



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

November 2024



©LPI

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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.

November Programs

Cupcake Decorating

WITH BRENDA

JOIN OUR CUPCAKE DECORATING SERIES AND LEARN EXPERT TIPS AND TRICKS TO CREATE STUNNING, DELICIOUS DESIGNS! ALL MATERIALS ARE PROVIDED, SO JUST BRING YOUR CREATIVITY AND SWEET TOOTH!

**MONDAY, NOVEMBER 4TH
12-2 PM**

Reminders

- Supplies provided
- Registration requested, 508-945-5190
- Sponsored by FCCOA



Join the Consumer Assistance Council and learn how their trained counselors advocate for customers and attempt to get fair treatment for consumers from businesses.

Typical cases include:

- A company hasn't fulfilled its contractual obligation to provide a product or service.
- A company's advertising claims prove to be untrue or misleading.
- The sales "pitch" from the business is misleading.
- The business is failing to live up to a warranty, expressed or implied.
- Efforts to go through normal resolution channels have not been successful.

Friday, November 8th

11:00-1:00 pm

Center for Active Living



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

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

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

Meet local author, Matt Fitzpatrick, for a presentation and signing of his highly anticipated novel thriller, Forsythia's Ride!

Coffee and pastries to be served.



Wednesday,
November 6th
10-11:30am



Please call to register!

508-945-5190

Coffee with...

Rachel McGrath
Firefighter, Paramedic,
SAFE Educator
Chatham Fire
Department

Friday,
November, 1st
1-2:30 p.m.

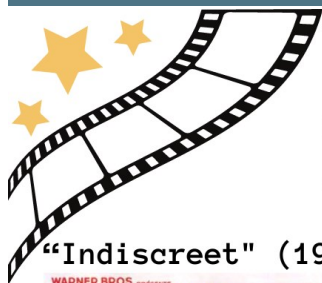


Thank you to the firefighters
who serve our community!

Refreshments to be served!
Please call to register
508-945-5190

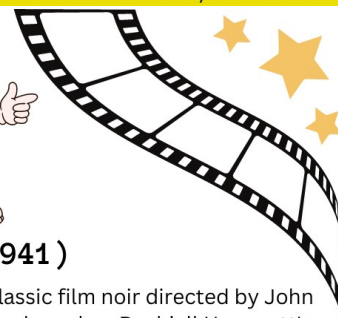


Chatham Center for Active Living
193 Stony Hill Rd Chatham, MA 02633



Classic Movies

hosted by
Barbara Nickerson



"Indiscreet" (1958)



A romantic comedy directed by Stanley Donen, starring Cary Grant and Ingrid Bergman. The film follows the story of Anna Kalman, a successful actress in London, who falls in love with Philip Adams, a charming diplomat. However, their romance hits a snag when Anna learns that Philip has been lying about his marital status to avoid commitment. The movie is known for its witty dialogue, stylish direction, and the sparkling chemistry between Grant and Bergman. *Indiscreet* is a sophisticated, lighthearted exploration of love and deception.

SHOWTIME:
NOVEMBER 6TH AT 1PM

"Maltese Falcon" (1941)



This classic film noir directed by John Huston, based on Dashiell Hammett's novel. The film stars Humphrey Bogart as Sam Spade, a hard-boiled private detective who becomes embroiled in a dangerous web of deceit, murder, and greed. Spade is hired by a mysterious woman (Mary Astor) to track down a priceless artifact, the elusive Maltese Falcon, coveted by several shady characters. As the plot thickens, Spade must navigate betrayal and danger at every turn. Known for its sharp dialogue, moody atmosphere, and Bogart's iconic performance, *The Maltese Falcon* is a quintessential film noir.

SHOWTIME:
NOVEMBER 20TH AT 1PM

Footcare Clinic with Autumn Knight



CERTIFIED FOOT CARE NURSE PROVIDING
ROUTINE FOOT & NAIL CARE
\$50 PER 30 MINUTE APPOINTMENT

Wednesday, November 20th
9-3 pm

Call to reserve your appointment (508)945-5190

B I N G O

2 - 3:00 p.m.

