



# T H E F L A S H

## MAY 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

## Welcome to the May Edition of our Council on Aging Newsletter!

As we embrace the warmth of spring and the promise of a busy summer ahead, we are excited to share a month full of enriching opportunities, resources and events designed to support and empower our older adult community. May at the Center for Active Living (CFAL) puts a special focus on safety, wellness, and staying connected-- essential elements for aging well!

On Friday, May 2nd, please don't miss our **Lunch and Learn** with Terry Whalen, Special Projects Manager, along with myself, as we discuss the facts about **Article 17 of the Warrant at Town Meeting: Expansion and Renovation of the Existing Center for Active Living at 193 Stony Hill Road**. Learn all about the project and have all your questions answered.

On Wednesday, May 7th, our much-loved **Seafaring Stories** program returns with tales told by Captain Sean Connors of the F/V *Dawn Treader*.

There is nothing better than fresh local produce and goods for our wellness. Please join us for an **information session** with the folks from the Chatham Farmer's Market on Monday, May 19th. Learn all about the vendors this year, Senior coupons, and how to apply S.N.A.P., H.I.P. and C.S.A.'s benefits.

Finally, along with our Town partners, the Chatham Fire Department and the Chatham Police Department, we are so proud to present our First Annual **Public Safety Seminar** on Thursday, May 29th at the Community Center. Learn about CPR, Stop the Bleed, fall safety, services offered by the CFAL, the Reassurance Program, Fraud Prevention, and more! We are excited to see you there. To register, please call 508-945-5190.

Thank you for being a part of our Council on Aging family! We hope this month brings you joy, inspiration, and great health!

Warmly,  
*Leah*



## Announcements:

In Honor of Memorial Day the  
Chatham Center for Active Living  
will be **CLOSED**  
Monday, May 26th.

### **Town Meeting is upon us!**

Participating in local government is one of the most effective ways to shape the community in which you live. Attending Town Meeting and casting your vote in elections are fundamental responsibilities that allow you to have a direct impact on decisions affecting your town, from public services and zoning laws to school budgets and community projects. Every vote helps shape leadership and policies that reflect the needs and priorities of residents.

**If you would like to attend, but are in need of transportation, please call Alexis at 508-945-5190 no later than noon on May 7th.**

# Outreach Services

## SUPPORT GROUP SPOTLIGHT

### SIGHT LOSS SERVICES



Sight Loss Services, Inc.  
Cape Cod & Islands

This group meets the first Tuesday of every month, from 10:30 AM - 12:00 PM at the **Harwich Community Center**. Speakers and experts give presentations, peer meetings for those with vision loss and blindness, and discussions about coping techniques and medical advances.

**Please sign up by calling Sight Loss Services at 508-394-3904; Transportation available through Sight Loss Services.**

### CAREGIVER SUPPORT GROUP



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

This group meets the 2nd and 4th Tuesday of every month, from 10:30 AM -12:00 PM at the **Center for Active Living**. Regular support groups for caregivers, people with AD/dementia, and for people in early stages of decline. Advance registration is **NOT** required, but new participants are encouraged to reach out for information prior to their first meeting by calling 508-896-5170

## 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

### Independence House Office Hours

**A counselor from Independence House of Cape Cod is available for open office hours at the CFAL on the 2nd Thursday of each month. Stop by for support, resources, or a confidential conversation.**



Kerri Kelly, Outreach  
Coordinator  
kkelly@chatham-ma.gov  
508-945-5190

## DID YOU KNOW?

### Home Modification Loan Program (HMLP)

The Home Modification Loan Program is a state funded loan program that provides financing to homeowners and small landlords for accessibility renovations to keep a household member with a disability or an older adult in their own home.

This is not a repair program. Projects funded by HMLP include ramps, lifts, bathroom and kitchen adaptations, sensory integration space, fencing, as well as accessory dwelling units (ADU).

