

Hours of Operation:

**OPEN MONDAY- FRIDAY
8AM - 4PM**

Contact Us:

508-945-5190

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Chatham COA

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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Hello October!

Director's Desk

The air is getting cooler, the leaves are putting on a show, and fall is officially here! October is a wonderful time to slow down a little, enjoy the beauty around us, and spend time with friends—old and new.

While we had hoped to be settling into our temporary space at the Community Center this month, the move has been delayed—something that can happen with construction projects. But not to worry! We've got a full calendar of seasonal fun, helpful resources, and opportunities to connect, all happening right here at your Center for Active Living (CFAL) on Stony Hill Road. So, grab your favorite sweater, maybe a warm drink, and let's make the most of this cozy, colorful season together!

- **Wellness Warriors** is back on Wednesdays, 10-11:30 a.m. from Oct. 22nd thru Nov. 12th. This 4-week series is dedicated to building community connectedness and supporting holistic wellbeing. Each week offers a unique opportunity to explore new practices, share experiences, and strengthen the bonds that keep us grounded and thriving.
- Join Kerri Kelly, our Outreach Coordinator, for a **Lunch & Learn**, Monday, Oct. 20th 12:00 p.m. Kerri will be sharing important guidance on the MA Fuel Assistance application process, Medicare Open Enrollment updates, and highlighting community resources.
- Don't miss this unique opportunity to join us for a **"My Chart Info Session"**, on Friday, October 24th 1-2:30 p.m. MyChart is a secure, easy way to manage your health—view test results, schedule appointments, and message your care team. This hands-on session will walk you through key features so you can use MyChart confidently. Please bring your phone, tablet, or other device to follow along!
- Finally, join us for **"Frightfully Fun Facts: Halloween Trivia"**, Fri. October 31st 12-1:30 p.m. Test your knowledge of classic monsters, spooky traditions, and autumn favorites while enjoying festive treats. Play in teams, win small prizes, and share some laughs!

Kind regards,
Leah



Outreach Services

All Electric Utility Customers with Heat Pumps: Save on Your Winter Bills!

Thanks to a new decision by Massachusetts' Department of Public Utilities, residential customers who heat their homes with heat pumps can get discounted electric utility rates this winter — easing the burden of high heating bills.

Who's eligible?

- Customers of Eversource, National Grid, or Unitil with a heat pump installed in their home.
- If you got a Mass Save rebate for a heat pump installed after January 1, 2022 via Eversource, you may be automatically enrolled in the new winter rate. Otherwise, some additional information or verification will be needed.
- Low-income households participating in the utilities' discount programs are also eligible.

What you need to do:

- Let your electric utility know you want to enroll in the heat pump seasonal rate before the winter heating period starts (**November 1, 2025**).
- If you're unsure whether you're already enrolled, call your utility and ask.

What's the benefit?

- Customers enrolling in this rate could save an average of \$540 off their heating bills this winter.
- Reduced charges will apply in winter (Nov. 1 - Apr. 30). For example: lower distribution and transmission rates under Eversource; lower distribution rates under National Grid and Unitil.

Need help?

Contact Kerri Kelly, Outreach Coordinator, for assistance with understanding eligibility, enrollment, or whether your heat pump installation qualifies.



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

IMPORTANT

The 2025 Open Enrollment periods is October 15th - December 5th

State certified SHINE counselors are available by appointment 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.

Appointments available during Open Enrollment Monday-Friday, 9-3 p.m. at the CFAL, 193 Stony Hill Rd

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



TRANSPORTATION

GUIDELINES & INFORMATION

Rides available Monday- Friday 9:00-2:00 pm

- First come, first serve 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



TO SCHEDULE A RIDE PLEASE CALL OR EMAIL:

Alexis Weglarz
508-945-5190
aweglarz@chatham-ma.gov

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



Bingo

Wednesday, October 1st
11:00-12:00 p.m.

Don't miss our fun-filled monthly bingo game! It's a perfect way to connect, unwind, and work your brain muscles.

