



T H E F L A S H

January 2025

A newsletter published by the Chatham Council on Aging

**193 STONY HILL RD
CHATHAM, MA
02633**

508-945-5190

WWW.CHATHAM-MA.GOV

Our Mission:

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.

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Director's Desk

By Leah LaCross, Director of
Community Services

Hello Friends,

Happy New Year! I hope that you all had a healthy and joyful holiday season, surrounded by family and friends, making wonderful memories. As we step into January, we look forward to the exciting opportunities and programs we have planned for our Chatham community. This month brings a fresh start and a chance to stay engaged, stay active, and continue building meaningful connections. Be sure to read the entire issue of the Flash for updates, upcoming events, and ways you can get involved!

Kick off the new year with friends old and new, by joining us for **Bingo and Brunch** on Friday, January 3rd from 10:00-12:00. Call and reserve your spot quickly, as this one is sure to fill up! Have you ever been curious about Reiki and how this energy healing practice works? Join us for an **Introduction to Reiki**, on Monday, January 13th, from 10:00-10:45 a.m. Keeping healthy is vital for older adults, so don't miss the **Department of Community Services Health Fair**, on Saturday, January 25th from 10:00 am to 1:00 pm at the Community Center. Finally, is one of your New Years Resolutions to volunteer more? We would love to have you! Join us on Wednesday, January 22nd, at 11:00 a.m., as Anna leads a **New Volunteer Orientation**.

Cheers to a very healthy, and happy 2025!

Leah



Announcements:

Wednesday, January 1st the Center for Active Living is **CLOSED** in Honor of New Years Day.

Monday, January 20th the Center for Active Living is **CLOSED** in Honor of Martin Luther King Jr. Day.

We are excited to announce that Alexis Weglarz has been promoted to Department Coordinator! Since joining us as a Department Assistant, Alexis has been an essential part of our team, showcasing exceptional organizational skills and a commitment to excellence.

In her new role, she will oversee transportation logistics, billing, and other key operations. Please join us in congratulating Alexis on this well-deserved promotion!

Outreach Services

AARP TAX AIDE RETURNS!



Income tax filing season is here, and AARP Tax-Aide is offering **FREE** federal and state income tax preparation and filing services for taxpayers of all ages. You do not need to be an AARP member to use this service. However, Tax-Aide focuses on assisting low- to moderate-income taxpayers. AARP Tax-Aide is the largest free, volunteer-based tax assistance program in the U.S. Established in 1968 in partnership with the IRS, the program is staffed by trained and certified Tax-Aide Counselors who pass annual IRS exams and undergo CORI background checks.

Tax preparation is by appointment only and will run from early February 2025 through the mid-April filing deadline.

To schedule an appointment or ask questions, please contact us at 508-945-5190.

COMMUNITY RESOURCES

Legal Services: Call **508-945-5190** for more information or to set up an appointment

- Michael Lavender: Trusts, Wills, Estate Planning
- Katie Kane, SCCLs: Housing, Government Benefits, Health Law, Guardianship, Reverse Mortgages, Consumer Issues

Recovery Services: Call **774-801-8133** for more information or to set up an appointment

Kelly Connolly, Recovery Coach with Outer Cape Health
Office Hours drop in or by appointment, Wednesdays, Chatham Police Department 12-4 pm

Support Services: Call **508-945-5107** for more information or to set up an appointment

Diane Nash, LICSW, Adult Behavioral Health Clinician
Office Hours drop in or by appointment, Tuesdays 8-1pm at Chatham Police Department, Thursdays 12-4pm at the CFAL



Kerri Kelly, Outreach Coordinator
kkelly@chatham-ma.gov

Announcements:

Healthy Meals in Motion order forms are due back to the COA no later than **Friday, January 31st**

Fuel Assistance Program Update:

Currently processing applications received in early October, due to high volume of applications we ask for patience while awaiting a response.