Wednesday, November 6th

193 Stony Hill Rd

Exciting prizes, from local businesses to be won!



Cut Loose Collage Workshop: Make, Mingle, & Be Merry!

Design and create your own modern, festive holiday ornaments and note cards with collage techniques. Enjoy a joyful and stress-free atmosphere, where making art with others becomes a memorable holiday experience. Led by longtime collage artist Michael Sjostedt of Cut Loose Collage Workshops, this session requires no prior experience—just bring your creativity and have fun!

Tuesday, November 5th 11-12:30
Chatham Center for Active Living



Please call to register! 508-945-5190

Busy Fingers

Textile Craft Group

Join us for a relaxed, creative gathering where people come together weekly to work on various fiber arts projects, such as knitting, sewing, crocheting, needlepoint, embroidery, and more.

Whether you're a seasoned crafter or just starting out, it's a great opportunity to share skills, get inspired, and enjoy some friendly company while working on your latest project!

THURSDAYS 1-3PM
CHATHAM CENTER FOR ACTIVE LIVING

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

November Birthday Luncheon

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

Wednesday, November
13th 12:30 pm

Please RSVP by Friday, November 8th
to 508-945-5190



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.

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



Pickup:
Wednesday,
Nov. 20th
12 pm

Yoga

with Ashley Woodworth



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.

NO CLASS 11/19-11/28

Chatham Community Center

1-2 p.m.

Please call to register!

508-945-5190

Liability Form Required

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.



Walk to the Beat

Indoor walking group is back!



Chatham Community Center Gymnasium

Tuesdays & Thursdays

12-1:30 pm



Strong at Heart Exercise Program



This **FREE** exercise program is recommended for generally healthy older adults. A mix of interval training to build strength and endurance while challenging your balance and brain!

Class will be led by an Exercise Physiologist from the VNA of Cape Cod.

Who: Chatham Residents, 60+

Where: Chatham Community Center

When: Thursdays 10:45-11:45 am
11/14/24 -12/26/24

Advanced registration and a completed VNA application is required prior to start of program. Please call (508) 957-7423!

No walk ins accepted



VISITING NURSE ASSOCIATION
OF CAPE COD

Member Cape Cod Healthcare



MEET JOSEPHINE FENNEL, DIRECTOR OF ADULT SUPPORTIVE DAY PROGRAM RYDER'S COVE RESPITE

10 Things About Me...

1. I was born and grew up on the southeast coast of England ~right off the coast of the English channel.
2. I have lived in five different countries.
3. My favorite place to live was Iceland.
4. I have two sons, Wayne, and Daniel.
5. I also have three grandchildren, Victoria , Archer, and Delaney.
6. My favorite pastime is to go for walks with my grandchildren.
7. My dream place to visit would be the Galapagos islands.
8. I have stood on the Artic circle, off the coast of Iceland, 25 miles north, on a small island called Grimsey.
9. I have lived on the Cape for over 25 years.
10. Finally, and most importantly.....I LOVE LOVE Chocolate!



Josephine Fennell
jfennell@chatham-ma.gov
508-945-5190

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, November 18th
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!

