osteoporosis Prevention Exercise Class (FUMC)</p> <p>9 Blood Pressure Clinic (CFAL)</p> <p>10:45 Strong at Heart (CC)</p> <p>12-4 Community Services Clinician Office Hours (CFAL)</p> <p>12-1:30 Indoor Walking Group (CC)</p> <p>1 Busy Fingers (CFAL)</p> <p>1 Gentle Flow Yoga (CC)</p> <p>5 LGBTQ+ Older Adult Dinner Group (CFAL)</p> <p>Stop & Shop trip</p> <p>Grocery & RX Delivery</p> <p>SHINE by appointment</p>	<p>18</p> <p>10-1 Chatham Better Together</p> <p>1 Bridge (CFAL)</p> <p>1 Cribbage Masters (CFAL)</p> <p>SHINE by appointment</p>
<p>21</p> <p>9 Coffee with... (CFAL)</p> <p>9:30 COA Board of Directors Meeting (Town Hall Annex)</p> <p>11 Chatham Screen Club (CFAL)</p> <p>1 Mahjong Monday (CFAL)</p> <p>1 Cribbage Masters (CFAL)</p> <p>Grocery & RX Delivery</p> <p>SHINE by appointment</p>	<p>22</p> <p>8 Tai Chi (CC)</p> <p>8:30 Osteoporosis Prevention Exercise Class (FUMC)</p> <p>10:30 Caregiver Support Group (CFAL)</p> <p>12-1:30 Indoor Walking Group (CC)</p> <p>1 Chair Yoga (CC)</p> <p>SHINE by appointment</p>	<p>23</p> <p>9-3 Footcare (CFAL)</p> <p>1 Cribbage Masters (CFAL)</p> <p>1 Golden Oldies (CFAL)</p> <p>Attorney Lavender by appointment</p> <p>SHINE by appointment</p>	<p>24</p> <p>8:30 Osteoporosis Prevention Exercise Class (FUMC)</p> <p>9 Blood Pressure Clinic (CFAL)</p> <p>10:45 Strong at Heart (CC)</p> <p>12-4 Community Services Clinician Office Hours (CFAL)</p> <p>12-1:30 Indoor Walking Group (CC)</p> <p>1 Busy Fingers (CFAL)</p> <p>1 Gentle Flow Yoga (CC)</p> <p>Stop & Shop trip</p> <p>Grocery & RX Delivery</p> <p>SHINE by appointment</p>	<p>25</p> <p>10 Meet the Maker (CFAL)</p> <p>1 Bridge (CFAL)</p> <p>1 Cribbage Masters (CFAL)</p> <p>SHINE by appointment</p>
<p>28</p> <p>11 Chatham Screen Club (CFAL)</p> <p>1 Mahjong Monday (CFAL)</p> <p>1 Cribbage Masters (CFAL)</p> <p>Grocery & RX Delivery</p> <p>SHINE by appointment</p>	<p>29</p> <p>8 Tai Chi (CC)</p> <p>8:30 Osteoporosis Prevention Exercise Class (FUMC)</p> <p>12-1:30 Indoor Walking Group (CC)</p> <p>1 Chair Yoga (CC)</p> <p>SHINE by appointment</p>	<p>30</p> <p>11 Pumpkin Painting (CFAL)</p> <p>1 Cribbage Masters (CFAL)</p> <p>SHINE by appointment</p>	<p>31</p> <p>8:30 Osteoporosis Prevention Exercise Class (FUMC)</p> <p>9 Blood Pressure Clinic (CFAL)</p> <p>10:45 Strong at Heart (CC)</p> <p>12-4 Community Services Clinician Office Hours (CFAL)</p> <p>12-1:30 Indoor Walking Group (CC)</p> <p>1 Busy Fingers (CFAL)</p> <p>1 Gentle Flow Yoga (CC)</p> <p>Stop & Shop trip</p> <p>Grocery & RX Delivery</p> <p>SHINE by appointment</p>	

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, October 21st
9:30 am



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!