Donations of durable medical equipment are welcomed, however, **we are not accepting walkers at this time due to oversupply.**



Anna Milan
 Program, Communications, &
 Volunteer Coordinator
 amilan@chatham-ma.gov
 Reach out with questions, or
 suggestions!

Program Registration Info

Registration for programs is either required, or drop-in and will state such in each program description.

Programs may be registered for via phone, or in-person at the CFAL. Programs take place at the Center for Active Living unless otherwise marked.

Chatham residents will receive priority registration, non-residents are welcome to sign up, but if necessary, may be placed on a waitlist and enrolled if space allows.

All fitness program participants are required to complete a liability waiver and list emergency contacts.

Programs are subject to cancellation if there are less than four (4) registrants.

New this month! Introduction to Reiki



Join Reiki Master Shirley Wladar, RN for an informational intro to Reiki. This energy healing technique promotes relaxation and reduces stress and anxiety through gentle touch. Reiki practitioners use their hands to deliver energy to your body, improving the flow and balance to support healing.

January 13th 10am

Registration: Required

Join Us for Our Volunteer Orientation & Info Session!

Are you passionate about making a difference? This program is your opportunity to learn more about our mission, the impact we make, and how you can get involved. Whether you're interested in giving your time, skills, or expertise, there's a place for you here.

Date: Wednesday, January 22nd

Time: 11 am - Noon

Location: 193 Stony Hill Rd, Chatham Center for Active Living
 Discover how you can contribute and connect with like-minded individuals committed to making a positive impact. Together, we can do amazing things!

Registration required, please call or email Anna Milan, Volunteer Coordinator.

Weekly Game Schedule. All levels welcome!

Registration: Drop In

Monday

- Cribbage, 1-3pm
- Mahjong, 1-3pm

Wednesday

- Cribbage, 1-3pm

Friday

- Cribbage, 1-3pm
- Bridge, 1-3pm

Chatham COA Disclaimer

The Chatham COA facilitates programs and opportunities for patrons to access legal, financial, medical, recreational, and other services or activities offered by volunteers or practitioners at nominal cost. Participants in these services or activities understand that the COA, the Town of Chatham, and its employees do not assume any legal or other responsibility for advice or services provided by these volunteers or practitioners.



Yoga with Ashley

Join us for a rejuvenating yoga program for all levels! **Tuesdays** feature **Chair Yoga** with seated and supported poses to improve flexibility and balance. **Thursdays** offer **Gentle Flow Yoga**, a traditional practice of mindful movement and relaxation. Strengthen your body and find your calm in a welcoming space!

Classes are held 1:00-2:00 PM in the Aerobics Room at the Chatham Community Center.

All equipment is generously provided by the Friends of the Chatham COA.

Registration and a signed liability form are required to participate.



Indoor Walking Group

Join our Indoor Walking Group at the Chatham Community Center! Walk at your own pace in a welcoming, weather-proof space. Tuesdays and Thursdays, 12:00-1:30 PM. Stay active and connect with others in the community!

Registration: Drop In



Groove & Move: Dance for Seniors with Luli

This is a fun, low-impact dance class designed to keep you active and energized! Led monthly by Monomoy student intern, this small group class focuses on simple routines, gentle movement, and the joy of dancing. Perfect for all skill levels, it's a great way to stay fit and connect with others in a supportive setting.

Registration and a signed liability form are required to participate.



Cupcake Decorating January 13th 12pm

Join us for a sweet and fun-filled experience where you'll decorate your own delicious cupcakes with a variety of colorful icing, toppings, and decorations. Perfect for all skill levels, this event promises a tasty time filled with creativity, laughter, and plenty of treats to take home!

Registration: Required



Lunch and Learn January 10th 12pm

This month's Lunch and Learn will be featuring a special presentation from the Health Department on the Community Needs Assessment. Enjoy a delicious lunch while learning about key health priorities and challenges in our community. This informative session offers valuable insights into local health needs and how we can all make a positive impact.