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

November 2024

Mon	Tue	Wed	Thu	Fri
				1 1 Coffee with... (CFAL) 1 Bridge (CFAL) 1 Cribbage (CFAL) SHINE by appointment
4 12-2 Cupcake Decorating w Brenda (CFAL) 1 Mahjong Monday (CFAL) 1 Cribbage Masters (CFAL) Grocery & RX Delivery SHINE by appointment	5 8 Tai Chi (CC) 8:30 Osteoporosis Prevention Exercise Class (FUMC) 11 Cut Loose Art Class (CFAL) 12-1:30 Indoor Walking Group (CC) 1 Chair Yoga (CC) SHINE by appointment	6 10-11:30 Author, Matt Fitzpatrick (CFAL) 1 Golden Oldies (CFAL) 1 Cribbage Masters (CFAL) 2 Bingo (CFAL) SHINE by appointment	7 8:30 Osteoporosis Prevention Exercise Class (FUMC) 9 Blood Pressure Clinic (CFAL) 9-11 Independence House Office Hours (CFAL) 10:45 Strong at Heart (CC) 12-4 Community Services Clinician Office Hours (CFAL) 12-1:30 Indoor Walking Group (CC) 1 Busy Fingers (CFAL) 1 Gentle Flow Yoga (CC) Stop & Shop trip Grocery & RX Delivery SHINE by appointment	8 11 Lunch and Learn (CFAL) 1 Bridge (CFAL) 1 Cribbage (CFAL) SHINE by appointment
The Center for Active Living is CLOSED today in Honor of Veteran's Day!	12 8 Tai Chi (CC) 8:30 Osteoporosis Prevention Exercise Class (FUMC) 10:30 Caregiver Support Group (CFAL) 12-1:30 Indoor Walking Group (CC) 1 Chair Yoga (CC) Attorney Kane by appointment SHINE by appointment	13 11 Book Club (CFAL) 12:30 Friends of the Chatham COA Birthday Luncheon (CFAL) 1 Cribbage Masters (CFAL) SHINE by appointment	14 8:30 Osteoporosis Prevention Exercise Class (FUMC) 9 Blood Pressure Clinic (CFAL) 10:45 Strong at Heart (CC) 12-4 Community Services Clinician Office Hours (CFAL) 12-1:30 Indoor Walking Group (CC) 1 Busy Fingers (CFAL) 1 Gentle Flow Yoga (CC) Stop & Shop trip Grocery & RX Delivery SHINE by appointment	15 10-1 Chatham Better Together (CFAL) 1 Bridge (CFAL) 1 Cribbage (CFAL) 1 Sound Meditation (CFAL) SHINE by appointment
18 9:30 COA Board of Directors Meeting (Town Hall Annex) 12-1:30 Hoarding Presentation (CFAL) 1 Mahjong Monday (CFAL) 1 Cribbage Masters (CFAL) Grocery & RX Delivery SHINE by appointment	19 8 Tai Chi (CC) 8:30 Osteoporosis Prevention Exercise Class (FUMC) 12-1:30 Indoor Walking Group (CC) SHINE by appointment	20 9-3 Footcare (CFAL) 12 Healthy Meals in Motion (CFAL) 1 Cribbage Masters (CFAL) 1 Golden Oldies (CFAL) 1:30 Cooking Class (CFAL) Attorney Lavender by appointment SHINE by appointment	21 8:30 Osteoporosis Prevention Exercise Class (FUMC) 9 Blood Pressure Clinic (CFAL) 10:45 Strong at Heart (CC) 12-4 Community Services Clinician Office Hours (CFAL) 12-1:30 Indoor Walking Group (CC) 1 Busy Fingers (CFAL) Stop & Shop trip Grocery & RX Delivery SHINE by appointment	22 12:30 Musician, Matt York (CFAL) 1 Bridge (CFAL) 1 Cribbage (CFAL) SHINE by appointment
25 1 Mahjong Monday (CFAL) 1 Cribbage Masters (CFAL) Grocery & RX Delivery SHINE by appointment	26 8 Tai Chi (CC) 8:30 Osteoporosis Prevention Exercise Class (FUMC) 10:30 Caregiver Support Group (CFAL) 12-1:30 Indoor Walking Group (CC) SHINE by appointment	27 1 Cribbage Masters (CFAL) SHINE by appointment	The Center for Active Living is CLOSED today in Honor of Thanksgiving!	The Center for Active Living is CLOSED the day after Thanksgiving!

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!





Matt York

Musician

**Friday, November 22
12:30 p.m.**

Registration requested,
please call 508-945-5190

Longtime New England singer/songwriter Matt York will perform songs and tell stories about the great Willie Nelson. York will focus on Willie's long and illustrious music career that has spanned over seven decades.