#### Loan Information:

- \$1,000-\$50,000 loan to property owner
- 0% interest
- No monthly payments
- Repayment is required when the property is sold or transferred
- \$1,000-\$30,000 for owners of manufactures or mobile homes
- Landlords with fewer than 10 units may be eligible for a 3% loan for a tenant



# 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:

**800-352-7155**

**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

## ★ TRANSPORTATION FOR TOWN MEETING ★

We are pleased to offer transportation to Town Meeting on Saturday, May 10th at 11am. Please call 508-945-5190 to reserve your seat!

### Key Details:

- Reservations must be made by the **Wednesday, May 7th at Noon**
- The bus has 12 available seats—if all seats are filled, I will make arrangements to ensure community members can still attend.
- Attendees must stay for the entire meeting.

We look forward to assisting our community members in attending Town Meeting!

## 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 or email Alexis Weglarz  
**508-945-5190**

[aweglarz@chatham-ma.gov](mailto:aweglarz@chatham-ma.gov)



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. If not registered in advance for programs that require it, participants may not be admitted to a program.

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. Common Location: Chatham Community Center

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

### 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.

## PUBLIC SAFETY SEMINAR

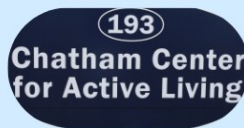
**Thurs. May 29th, 9- 2pm**  
**Chatham Community Center**

Join us for an informative workshop specifically for older adults where speakers from the Chatham Fire Department, Police Department, and Council on Aging staff will share valuable tips and resources to help you stay safe at home and in the community.

**Registration: Required**



LUNCH WILL BE PROVIDED



### TOPICS OF FOCUS:

RECOGNIZING & AVOIDING SCAMS  
CRITICAL INCIDENTS: SAEFTY &  
AWARENESS

CPR, FIRST AID & STOP THE BLEED  
FALL & FIRE SAFETY  
EMERGENCY PREPAREDNESS

HEALTHY AGING & COMMUNITY  
RESOURCES

**CFAL Volunteer Program Orientation**  
**Tues. May 20th, 11am**

At this event interested volunteers will receive a Volunteer Handbook, fill out necessary CORI paperwork, be given a facility tour and a comprehensive presentation on policies, procedures and other pertinent information.

**Registration: Required**

**Senior Tax Work Off Program Orientation**  
**Wed. May 28th 11am**

Join us for an important information session designed for both new and returning participants to review program guidelines, responsibilities, and opportunities. Attending will ensure you have the latest updates and a smooth experience in the program. Don't miss this chance to ask questions and connect with fellow participants!

**Registration: Required**



### **Chair Yoga, Thursdays 1-2PM**



This gentle form of yoga enhances flexibility, strength, and relaxation—all from a seated position or using a chair for support. Perfect for all abilities, this class offers a safe and accessible way to improve balance, reduce stress, and increase overall well-being.

**Location:** Community Center  
**Registration:** Required with a signed liability waiver



### **Reiki Healing Sessions with Shirely Wlader, RN**



Experience the calming and restorative benefits of Reiki, a gentle energy healing practice that promotes relaxation, stress relief, and overall well-being. Offered at no charge, these 30-minute sessions are designed to help you feel balanced and refreshed.

**Registration:** Required, appointments are first come first serve



### **Nordic Walking Thursdays, 10:45AM**

This beginner walking series will teach the benefits and technique of nordic walking and lifestyle medicine each week. Participants must be able to walk a mile independently with pole, sometimes on uneven terrain.

**Registration:** Please contact the VNA of Cape Cod at 508-957-7423



### **Full Body Fitness Tuesdays, 12pm**



This 45-minute class is designed to enhance muscular strength, endurance, mobility, and balance. Participants will engage in a variety of upper and lower body exercises, with modifications available for all ability levels. Exercises can be performed seated or standing, ensuring accessibility for everyone. While equipment is optional, instructors will provide cues for incorporating weights and resistance bands as desired.