Registration: Required



Bingo Brunch January 3rd 10am

Enjoy a delicious brunch while testing your luck with exciting rounds of Bingo. Whether you're a seasoned player or a first-timer, it's the perfect way to spend a relaxing morning with friends, laughter, and great prizes. Don't miss out on the perfect mix of tasty food and friendly competition!

Registration: Required



Film Screening January 15th 11am

Captured within the walls of Cape Cod's historic houses, *If Walls Could Talk*, shares stories of its people, their traditions and values, their entrepreneurial spirits, their hopes and dreams. Presented by local organization, Protect Our Past.

Registration: Required



Birthday Luncheon January 8th 12:30pm

Join the Friends of Chatham COA for a special monthly gathering where we honor and celebrate all the birthdays of the month with delicious food, great company, and plenty of fun. It's a wonderful way to connect, share a meal, and make lasting memories with friends and colleagues.

Registration: Required



Golden Oldies January 22nd 1pm

Each screening features a classic film from Hollywood's golden era—hosted by Barbara Nickerson, each month you will enjoy a fun mix of timeless gems, from romance to comedy, in a cozy, social setting. Expect the unexpected and rediscover cinematic classics!

Registration: Required



Looking to connect and build community?

Join our LGBTQ+ Older Adult Group, open to both LGBTQ+ individuals and allies!

Funded by an Elder Services grant, this group is all about bringing people together for support, connection, and fun. We meet on the 1st and 3rd Thursday of each month for a mix of outings, programs, and meals!

It's a great way to share experiences, make friends, and enjoy meaningful activities. For monthly details, reach out to Kerri Kelly—we'd love to have you join us!

Contact Information:

Kkelly@chatham-ma.gov

508-945-5190

TRANSPORTATION

CHATHAM COA GUIDELINES

Rides available

Monday- Friday 9:00-2:00 pm

- First come, first served for ALL rides
- Medical appointments will receive priority scheduling
- Medical rides available between Orleans and Hyannis
- Rides to Bank, Post office, Hairdresser, etc. must be scheduled for Chatham, Harwich, or Orleans
- Rides to CFAL programs or appointments available

COMMUNITY TRANSPORTATION



Contact CCRTA for all options below:

800-353-7155

DART: Door-to-door, ride by appointment service that is wheelchair accessible. Booking 72 hrs. in advance recommended, not required. Fare is \$1.50/ride for seniors.

Smart DART: App based, on-demand, door-to-door ride hail service. Download SmartDart from the app store (Apple or Android) and search CCRTA.

H2O: CCRTA's fixed route public transportation between Orleans and Hyannis.

FLEX: CCRTA's bus picks up and drops off at designated stops between Harwich and Provincetown.

Boston Hospital Transport: Weekdays, Call to reserve by 11am the day before your appointment. \$30 round trip, \$15 one-way

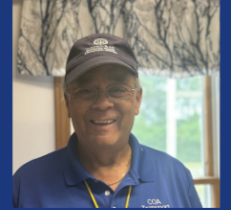
IMPORTANT REMINDERS

- We cannot provide transport for any person who has been under local anesthesia.
- Riders must be able to enter and exit a vehicle without assistance. Caretakers may accompany if needed.
- Rides are to scheduled locations only. Drivers cannot bring you to any location not scheduled in advance.