ARTIST OF THE MONTH

Carl Richards



We're excited to announce our new "Artist of the Month" program at the Center for Active Living! Each month, a senior community member will have the chance to showcase their artwork throughout the building.

Whether it's a large display or something more modest, in any medium—painting, sculpture, or anything else—this is your chance to share your creative talents. If you'd like to be featured or nominate someone, please email amilan@chatham-ma.gov. Let's celebrate the creativity in our community! Carl's work is on display at the CFAL Monday-Friday, 8am - 4pm! Drop by anytime and enjoy. 😊

Join us for a "Meet the Artist" event! An opportunity to chat with the featured artist, learn more about their creative process, and enjoy their work in a relaxed setting. This event will be a great chance to ask questions about *Images from the Journey*, share insights, connect over art.

Wednesday, October 2nd, 12-1pm, Coffee & Refreshments to be served!



Ensemble, 2012
Acrylics, 14x22"



Molokai Morning, 2011
Acrylic 12x16"



Kitamaug, 2020
Acrylic 24x24"



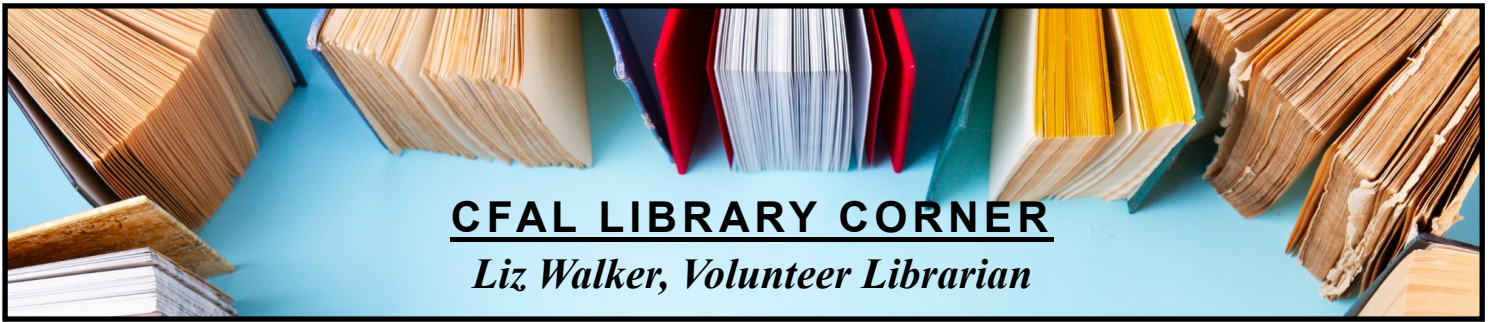
NEW

Chatham Screen Club

We're excited to present a new program at the Center for Active Living, Chatham Screen Club featuring *The Perfect Couple* ! Recently released on Netflix, this series is particularly special as it was filmed right here in Chatham. For those who may not have had the chance to watch it, we're bringing the show to you —join us for a weekly screening and enjoy this hometown connection with fellow community members!

Mondays from 11-12:30pm

Call 508-945-5190 to register!



CFAL LIBRARY CORNER

Liz Walker, Volunteer Librarian

October days full of crisp air, brisk walks or bracing Chair Yoga session, plus ever-earlier sunsets, call or assembling a stack of great books to read this fall. The library at the Center for Active Living is the place to find them. We also offer easy parking and an elevator. Here are a few selections to consider:

***Tell Me Everything* by Elizabeth Strout (2024)**

Olive Kitteridge is still in Maine, but now lives in a retirement home. She invites write Lucy Barton (another Strout character) to listen to her stories. Lucy is now a close friend of lawyer Bob Burgess, the main character from the author's novel *The Burgess Boys*. Burgess is defending a man accused of killing his own mother. The ghosts of past marriages and age related issues appear.

***The Sequel* by Jean Hanff Korelitz (2024)**

Anna Williams-Bonner has "laid to rest" the anonymous accusations of plagiarism that tormented her late husband. She enjoys her life as a wealthy widow, counting her novelist husband's royalty checks. When Anna publishes her own book, she receives excerpts of a novel she thought no longer exists. Obviously, something has gone very wrong.