**Location:** Community Center  
**Registration:** Required with a signed liability form



**Chatham Farmers Market  
Info Session  
Monday, May 19th 11am**

Please join us for an information session with the folks from the **Chatham Farmer's Market** on Monday, May 19th. Learn all about the vendors this year, the location, Senior coupons, and how to apply S.N.A.P., H.I.P. and C.S.A's benefits!

**Registration: Required**



Captain Connors atop F/V Dawn Treader



Connors family at the blessing of the F/V Dawn Treader

**Seafaring Stories: Captain Sean Connors F/V Dawn Treader  
Wed. May 7th 10am**

Native, second generation commercial fisherman, Sean Connors, an alum of Chatham High School ('11) UNH ('15) will be discussing his journey with commercial fishing in Chatham and the learning curve of year 1 running a boat, business and crew on his own.

Coffee and refreshments to follow the presentation!

**Registration: Required**

**Golden Oldies: Classic Film Screenings** hosted by Barbara Nickerson

*Pat & Mike* (1952)  
**Tuesday, May 6th, 1PM**

In this charming comedy, Katharine Hepburn plays a gifted athlete whose skills falter around her controlling fiancé. With the help of a savvy promoter (Spencer Tracy) she regains her confidence- and finds unexpected romance.

**Registration: Required**



**The Art of Gift Wrapping**  
**Friday, May 9th, 10-12pm**

Join us for a fun and creative class where you will learn expert tips, tricks, and techniques to elevate your gift wrapping skills! Learn how to fold, tie, and decorate your packages to make them extra special. Whether you're preparing for birthdays, graduations, or any occasion, you'll leave with new ideas to make your gifts stand out. Supplies will be provided.

**Registration: Required**

*The Rope* (1948)  
**Tuesday, May 20th, 1PM**

In Alfred Hitchcock's tense thriller, two men commit a murder and hide the body during a dinner party. As their former teacher (James Stewart) grows suspicious this evening turns into a chilling game of cat and mouse

**Registration: Required**



**Bingo**  
**Friday, May 23rd, 11:30 AM**

Don't miss our fun-filled monthly bingo game! Enjoy great company, friendly competition, and the chance to win great prizes. It's a perfect way to connect and unwind.

**Registration: Required,**  
*Maximum of 25 participants*



Artwork hanging in the CFAL by J. Schmitt



**May Coffee Hours**

**Artist of the Month**  
**Thursday, May 15th 10AM**

Join us May 15th to celebrate and converse with our **Artist of the Month, Judy Schmitt** over coffee and snacks! Her work will be displayed throughout the CFAL during the entire month of May! Stop by any time to enjoy her masterpieces Mon-Fri 8am-4pm. **Registration: Required**

**Community Hero Project**  
**Friday, May 23rd 10AM**

6th grade students from Monomoy Middle School will share a brief presentation and display of their latest project. Come hear their insights and connect over coffee with these thoughtful young community members.

Project Information:  
 After reading *The Finest Hours*, the true story of the Coast Guard's greatest small boat rescue, students explored the question: What does it mean to be a hero? **Registration: Required**