OUR DRIVERS



Dick Hosmer



Paul Robinson



Dexter Smith



Mark Massoni

WEEKLY SCHEDULE

Please call 24 hours in advance

Grocery Delivery from:

- Chatham Village Market

Prescription Delivery from:

- CVS in Chatham
- CVS in East Harwich
- Stop & Shop Pharmacy

MON:

Grocery & RX Delivery

THUR:

AM trip to Stop & Shop
Grocery & RX Delivery



To schedule,
please call
508-945-5190

January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30</p> <p>1 Mahjong (CFAL) 1 Cribbage (CFAL) Grocery & RX Delivery</p>	<p>31</p> <p>12-1:30 Indoor Walking (CC) SHINE by appointment</p>	<p>1</p> <p>The Center for Active Living is CLOSED today</p>	<p>2</p> <p>9-10 Blood Pressure Clinic (CFAL) 12-4 Town Clinician office hours 12-1:30 Indoor Walking (CC) 1-3 Busy Fingers (CFAL) Grocery & RX Delivery</p>	<p>3</p> <p>10 Bingo & Brunch (CFAL) 1 Cribbage (CFAL) 1 Bridge (CFAL) SHINE by appointment</p>
<p>6</p> <p>1 Groove & Move: Dance for Seniors (CFAL) 1 Mahjong (CFAL) 1 Cribbage (CFAL) Grocery & RX Delivery</p>	<p>7</p> <p>10 Caregiver Support Group 12-1:30 Indoor Walking (CC) SHINE by appointment</p>	<p>8</p> <p>11 Book Club: The Thursday Murder Club (CFAL) 12 Birthday Luncheon (CFAL) 1 Cribbage (CFAL)</p>	<p>9</p> <p>9-10 Blood Pressure Clinic (CFAL) 12-4 Town Clinician office hours 12-1:30 Indoor Walking (CC) 1-3 Busy Fingers (CFAL) 1 RCR Meet & Greet (CFAL) Grocery & RX Delivery</p>	<p>10</p> <p>12-2 Lunch & Learn (CFAL) 1 Cribbage (CFAL) 1 Bridge (CFAL) SHINE by appointment</p>
<p>13</p> <p>10 Introduction to Reiki (CFAL) 12-2 Cupcake Decorating (CFAL) 1 Mahjong (CFAL) 1 Cribbage (CFAL) Grocery & RX Delivery</p>	<p>14</p> <p>9:30-2:30 Ryders Cove Respite 10-12 Attorney Kane by appointment 12-1:30 Indoor Walking (CC) SHINE by appointment</p>	<p>15</p> <p>11 Protect Our Past Film Screening (CFAL) 12 Healthy Meals in Motion (CFAL) 1 Cribbage (CFAL)</p>	<p>16</p> <p>9-10 Blood Pressure Clinic (CFAL) 9:30-2:30 Ryders Cove Respite 12-4 Town Clinician office hours 12-1:30 Indoor Walking (CC) 1-3 Busy Fingers (CFAL) Grocery & RX Delivery</p>	<p>17</p> <p>10-1 Chatham Better Together 1 Cribbage (CFAL) 1 Bridge (CFAL) SHINE by appointment</p>
<p>20</p> <p>The Center for Active Living is CLOSED today</p>	<p>21</p> <p>9:30-2:30 Ryders Cove Respite 10 Caregiver Support Group 12-1:30 Indoor Walking (CC) SHINE by appointment</p>	<p>22</p> <p>11 Volunteer Orientation (CFAL) 1 Golden Oldies (CFAL) 1 Cribbage (CFAL)</p>	<p>23</p> <p>9-10 Blood Pressure Clinic (CFAL) 9:30-2:30 Ryders Cove Respite 12-4 Town Clinician office hours 12-1:30 Indoor Walking (CC) 1-3 Busy Fingers (CFAL) Grocery & RX Delivery</p>	<p>24</p> <p>1 Cribbage (CFAL) 1 Bridge (CFAL) SHINE by appointment</p>
<p>27</p> <p>1 Mahjong (CFAL) 1 Cribbage (CFAL) Grocery & RX Delivery</p>	<p>28</p> <p>9:30-2:30 Ryders Cove Respite 12-1:30 Indoor Walking (CC) SHINE by appointment</p>	<p>29</p> <p>9-3 Footcare Clinic (CFAL)</p>	<p>30</p> <p>9-10 Blood Pressure Clinic (CFAL) 9:30-2:30 Ryders Cove Respite 12-4 Town Clinician office hours 12-1:30 Indoor Walking (CC) 1-3 Busy Fingers (CFAL) Grocery & RX Delivery</p>	<p>31</p> <p>1 Cribbage (CFAL) 1 Bridge (CFAL) SHINE by appointment</p>