***The Dark Wives* by Ann Cleeves: A Vera Stanhope Mystery (2024)**

In the 11th book in the author's acclaimed Chief Inspector Vera Stanhope mystery series, the disappearance of a young girl from a care home, coincides with a body discovered in the woods. As Vera and her team search frantically for the missing girl, they wonder whether she is a victim or a murderer. The story, set after the Eve of All Hallows, includes a witch hunt in the dark that leads to a thrilling conclusion.

***Chasing Shadows: My Life Tracking the Great White Shark* by Greg Skomal (2023)**

The Bay State's Dr. Greg Skomal, a shark biologist and one of the nation's leading great white shark experts, reveals the true nature of these mysterious apex predators and the fascinating story behind their history. The great whites' startling resurgence off the Eastern Seaboard, left the scientist in the difficult position of having to balance conservation efforts with public fear and panic.

CFAL BOOK CLUB

November Selection:

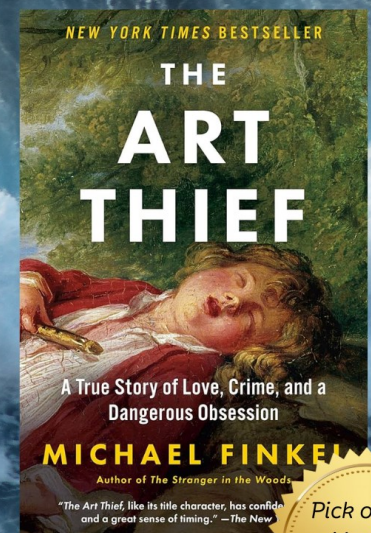
***The Art Thief: A True Story of Love, Crime, and a Dangerous Obsession* by Michael Finkel (2023)**

This riveting true crime account traces the obsessive exploits of a prolific young French art thief who stole more than 200 artworks, worth \$2 billion, and secretly displays them in his mother's attic.

Wednesday, November 13th 11 am - Noon

Books made available to registrants by the Friends of the Council on Aging

Registration required, please call 508-945-5190



**Pick of the Month:
Nov. 2024**

Contact us:

508-945-4190
193 Stony Hill Rd
Chatham, MA 02633
www.friendsofchathamcoa.com

FRIENDS OF THE CHATHAM COA



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Judy Hanlon, **Vice President**

Sue Foster, **Treasurer**

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Paula Carroll, **Director**

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Anthony Pacillo, **Director**

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Michelle Pollard Kleinkauf, **Director**

Janet Fields, **Director**

Dorothea Speight, **Director**



Light the Way: Your Gift Empowers Our Community!

Scan the QR code to visit our website and make a donation.



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*

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Van Drivers

Dick Hosmer

Mark Massoni

Paul Robinson

Dexter Smith

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Dear Friends,

I can hardly believe as I write this that October is here already. I'm completely embracing it, and I've already cooked a big vat of chili, made several zucchini breads (thanks to my garden), and taken advantage of every chance I have to be outside in the beautiful, crisp air. How about you? What are some of your favorite fall rituals?

Did you know that for nearly four decades now, the country has recognized October as National Breast Cancer Awareness Month? It is a time annually devoted to educating women and men about breast cancer and the importance of early detection and access to timely care. If you are due, or overdue for a breast cancer screening, I urge you to take action this month and schedule your appointment with your provider.

On a lighter note, we have so many interesting programs planned for you this month. Please join us on Friday, October 4th, for refreshments and entertainment with the "Old Exit 11" Band. For you budding archaeologists, join Anna for a tour of the Nickerson Homestead & Dig Site on Wednesday, October 16th at 10 am. Did you know that the Town of Chatham now has a full-time Adult Behavioral Health Provider on staff? Please come have coffee with Diane Nash on Monday, October 21st, at 10am in the Dining Room, and learn about the important services she provides.

Finally, I urge you not to forget that Open Enrollment begins this month! Please join us for an Open Enrollment information session on Friday, October 11th, to learn more about what you need to do to successfully enroll.

I look forward to seeing you all around the Center for Active Living!

Kind regards,