



# THE FLASH

*A monthly newsletter published by the*

CHATHAM SENIOR CENTER [www.chathamcoa.com](http://www.chathamcoa.com)

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

**FEBRUARY 2022**

**Vol. 53 No. 2**

## CHATHAM COA PRESENTS:

Free Treats for  
Humans!



Free Treats for  
Dogs!

February 23rd

12pm - 1pm

Reservations required.

Call the COA at 508-945-5190

## CELEBRATE YOUR PAWFECT VALENTINE

On the Menu:  
3 Bean Chili Cornbread Casserole  
Winter Chopped Salad  
Cherry Dark Chocolate Blondie

A FREE Valentines DRIVE-THRU LUNCH  
In honor of your four legged  
Fur Babies, and National Dog Biscuit Day!

## COA PRESENTATION ~ SPECIAL GUEST SPEAKER ~ HENRY QUINLAN:



**A LOOK AT VLADIMIR PUTIN: "CORRUPT,  
COMPETENT AND ENVIRONMENTALIST ~  
COULD THERE BE A COMING COLD WAR?"**

**FEBRUARY 25TH, AT 9:30AM  
ONLINE VIA ZOOM**

MR. QUINLAN HAS BEEN INVOLVED WITH THE FORMER SOVIET UNION AND RUSSIA SINCE 1986 AND HAS MADE MORE THAN 60 TRIPS THERE. HE LIVED IN MOSCOW FROM 1990 TO 1995 AND WITNESSED THE COLLAPSE OF THE SOVIET UNION. HENRY QUINLAN LOOKS AT THE CAREER OF VLADIMIR PUTIN, THE CURRENT PRESIDENT OF RUSSIA. HE EXAMINES PUTIN'S POLICIES AND ACTIONS, AND ASKS "COULD THERE BE ANOTHER COLD WAR?"

PLEASE CALL THE COA AT 508-945-5190 FOR RESERVATIONS.  
ZOOM ASSISTANCE IS AVAILABLE.

# NEED ASSISTANCE WITH YOUR TAXES? AARP'S CERTIFIED TAX AIDES WILL BE HERE!



**Income tax filing season is here again and AARP TAX AIDE will be offering federal and state income tax preparation and filing services FREE.**

You do NOT have to be an AARP member. However, Tax Aide services are focused on low and moderate income taxpayers. All Tax Aide Counselors are vaccinated against Covid 19 for every one's safety. Meeting Safety Protocols will be in effect based on Covid 19 Health and Safety Advice and the Chatham Board of Health. Tax Aide is the largest free, volunteer-based tax assistance

and preparation program in the United States. It began in 1968 and is offered in conjunction with the IRS. Tax Aide Counselors are trained and pass several IRS certification exams every year. Tax Preparation Service is by appointment only through the Chatham COA Office. Services are held at the community center and begin in February 2022, Tuesdays and Wednesdays, start date to be determined.

**Please contact the Chatham COA at 508-945-5190 to schedule your appointment and to make arrangements to pick up your pre-appointment packet.**



## **FOOT CARE CLINIC**

**4TH WED OF EACH MONTH**

**FEBRUARY 23, 2022  
9:00AM-3:00PM**

**APPOINTMENTS 30 MIN, \$45  
TO REGISTER: 508-945-5190**

*Autumn Knight is a certified foot care nurse and will be providing routine foot and nail care at the COA.  
Healthy Feet are Happy Feet!*

**IF YOU WERE BORN IN THE MONTH  
OF FEBRUARY, AND RESIDE IN  
CHATHAM, WE INVITE YOU TO A  
BIRTHDAY CELEBRATION!**

**February  
Birthdays  
Celebration!**

**Reservations Required. For more information  
and to REGISTER, CALL: 508-945-5190  
\*Please advise if you have a food allergy**



**THURSDAY, February 17  
1:00-2:00PM**

**chatham COA senior center  
193 stony hill rd. chatham**

**Don't Forget Your Mask**

*Remember to check the expiration date on your driver's license.*

**...A Message from the COA Staff**

Dear Residents: To help staff serve you better, please call the COA at 508-945-5190 before walking in for assistance. Scheduling an appointment will allow staff to give you their undivided attention and highest level of service.