Town of Chatham Board/Commission/Committee Vacancies As of December 2, 2024

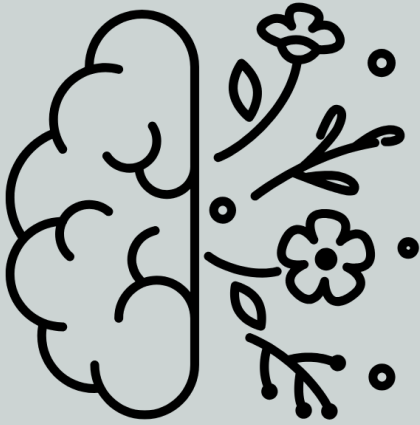
**The Chatham Select Board welcomes new applicants for the following
Committees/Boards/Commissions to fill existing vacancies:**

<u>Committee/Board/Commission</u>	<u>Open Seats</u>	<u>Open Alternate/Associate Seats</u>
Airport Commission	1	0
Aunt Lydia's Cove Committee*	2	0
Bikeways*	1 STUDENT	0
Board of Health	0	1
Cable Advisory Committee*	2	0
Committee for People with Disabilities	1	2
Conservation Commission	0	3
Cultural Council	1	0
Economic Development Committee*	3	0
Historic Business District Committee	0	1
Historical Commission	0	1
Human Services Advisory Committee*	2	0
Local State Building Code Board of Appeals	5	0
Open Space Committee*	0	1
Public Ceremonies Committee*	3	0
Railroad Museum Committee*	2	0
South Coastal Harbor Plan Committee	1	0
Traffic Safety Committee	0	1

Members Serve 3-year term; Associates/Alternatives serve 1-year term.

*Non-resident taxpayers are eligible to serve on advisory committees, the cultural council, the Council on Aging board of directors. Only those registered to vote in Chatham are eligible to serve on regulatory and statutory Boards and Commissions.





Wellness Warriors

An Artful Living Series

February 5th - March 5th

Join us for the 7th annual Wellness Warriors series, hosted by dedicated volunteer Gail Tilton. This year's theme, Stress Busters: Physical, Emotional, and Mental, focuses on practical strategies to reduce stress and enhance overall well-being. Each session explores tools and techniques to support healthier living, offering participants an engaging and supportive environment to learn, share, and grow. Don't miss this opportunity to empower yourself with wellness wisdom and stress-relief practices!

Where: Chatham Community Center

When: Wednesdays, 10-11:30am

What: Meditation and Balance, Crystal Bowl Sound Meditation, Plant Based Nutrition Workshop, The Psinging Psychologist, and much more.

Registration is required, please call 508-945-5190!

Sponsored by:



Ryders Cove Respite

Adult Supportive Day Program

Coming in January 2025



Josephine Fennell
Director of RCR

Mission Statement

At Ryder's Cove Respite program our mission is to empower older adults to live fulfilling and self-directed lives through person-centered planning. We strive to honor everyone's unique preferences, needs, and aspirations, fostering an inclusive community that values their voices.

Our dedicated team fosters a supportive community that promotes independence, social connections, and personal growth. By providing support, resources, and advocacy, we aim to enhance quality of life, promote independence, and ensure that every older adult's journey is guided by their own goals and ensuring a holistic approach to well being for all involved.

Fee Information:

- \$75/ day
- Daily fees include all snacks, activities, a nutritious lunch

Program Hours:

Tuesdays & Thursdays
9:30 a.m. -2:30 p.m.