Weekly Game Schedule

**Registration: Drop In, All are welcome! When: 1 -3:30pm Where: CFAL**

**Monday**

- Cribbage
- Mahjong

**Tuesday**

- Rummikub

**Wednesday**

- Cribbage

**Friday**

- Cribbage
- Bridge

# May 2025

Mon	Tue	Wed	Thu	Fri
			1 9 Blood Pressure Clinic 9:30-2:30 Ryder's Cove Respite 10:45 Nordic Walking 11 LGBTQ Older Adult Group 12-4 Community Services Clinician Office Hours 1 Chair Yoga (CC) 1 Busy Fingers Stop & Shop trip Grocery & RX Delivery	2 11-1 Lunch and Learn 1 Cribbage 1 Bridge SHINE by appointment
5 10-12 Reiki Healing Sessions 1:30 Mahjong 1-3:30 Cribbage Masters Grocery & RX Delivery	6 9:30-2:30 Ryder's Cove Respite 10 Friends of the Chatham COA Board Meeting 12 Full Body Fitness (CC) 1 Golden Oldies 1-3:30 Rummikub SHINE by appointment	7 10 Seafaring Stories: Sean Connors 1 Cribbage Masters	8 9 Blood Pressure Clinic 9-11 Independence House Office Hours 9:30-2:30 Ryder's Cove Respite 10:45 Nordic Walking 12-4 Community Services Clinician Office Hours 1 Chair Yoga (CC) 1-3 Busy Fingers Stop & Shop trip Grocery & RX Delivery	9 10-12 Gift Wrapping 101 1-3:30 Cribbage 1-3:30 Bridge SHINE by appointment
12 1-3 Reiki Healing Sessions 1-3:30 Mahjong 1-3:30 Cribbage Masters Grocery & RX Delivery	13 9:30-2:30 Ryder's Cove Respite 10:30 Caregiver Support Group 12 Full Body Fitness (CC) 1-3:30 Rummikub Attorney Kane by appointment SHINE by appointment	14 11 Book Club 12:30 Birthday Luncheon 1-3:30 Cribbage Masters	15 9 Blood Pressure Clinic 10 Coffee Hour: Artist of the Month 9:30-2:30 Ryder's Cove Respite 10:45 Nordic Walking 12-4 Community Services Clinician Office Hours 1 Chair Yoga (CC) 1-3 Busy Fingers 5 LGBTQ Older Adult Dinner Club Stop & Shop trip Grocery & RX Delivery	16 11-2 Chatham Better Together 1-3:30 Cribbage 1-3:30 Bridge SHINE by appointment
19 9:30 COA Board Meeting 11 Chatham Farmers Market Information Session 12-2 Creative Confections 1-3:30 Mahjong 1-3:30 Cribbage Masters Grocery & RX Delivery	20 9:30-2:30 Ryder's Cove Respite 11 Volunteer Orientation 12 Full Body Fitness (CC) 1 Golden Oldies 1-3:30 Rummikub SHINE by appointment	21 12 Healthy Meals in Motion 1-3:30 Cribbage Masters 1:30 Cooking Class	22 9 Blood Pressure Clinic 9:30-2:30 Ryder's Cove Respite 10-12 Reiki Healing Sessions 10:45 Nordic Walking 12-4 Community Services Clinician Office Hours 1 Chair Yoga (CC) 1-3 Busy Fingers Stop & Shop trip Grocery & RX Delivery	23 10:00 Coffee Hour: Community Hero Project 11-12 Bingo 1-3:30 Cribbage 1-3:30 Bridge SHINE by appointment
26  The Center for Active Living is <b>CLOSED</b> today In Honor of Memorial Day	27 9:30-2:30 Ryder's Cove Respite 10:30 Caregiver Support Group 12 Full Body Fitness (CC) 1-3:30 Rummikub SHINE by appointment	28 9-3 Footcare Clinic 11 Tax Work Off Program Orientation 1-3:30 Cribbage Masters 1-3 Reiki Healing Sessions Attorney Lavender by appointment	29 <b>9-2 Public Safety Seminar (CC)</b> 9 Blood Pressure Clinic 9:30-2:30 Ryder's Cove Respite 10:45 Nordic Walking 12-4 Community Services Clinician Office Hours 1 Chair Yoga (CC) 1-3 Busy Fingers Stop & Shop trip Grocery & RX Delivery	30 1-3:30 Cribbage 1-3:30 Bridge SHINE by appointment



## 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](mailto:Kkelly@chatham-ma.gov)

508-945-5190

# Ryder's Cove Respite

Adult Supportive Day Program

Tuesdays & Thursdays

9:30 am- 2:30 pm



Josephine Fennell  
Director of RCR



Putting for Fun

*A little friendly competition and a lot of laughter on the indoor putting green.*



Creative Blooms

*A proud participant showcases an air-dry clay flower masterpiece, bringing art to life at CFAL.*



Green Thumbs in Action

*Participants enjoyed a hands-on gardening activity, nurturing plants and friendships along the way.*

**Supporting Seniors, Empowering Caregivers!**-- We are still welcoming new participants to our Adult Supportive Day Program, designed for seniors living with Dementia and Dementia-related illnesses. This program offers a safe, enriching environment where participants can engage in meaningful activities, socialize, and receive compassionate care- while also providing much-needed respite for caregivers. If you or a loved one could benefit from structured daytime support, we invite you to reach out!