Location: CFAL

Registration: Required

Registration Information: General Programs

- I. 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.*
- II. Programs may be registered for via phone, or in-person at the Center for Active Living (193 Stony Hill Rd)
- III. Programs are subject to cancellation if there are less than four (4) registrants.
- IV. Chatham residents receive priority registration, non-residents may sign up if space allows.
- V. If you are no longer able to attend a program you signed up for please call to let us know. Many programs have waitlists!



Outreach

Lunch & Learn

Monday, October 20th
12:00 - 2:00 P.M.

Join Kerri Kelly who will be sharing important guidance on the MA Fuel Assistance application process, Medicare Open Enrollment updates, and highlight community resources.

Location: CFAL

Registration: Required



My Chart Info Session

Friday, October 24th
1:00-2:30 P.M.

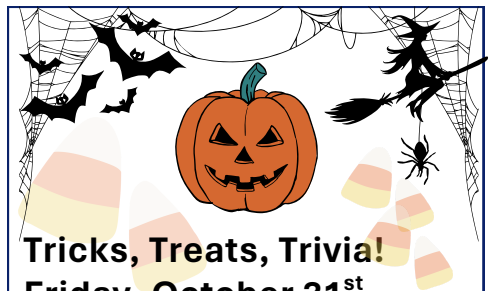
MyChart is a secure, easy way to manage your health —view test results, schedule appointments, and message your care team. This hands-on session will walk you through key features so you can use MyChart confidently. Please bring your phone, tablet, or other device to follow along!

Location: CFAL

Registration: Required,
Maximum 12 participants



VISITING NURSE ASSOCIATION
 OF CAPE COD
 Member Cape Cod Healthcare



Tricks, Treats, Trivia!


Friday, October 31st
12:00-1:30 P.M.

Join us for a frightfully fun afternoon of Halloween themed trivia! Test your knowledge of classic monsters, spooky traditions, and autumn favorites while enjoying festive treats. Play in teams, win prizes, and share some laughs!

Location: CFAL

Registration: Required

Registration Information: Exercise Programs

- I. Exercise programs require a monthly registration unless otherwise marked. If you are unable to attend a session, please advise the CFAL as many of our programs have waitlists.
- II. Chatham residents receive priority registration, non-residents may sign up if space allows.
- III. Programs marked with a  are made possible due to generous support of the Friends organization. A suggested donation of \$5 is appreciated, but not required.
 - *Cash or Check (made out to the Friends of Chatham COA) will be accepted at the CFAL.*
- IV. Programs are held at the Chatham Community Center. Please sign in at the front desk upon arrival.

Full Body Fitness, Tuesdays, 12:00-12:45 P.M.

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.

Location: Aerobics Room, CC

Registration: *Required with a signed liability form, Please call 508-945-5190 to sign up.*



Indoor Walking, Tuesdays & Thursdays, 12:00-1:30 P.M

Walk at your own pace in a welcoming, weather-proof space, to the tunes of the 50s, 60s, and 70s. Stay active and connect with others in the community!

Location: Gymnasium, CC

Registration: Drop In

Strong at Heart, Thursdays, 10:45- 11:30 A.M.

This exercise program is aimed for seniors who want to build on their strength and endurance. A mix of interval training and circuit training that will keep your heart rate up and muscles engaged!

Location: Aerobics Room, CC

Registration: *Required with a signed liability waiver from your Doctor.*

Please call 508-957-7423 to sign up!



VISITING NURSE ASSOCIATION
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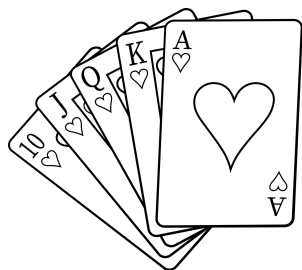
Chair Yoga, Thursdays, 1:00- 2:00 P.M.

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: Aerobics Room, CC

Registration: *Required with a signed liability waiver. Please call 508-945-5190 to sign up.*





Weekly Games

1:00-3:30 p.m.

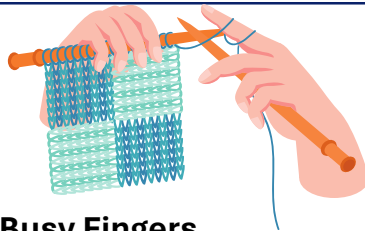
Location: Library

Monday: Cribbage

Tuesday: Rumikub

Wednesday: Cribbage

Friday: Bridge, Cribbage



Busy Fingers

Thursdays, 1:00- 3:00 p.m.