In both 2022 and 2023, York was nominated for the Boston Music Award for Best Country Artist and last year, his album, Gently Used, was named one of the top albums by the Patriot Ledger.



Alzheimer's Family Support Center
Until there's a cure, there's community.



Caregiver Support Group

*2nd and 4th Tuesday of every month at the
Chatham Center for Active Living
10:30 - 12:00*

November 12th & November 26th

**Please call 508-896-5170 for more
information, or to register!**



Hoarding and Mental Health in Seniors

From the outside looking in, Cape Cod can be deceiving. Within picturesque neighborhoods our citizens suffer under the burdensome weight of items. Hoarding, a disorder belonging to the obsessive compulsive disorder spectrum, is a serious mental health concern impacting many.

Hoarding disorder is primarily characterized by the coupling of excessive accumulation of material goods along with difficulty in discarding these items. **In this presentation, we will discuss the separate theories used to explain hoarding disorder, as well as the proposed treatments.**

Join LSW and Clinical Manager for Cape Cod Human Services, Clay Hansinger, LICSW on Monday, November 18th at 12:00PM as we deliberate this increasingly important public health concern.

Registration required, please call 508-945-5190!

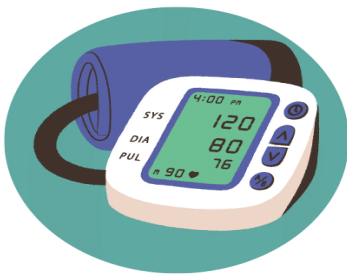


VISITING NURSE ASSOCIATION
OF CAPE COD

Member
Cape Cod Healthcare

Blood Pressure and Wellness Checks

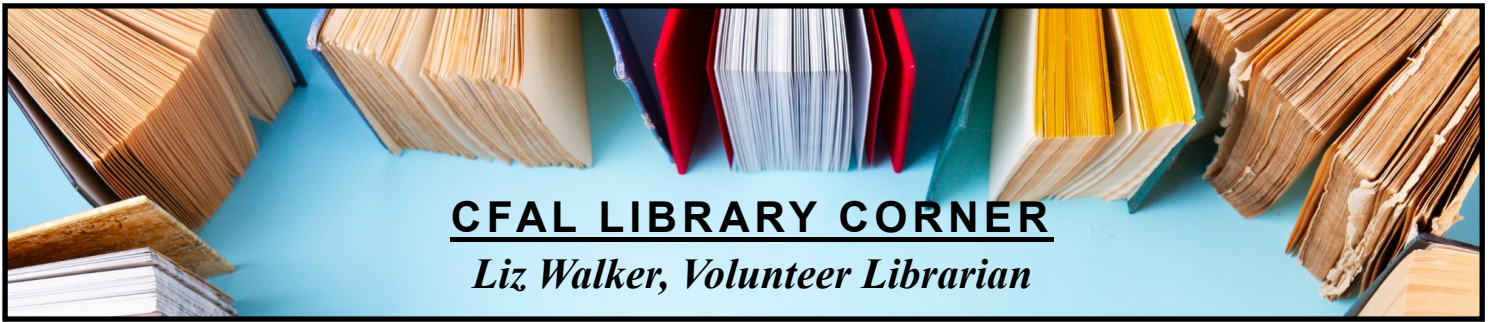
Join us for FREE blood pressure and wellness screenings with Public Health Nurses from the VNA of Cape Cod



CHATHAM CENTER FOR ACTIVE LIVING

193 Stony Hill Road, Chatham
9am- 10am every Thursday
walk-ins welcome

For more information, call (508) 957- 7423



CFAL LIBRARY CORNER

Liz Walker, Volunteer Librarian

Every November families and friends gather to feast and have fun together. In novels, fictional families do the same until someone passes the cranberry sauce to Aunt Ethel, who suddenly blurts out a long-held family secret. The fun stops and the friction begins. Here are a few selections— all on our shelves— to consider:

***On Call: A Doctor's Journey in Public Service* by Anthony Fauci, M.D (2024)**

In his memoir, Dr. Fauci chronicles his upbringing rooted in Jesuit education and his career in public service, including nearly four decades as director of the NIH's National Institute of Allergy and Infectious Diseases. He recounts how he navigated public health crises, from AIDS in the 1980s to COVID-19 in the 2020s, and advised seven U.S. presidents.