## Contact Information:



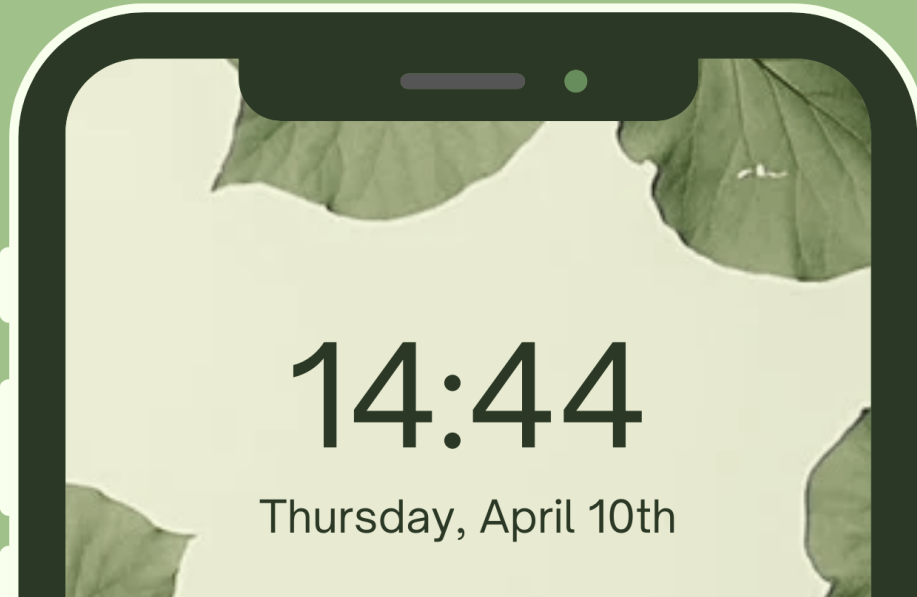
508-945-5190



[www.chatham-ma.gov](http://www.chatham-ma.gov)



[jfennell@chatham-ma.gov](mailto:jfennell@chatham-ma.gov)



COMING SOON

2m ago

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### **Connected & Confident at the CFAL**

Join us for a 9-week Smartphone Basics class at the Chatham Center for Active Living (CFAL), designed to help seniors feel more confident using their personal devices. The class will run every Monday from June 2 through July 28, 11:00–Noon.

We'll cover everything from basic operations and settings to apps, texting, taking photos, and troubleshooting common issues. Please bring your personal smartphone (iPhone or Android) so you can follow along and practice hands-on.

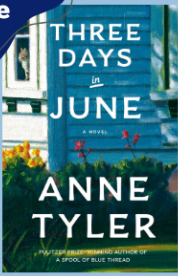
*Space is limited-- registration opens Wed. May 14<sup>th</sup> and is first come first serve! Please call 508-945-5190 to sign up*

# Library Corner

By Liz Walker, *Volunteer Librarian*

The 1914 presidential proclamation to honor this nation's mothers on second Sunday in May predated the lives of Louisa May Alcott and her supportive mother, Abigail. Louisa certainly honored her mother whom she modeled "Marmee" in *Little Women*. Take time this month to celebrate yourself, and all you do for others, by devoting an afternoon to reading or listening to a book that has been awaiting your attention. The following selections are in our shelves:

June  
Book Club  
Choice



*Three Days in June*- A Novel by Anne Tyler (2025)

In the Pulitzer Prize winning author's latest novel, a socially awkward mother of the bride faces challenges in her personal, professional and family lives against the backdrop of an impending wedding. Gail had just lost her job, when her ex-husband arrives on her doorstep without warning, a place to stay or a suit for the Big Day. Then there's the cat.