Join us for a relaxed gathering where people come together weekly to work on various fiber arts projects. 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!

Location: CFAL

Registration: Drop In



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

Caregiver Support Group

October 7th 10:30 a.m.

October 21st 10:30 a.m.

This guided group offers support for caregivers of people with AD/dementia, and for those in the early stages of decline. Advance registration is NOT required, but new participants are encouraged to reach out for information by calling 508-896-5170

Location: CFAL

Registration: Drop In

ADs



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.

Location: CFAL

Registration: Required

Fridays, 1:00-3:00 P.M.

Mondays, 11:00-1:00 P.M.



Sound Meditation

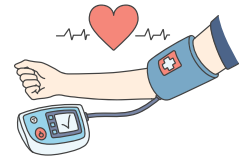
with Ashley Woodworth

Experience deep relaxation and mental clarity with a practice that uses calming sounds and vibrations to promote deep relaxation and mental clarity. Bring a mat, or enjoy a seat!

Location: CFAL

Registration: Required

Wednesdays, 11:00-Noon



Blood Pressure Clinic

with Jill, RN from the VNA

Stop by to check your numbers, ask questions, and receive helpful tips for maintaining heart health. Open to all community members!

Location: SHINE Office, CFAL

Registration: Drop in

Thursdays, 9:00-10:00 A.M.



VISITING NURSE ASSOCIATION
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An Artful Living Series

Wellness Warriors Returns!



We're excited to announce the return of the Wellness Warriors program—a 4-week series dedicated to building community connectedness and supporting holistic wellbeing. Each week offers a unique opportunity to explore new practices, share experiences, and strengthen the bonds that keep up grounded and thriving.

Program Schedule:

Wednesdays, October 22nd - November 12th, 10:00-11:30 a.m.

- **Location:** Large Meeting Room, Chatham Community Center, 702 Main Street

Session Themes:

- **Week 1: Interactive Mindfulness Session-** Tap into your creativity through a hands on clay session that encourages self-expression and connection.
- **Week 2: Homeopathic Health at Home-** Casey Hammond, RN shares insights on homeopathic remedies to support wellness during flu season.
- **Week 3: Digital Wellness Tools-** Learn how to use technology to access supportive health and wellness resources
- **Week 4: Community Practitioner Showcase-** Experience mini-sessions with local practitioners in Reiki, Sound healing, and more!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>KEY: CC- Community Center</p>		<p>1 11 Bingo 11 Sound Meditation 1 Cribbage</p>	<p>2 9 Blood Pressure Clinic 9:30 Ryders Cove Respite 10:45 Strong at Heart (CC) 1 Chair Yoga (CC) 12 Indoor Walking (CC) 1 Busy Fingers Stop & Shop trip Grocery & RX Delivery</p>	<p>3 1 Bridge 1 Cribbage SHINE by appointment</p>
<p>6 1 Cribbage Grocery & RX Delivery SHINE</p>	<p>7 9:30 Ryders Cove Respite 12 Full Body Fitness 12 Indoor Walking 1 Rumikub SHINE</p>	<p>8 11 Book Club 1 Cribbage</p>	<p>9 9 Blood Pressure Clinic 10:45 Strong at Heart(CC) 1 Chair Yoga (CC) 12 Indoor Walking(CC) Stop & Shop trip Grocery & RX Delivery</p>	<p>10 1-3 Reiki 1 Bridge 1 Cribbage</p>
<p>13 In Honor of Indigenous People's Day we are CLOSED</p>	<p>14 9:30 Ryders Cove Respite 12 Full Body Fitness 12 Indoor Walking 1 Rumikub SHINE</p>	<p>15 11 Sound Mediation 12 Healthy Meals in Motion 1 Cribbage SHINE</p>	<p>16 9 Blood Pressure Clinic 9:30 Ryders Cove Respite 10:45 Strong at Heart 1 Chair Yoga 12 Indoor Walking 12:30 Birthday Party (VFW) 1 Busy Fingers Stop & Shop trip Grocery & RX Delivery SHINE</p>	<p>17 10 Chatham Better Together 1-3 Reiki 1 Bridge 1 Cribbage SHINE</p>
<p>20 11-1 Reiki 12 Outreach Lunch and Learn 1 Cribbage Grocery & RX Delivery SHINE</p>	<p>21 9:30 Ryders Cove Respite 10:30 Caregiver Support 12 Full Body Fitness 12 Indoor Walking 1 Rumikub SHINE</p>	<p>22 10 Wellness Warriors 1 Cribbage SHINE</p>	<p>23 9 Blood Pressure Clinic 9:30 Ryders Cove Respite 10:45 Strong at Heart(CC) 1 Chair Yoga (CC) 12 Indoor Walking(CC) 1 Busy Fingers Stop & Shop trip Grocery & RX Delivery SHINE</p>	<p>24 1-2:30 MyChart Info Session 1 Bridge 1 Cribbage SHINE</p>
<p>27 11-1 Reiki 1 Cribbage Grocery & RX Delivery SHINE</p>	<p>28 9:30 Ryders Cove Respite 12 Full Body Fitness 12 Indoor Walking 1 Rumikub SHINE</p>	<p>29 10 Wellness Warriors 11 Sound Mediation 1 Cribbage SHINE</p>	<p>30 9 Blood Pressure Clinic 9:30 Ryders Cove Respite 10:45 Strong at Heart(CC) 12 Indoor Walking(CC) 1 Chair Yoga (CC) 1 Busy Fingers Stop & Shop trip Grocery & RX Delivery SHINE</p>	<p>31 12-1:30 Tricks, Treats & Trivia 1 Bridge 1 Cribbage SHINE</p>