Contact Information:



508-945-5190



www.chatham-ma.gov



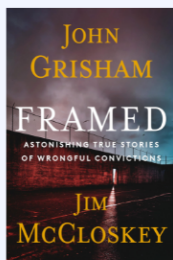
jfennell@chatham-ma.gov

Library Corner

By Liz Walker, Volunteer Librarian

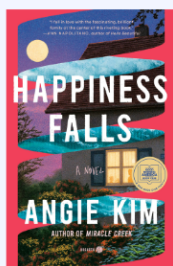
The New Year is a perfect time to read new authors, dip a toe in new genres or crack the spine on a classic book you've always meant to read. January's early sunsets provide extra hours to settle in early and enjoy a good read. Wishing you many heartwarming- even thrilling- armchair adventures to kick- start 2025!

Here are some suggestions:



Framed: Astonishing True Stories of Wrongful Convictions by John Grisham and Jim McCloskey (2024)

Reviewers have praised this work of nonfiction as, “The master of the legal thriller teams up with the godfather of the innocence movement” to share harrowing true stories of people wrongfully convicted and their struggles to be exonerated. The authors walk the reader through the twists and, sometimes, wrong turns of the criminal justice system.



Happiness Falls by Angie Kim (2023)

"We didn't call the police right away." These striking first words introduce an extraordinary novel about a biracial Korean-American family whose lives are turned upside down when their beloved father and brother vanish. When the brother, Eugene, eventually returns—bloody and alone—it becomes clear that he is the sole witness to their father's disappearance. However, Eugene, who has Angelman Syndrome, a rare genetic condition, is unable to speak. What follows is both a gripping, ticking-clock investigation and an emotionally profound exploration of a family harboring deep secrets.



The People We Keep by Allison Larkin (2022)

After a heated argument with her dad, April, a musician, packs what she can carry and leaves her small upstate New York town on a journey to find a life that is all hers. She chronicles her new experiences in the songs she writes as she travels the world, meeting people who feel like home. Maybe where she came from doesn't dictate who she has to be.



The Age of Innocence by Edith Wharton (1920)

In this first Pulitzer-Prize winning novel written by a woman, Wharton paints a vivid portrait of 1970s New York society- straightlaced, unforgiving and demanding conformity. The novel follows Newland Archer, whose scripted future with his fiancé, May Welland, is threatened by the arrival of May's exotic cousin, Ellen, fleeing a bad marriage and seeking a divorce.



February Book Club

What: *The Secret War of Julia Child- A Novel* by Diana R. Chambers (2024)

When: Wed., February 12, 11am - Noon

Where: Chatham Center for Active Living

Books are available to registrants who need them through the support of the Friends of the Council on Aging.

Michael Barry, *President*
Judy Hanlon, *Vice President*
Sue Foster, *Treasurer*
Elizabeth Walker, *Secretary*
Paula Carroll, *Director*
Jill James, *Director*

Anthony Pacillo, *Director*
Robin Zibrat, *Director*
Janet Fields, *Director*
Dorothea Speight, *Director*
Darcy Mallowes, *Director*



FRIENDS OF THE CHATHAM COA

Cheers to a Happy and Healthy New Year from your Friends at the Chatham Council on Aging!

2025

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

CFAL Staff

Leah LaCross, Director of

Community Services

Alexis Weglarz, Department

Coordinator

Diane Nash, Adult Behavioral Health

Clinician, LICSW

Kerri Kelly, Outreach Coordinator

Josephine Fennell, Adult Supportive

Day Program Director

Anna Milan, Programs &

Communication

Vacant, Department Assistant

Van Drivers

Dick Hosmer

Mark Massoni

Paul Robinson

Dexter Smith



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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

Chatham Council on Aging Board of Directors

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:

Tuesday, January 7th 5:30 pm

Join meeting with Select Board

Tuesday, January 21st 9:30 am

Due to MLK Jr. Day this meeting is taking place on a Tuesday



Our meetings are the third Monday of every month at the Town Hall Annex at 9:30 am, and we 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!