***The God of the Woods* by Liz Moore (2024)**

This thriller is a riveting story about family secrets and lies. The story opens in 1975 at a summer camp. One of the campers has gone missing. She's the 13-year-old daughter of the family that owns the summer camp. Her older brother similarly vanished 14 years ago, never to be found.

***Booth* by Karen Joy Fowler (2022)**

The author imagines the lives of John Wilkes Booth's troubled parents and his many siblings in this epic novel about the distinguished 19th century American theatrical clan. The Booth name still casts a long shadow over the U.S. landscape. Today we remember the family mostly because of one of the sons assassinated Abraham Lincoln. The novel is a vivid exploration of the ties that make—and break—the family of a shooter— asking, "What happens to love when the person you love is a monster?"

***The Most Fun We Ever Had* by Claire Lombardo (2019)**

A multi-generational novel in which the four adult daughters of a Chicago couple, still madly in love after 40 years, recklessly ignite old rivalries until a long buried secret threatens to shatter the lives they've built. Lombardo's most recent book is *Same As it Ever Was* (2024)

Has anyone see our in-high demand copy of *Swan Song* by Elin Hilderbrand?
It's not on our shelves, but not checked out.

CFAL Book Club

Wednesday, December 12th 11 a.m.

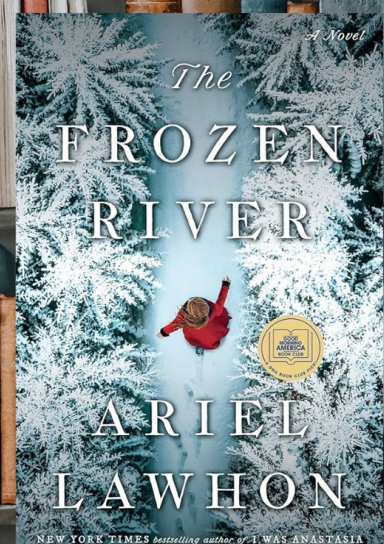
The Frozen River by Ariel Lawhorn (2023)

In 1789, a Maine midwife proves herself a tenacious advocate for justice when a local man with a few secrets is put on trial for murder.

**Registration required,
Please call 508-945-5190**



Books made available to registrants by
the Friends of the Chatham COA.



Contact us:

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

FRIENDS OF THE CHATHAM COA



Michael Barry, *President*

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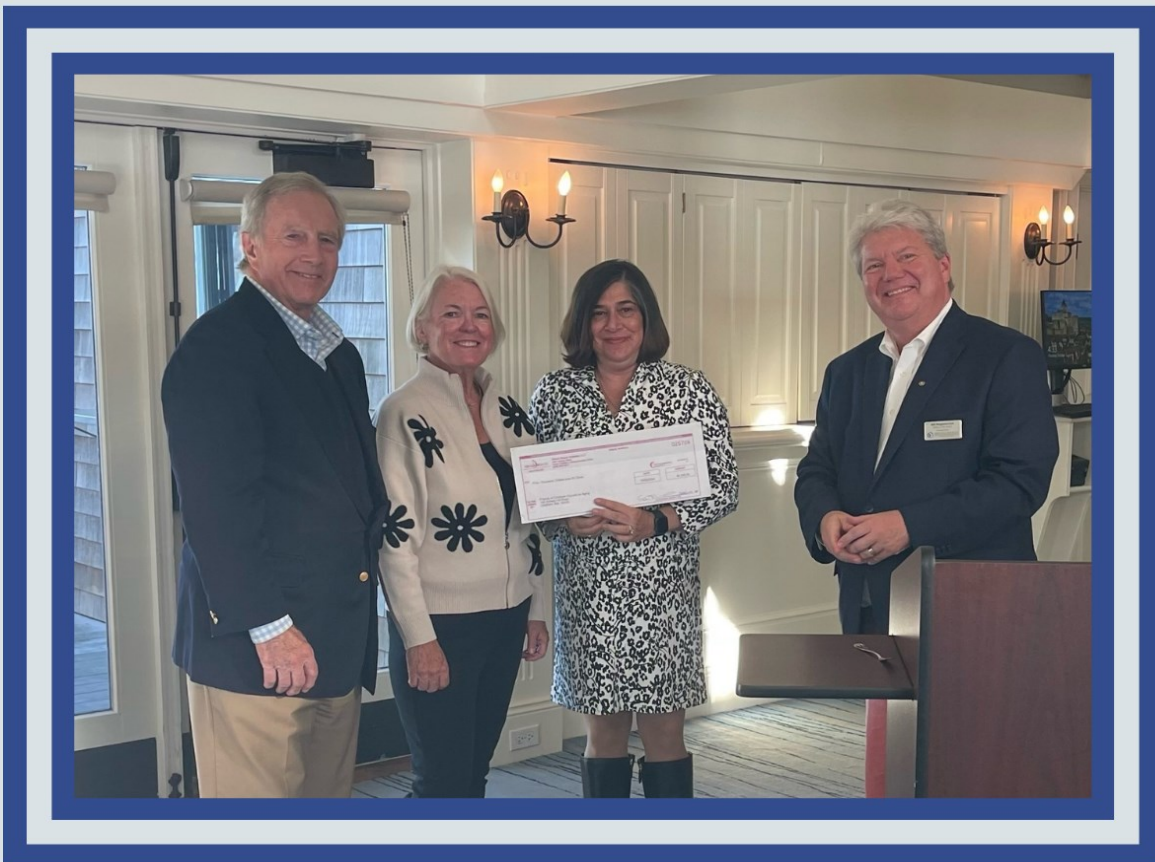
Anthony Pacillo, *Director*

Robin Zibrat, *Director*

Janet Fields, *Director*

Dorothea Speight, *Director*

Vacant, *Director*



Leah LaCross, Director of Community Services, alongside Selectboard chair, Michael Schell, and Friends of CCOA treasurer, Sue Foster, graciously accepted a generous donation from Bill Bogdanovich, President and CEO of Broad Reach Healthcare last month. This funding will be used to support the Chatham Better Together program, fostering community growth and collaboration.

Chatham Better Together is a group of senior community members who get together once a month for a day trip, workshop, or activity followed by a shared meal.

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*

Josephine Fennell, *Adult Supportive Day Program Director*

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,

Welcome to the November edition of The Flash, and to the month in which we reflect on the gratitude we have for the people in our lives; whether they are family, friends, neighbors, co-workers, or anyone else that makes our days bright. It's also the unofficial start to the holiday season, so make sure you are taking good care of yourself, so that you are healthy and strong for the upcoming festivities!

As usual, I know that Anna has been working hard to ensure that we have some dynamic program for you to enjoy this month, and I hope that they provide you with some fun and information as we head into the colder months. On Friday, November 11th 1-2pm, we are offering "Coffee with Rachel McGrath." Rachel is from the Chatham Fire Department, and is looking forward to sharing about her role in our community. On Monday, November 4th 12-2pm, back by demand is "Cupcake Decorating with Brenda". This Program is a lot of fun, and you may even feel like a pastry artist when you leave! On Wednesday, November 6th 10-11:30 am, local author Matt Fitzpatrick will be here to discuss his books, and on Monday, November 18th 12-1:30, the Visiting Nurses Association of Cape Cod will be here to present information on what you need to know about Hoarding.

I am so grateful to be a part of your lives, and I look forward to seeing you around the CFAL this month!

Kind regards,

Leah

Leah