OCTOBER




ADs



Join the Friends of the Chatham Council on Aging for a fun-filled fundraiser featuring a special showing of 80 for Brady! For just \$25, your ticket includes the movie, a delicious slice of pizza, and a raffle ticket for a chance to win great prizes. All proceeds support programs and services for older adults in our community. Don't miss this feel-good night out for a great cause!

 17 November 13th

 \$25 per person – includes movie, pizza, and raffle entry

 Chatham Orpheum

ADs

Ryder's Cove Respite *Adult Supportive Day Program*

Tuesdays & Thursdays

9:30 a.m.- 2:30 p.m.



Josephine Fennell
Director of RCR

Clinical Tip of the Month:

Prioritize Emotional Connection Over Memory Recall

Individuals with dementia may lose the ability to recall recent events, but their emotional perception often remains intact. While factual memory fades, feelings associated with interactions can linger. As a caregiver, focusing on calm, reassuring, and positive communication can help reduce anxiety and improve quality of life- for both your loved one and yourself. Simple, consistent routines and nonverbal cues (like touch or tone) can foster a sense of safety and connection.

Practical Ways to Put This into Action

1. Focus on feelings, not facts

- a. If a loved one shares a memory that isn't quite accurate, respond to the emotion behind it rather than correcting the details

2. Use affirming body language

- a. A smile, gentle touch, or steady eye contact can calm and reassure more than words.

3. Create shared moments

- a. Listen to music together, look at photos, or share a simple activity- these experiences build connection without requiring memory recall

4. Validate their reality

- a. Join the conversation where they are instead of challenging what they remember. This will reduce stress and build trust

5. Leave space for joy, and be present

- a. Laugh, sing, or reminisce without worrying about the details. The positive emotions linger even if the facts fade. Your calm presence is often more important than what is said.
-

CHATHAM HEALTH DEPARTMENT VACCINE CLINIC

The VNA of Cape Cod, in collaboration with the Chatham Health Department, will be offering drive- thru vaccine clinics to Chatham residents in October. COVID vaccines available for 12 yrs and older, Flu vaccines available for 6 months and older



Dept. of Public Works
221 Crowell Road



Oct. 15th 10:00 AM-Noon
Oct. 23rd 3:00-5:00 PM

To register for **October 15th** please scan the **below** QR code:



To register for **October 23rd** please scan the below QR code:



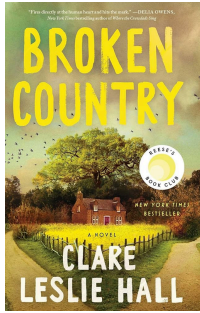
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Questions? Reach out to
Chatham Health Department
at **508-945- 5165**

Library Corner

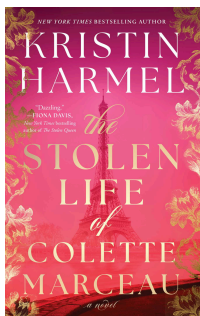
By Liz Walker, *Volunteer Librarian*

Looking for mysteries that keep readers guessing into the night? Here are some titles to consider:



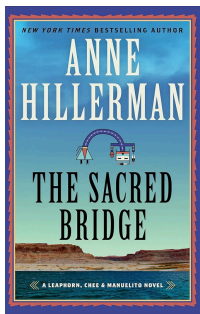
Broken Country by Clare Leslie Hall (2025)

The novel opens with chilling words, “The farmer is dead. He is dead, and all anyone wants to know is who killed him.” What follows has been reviewed as “an unforgettable story of love, loss and the choices that shape lives.” It is a well-crafted mystery that will keep readers guessing until the end.



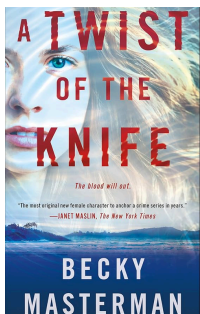
The Stolen Life of Colette Marceau by Kristen Harmel (2025)

The novel tells that story of Colette Marceau, a jewel thief who has followed a “code of honor” instilled by her mother to “take only from the cruel and unkind, a give to those in need.” When Colette’s mother is arrested in Paris for stealing a priceless pair of diamond bracelets from a high-ranking German officer, Colette’s little sister disappears, along with one of the bracelets. Decades later Colette spots the missing bracelet in a Boston museum.



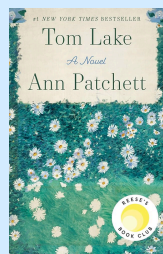
The Sacred Bridge- Leaphorn, Chee and Manuelito Series #7 by Anne Hillerman (2023)

Navajo Police Sgt. Jim Chee’s vacation to Lake Powell is actually a quest to unravel a sacred mystery his mentor, Lt. Joe Leaphorn, stumbled across decades earlier. A reviewer praised how “the author seamlessly blends tribal lore and custom into a well directed plot, continuing in the spirit of her late father, Tony Hillerman, by keeping his characters (like Chee) in the mix, but still establishing Bernadette Manuelito as a main player in this fine legacy series.” (on our shelves in LARGE PRINT)



A Twist of the Knife by Becky Masterman (2017)

Ex-FBI agent Brigid Quinn is now happily settled in Tucson. The 60-year-old law enforcement veteran, now a private investigator, doesn’t really care that much about the rules anymore. In this third thriller in the series, Quinn returns to Florida to help her former partner who has become entangles in a desperate, last minute investigation of a man on death row. (on our shelves)



Tom Lake- A Novel by Ann Patchett (2023)

A quiet novel about fame, marriage and finding family.

November 12th 11:00-12:00

Robin Zibrat, *President*
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CONTACT US



www.friendsofchathamcoa.com



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DONATION REPORT

Thank you to our generous donors, including those who chose to give anonymously, for your invaluable support!

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Donna Maiocca
Pauline DiRocco *In Memory of Joseph DiRocco*
Kathryn & Stephen Curran
Elisabeth Lorin
James Young

Chatham Center for Active Living

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



Postage for the Flash is
generously provided by the
Friends of Chatham COA.

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*

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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.

Upcoming Meetings

Monday, October 20th 9:30 a.m.
Monday, November 17th 9:30 a.m.

Board Members

Pat Burke, *Chair*
Nancy Fields, *Vice-Chair*
Laura Everett, *Clerk*
Joan Bagnell, *Member*
Stan Mansfield, *Member*
Ann Ryan, *Member*
Cyndi Kreischer, *Member*



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!