**February Fitness!**



With Instructor:  
**Christina Arabadzhieva**

Join Our FREE Online  
**ZUMBA CLASS**

Generously sponsored by  
Friends of the CCOA.



Mon-Wed-Fri,  
10:30-11:30am  
To Sign-up  
Call the COA at  
: 508-945-5190

\*Release forms required.

**Chatham COA Busy Fingers Group**

MEET, MINGLE, AND TRADE YARNS WITH  
LOCAL KNITTERS AND CROCHETERS!  
JOIN THE "BUSY FINGERS" GATHERING AND HAVE FUN  
COMPARING PATTERNS, SHARING TECHNIQUES,  
AND SWAPPING STORIES WITH FRIENDS.

**Weekly: Thursdays 1:00-3:00pm**  
For more information or to register Call Chatham COA: 508-945-5190

*Program is on hold until health data improves*

**FUEL ASSISTANCE**

*Yes, it is that time of year again*



**Recertification:**

If you have previously applied, and been awarded Fuel Assistance, please be watching for the lilac-colored Recertification Form in the mail. For assistance filling out this form, please contact Eva Orman at the Chatham COA at 508-945-5190 for an appointment.

**New Applicants:**

If you are a new applicant, SSCAC has created an online application process. Please visit: <https://toapply.org/SSCAC>. You may submit a pre-application online through SSCAC's Fuel Assistance client portal. This process is for first time applicants only. You will receive a follow up call from a staff member to review information submitted. Please first review what documents you will need to submit *before* beginning under the "How to Apply" tab.



## COA LIBRARY CORNER

*Liz Walker,  
Volunteer Librarian*



New books for the New Year! Generous donations of recently published books are helping to fill the newly reorganized bookcases in the self-service Council on Aging second-floor library (easily accessible by elevator). You can browse the shelves and check out books Mon.- Fri., 10 a.m. to 4 p.m. (masks required in the building). Consider some the new donated titles:

**Travels with George: In Search of Washington and His Legacy by Nathaniel Philbrick (2021)**

In this lighthearted travelogue, Philbrick offers a timely exploration of Washington's historical legacy by retracing his presidential tours across the brand-new country.

**A Light in the Window by Marion Kummerow (2021)**

Berlin, 1941: Margarete is working as a housemaid for a senior Nazi officer when his house is bombed, leaving her the only survivor. When she is mistaken for his daughter in the aftermath of the blast, Margarete knows she can make a bid for freedom. (Book 1 of 3)

**The Last Thing He Told Me by Laura Dave (2021)**

This fast-moving novel is "a smart, intimate exploration of love and family that is the foundation of a beautifully constructed mystery filled with twists and turns."

**Fenway 1946: Red Sox, Peace and a Year of Hope by Michael Connelly (2020)**

Boston writer Michael Connelly captures the magic of American's return to normalcy after World War II in this portrait of a city and the team it loves, including another heartbreaking season.

Reading ahead...COA Book Club discussions are held on the second Wednesday of each month from 11 a.m. to noon (currently meeting via Zoom):

**Wed. March 9:**

**The Splendid and the Vile: A Saga of Churchill, Family and Defiance During the Blitz by Eric Larson (2020)**

Drawing on diaries, original archival documents, and once-secret intelligence reports, Larson provides a new lens on London's darkest year through the real-life experience of Churchill and his family.

**Wed. April 13:**

**An American Marriage by Tayari Jones (2018)**

This unforgettable love story is filled with breathtaking twists and turns, fueled by racial injustice and contradictory desires of the heart. The characters pull our sympathies in different directions.

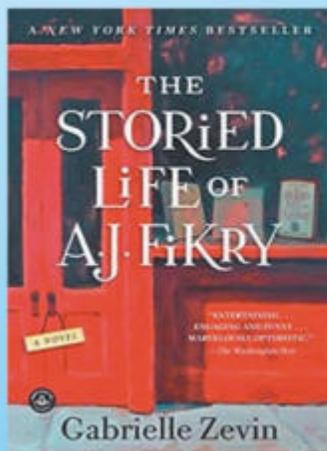
## **JOIN CHATHAM COA MONTHLY BOOK CLUB**