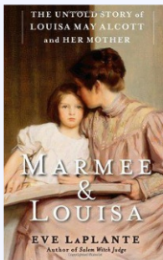
*The Magnolia Palace: A Novel* by Fiona Davis (2022-Large Print)

This tantalizing novel about wealth, betrayal and murder is set in a New York City Gilded Age mansion-turned-museum. A missing diamond, long-held secrets and the lives of two young women separated by half a century create "a beguiling story that unfolds like a clever game of Clue."



*Auntie Poldi and the Vineyards of Etna*- A Novel by Mario Giordano (2019)


When Auntie Poldi finds a body in a vineyard, she sets out to solve yet another murder. Reviewed as "a thrilling follow-up to the authors debut mystery, Auntie Poldi and the Sicilian Lions", this series is hailed as "a celebration of the Sicilian experience in its warmth and drama."



*Marmee & Louisa: The Untold Story of Louisa May Alcott and Her Mother* by Eve LaPlante (2012)

The author, who is Abigail's great niece and Louisa's cousin, explores the mother and daughter's shared story from diaries, letters and personal paper, including some discovered in a family attic. Abigail is revealed as a politically active feminist firebrand, who was an opinionated, passionate and ambitious woman who fought for universal rights, and publicly advocated for abolition and women's suffrage.

**DON'T FORGET**

The CFAL Book Club is taking a summer break for July and August, but the CFAL Library is still open—so swing by, grab a great read, and let your next adventure begin! 

Monday- Friday, 8 am- 4pm

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*  
Larry Marsland, *Associate Director*



# FRIENDS OF THE CHATHAM COA

## 2025 Annual Meeting

The Annual meeting of the Friends of the Chatham COA will be held on May 6th at 11:00am at the CFAL. **Anyone interested in how the Friends support the Chatham COA are welcome to attend!**

PROGRAMS ON THIS PAGE ARE MADE POSSIBLE BY BY THE FRIENDS OF CHATHAM COA

### CFAL Renovation Project, Friday, May 2nd, 11- 1 PM



Join Terry Whalen, Special Projects Manager, along with Leah LaCross for a look into **Article 17 of the Warrant at Town Meeting: Expansion and Renovation of the Existing Center for Active Living at 193 Stony Hill Road.** Learn all about the project and have all your questions answered. Followed by a lunch from Cape Cod Coffee @ Chatham Perk.  
**Registration: Required, Maximum of 25 participants**

### Birthday Luncheon, May 14th, 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, RSVP by Monday, May 12th**

### Creative Confections May 19th, 12-2PM



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**

### Cooking Class , May 21st, 1:30 PM



Join us for our monthly cooking class, where a talented chef from The Optimal Kitchen guides you through creating healthy and delicious plant-based dishes. Whether you're a seasoned cook or just starting out, this class offers a fun and interactive way to explore new flavors and techniques while focusing on optimal nutrition.

**Registration: Required**

## 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*  
**Eileen Aldrich**, *Adult Supportive Day Program Assistant*  
**Danielle James**, *Adult Supportive Day Program Assistant*  
**Anna Milan**, *Programs & Communication Coordinator*  
**Madeline Ittner**, *Department Assistant*

### Van Drivers

Dick Hosmer  
Mark Massoni  
Paul Robinson  
Dexter Smith



*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.*

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## 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.

### Board Members:

Pat Burke, *Chairperson*      Laura Everett, *Vice-Chair*  
Nancy Fields, *Clerk*      Joan Bagnell, *Member*  
Betty Magnusson, *Member*      Stan Mansfield, *Member*  
Ann Ryan, *Member*

### Upcoming Meetings:

Town Meeting, Saturday, May 10th 11 AM  
Monday, May 19th 9:30 AM



**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!