**Wednesday, Feb. 9th at 11:00**

**ONLINE VIA ZOOM**

*THE STORIED LIFE OF A.J. FIKRY*  
BY GABRIELLE ZEVIN (2014)

**A novel full of humor, romance, crankiness and love - both of books and people - while celebrating "the imperfect glory of being human."**



**CALL THE COA AT 508-945-5190 FOR MORE INFORMATION AND TO REGISTER.**

## Osteoporosis Prevention Exercise Class!

Tuesday and Thursday 8:30 AM

FIRST UNITED METHODIST CHURCH  
569 Main Street, Chatham

- Classes are structured to help people diagnosed with Osteoporosis or who are at risk for Osteoporosis to maintain strength, flexibility and function.
- Classes are free, open to the public.
- Led by trained AmeriCorps Seniors RSVP volunteers.
- NOTE: A medical release form is required to start the class.

**For More Information and the Medical Release Form:  
Contact Pat Switchenko at [Patricia.Switchenko@escci.org](mailto:Patricia.Switchenko@escci.org)  
Or call 508-394-4630 X523**



## COASTAL CONNECTIONS



### IN THE KITCHEN WITH KELLI

Tuesday, February 8, 11am (via Facebook Live)

Learn how to make a Valentine's Day surprise during this Facebook live episode of Aging Well Today Cape Cod, at the Dennis Center for Active Living. **For more information call us at (508) 385-5067.**

### USSR – RUSSIA: MYTHS, MYSTERIES AND SPYING

Thursday, February 10, 11am (via Zoom)

Presentation with Henry Quinlan

A one-hour presentation with Henry Quinlan based on his 30 years' involvement with the former Soviet Union and Russia including living in Moscow for five years during the demise of the USSR and the rise of the new Russia. The presentation will entertain and educate the audience. Accompanying power-point with 109 panels. **To register, call the Bourne COA at 508-759-0600 ext. 5300.**

### A LOOK AT VLADIMIR PUTIN: "CORRUPT, COMPETENT AND ENVIRONMENTALIST ~ "COULD THERE BE A COMING COLD WAR?"

Friday, February 25, 9:30am (via Zoom)

Presentation with Henry Quinlan

Henry Quinlan looks at the career of Vladimir Putin. He examines Putin's policies and actions, and asks "Could there be another cold war?" Registration is required. **For more information, and to register, call the Chatham COA at 508-945-5190.**

### SAVVY CAREGIVER

Mondays, February 28 – April 4 from 10-11:30am (via Zoom)

The Savvy Caregiver Program is a FREE six-session training for family and friends who are active caregivers, and caring for those living with Alzheimer's disease or related dementias. *In person and Virtual Link to meeting will be sent upon registration.* **For more information or to register, call: 508-862-4765 or email [stacey.cullen@town.barnstable.ma.us](mailto:stacey.cullen@town.barnstable.ma.us)**

**Thank You for Your Donation to**  
**The Friends of Chatham Council on Aging**

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Francesca Gallagher	Ellen Morin	Rick and Susan Walters
In honor of Loved Ones!	Jacqueline Nally	Barbara Wells
Friends at Eldredge & Lumpkin	Virginia Nickerson	Noel White
Leslie Gillis	In memory of Jane Nickerson West	Thomas and Jane Wilson
In memory of Jack Gillis	Curtis and Sheila Nowak	Mark and Robin Zibrat
Sal Gionfriddo	David and Gail Oppenheim	
William and Barbara Goldrick	David Oppenheim, Chatham Yacht Basin	
Fred and Cora Greco	Cindy and Florence Parker	
Duncan Greenhalgh PHD	Judith Perron	
David Halvorsen	Susan Plumb	
Hal and Judy Hanlon	P. Puskas	
In memory of Mary E. Hanlon	John and Nancy Rafferty	

## How Much Exercise is Enough?

Staying physically active is an important aspect of our health, but how much exercise is actually needed to achieve health benefits? Extensive research has been done and while any exercise is better than no exercise, there are recommended physical activity guidelines for older adults. The US Department of Health and Human Services as well as the American College of Sports Medicine have published guidelines based on available research. Both agencies recommend that older adults should aim for at least 150 minutes of moderate-intensity physical activity or 75 minutes of vigorous-intensity physical activity per week. This recommendation is cumulative- even 10 minute bouts of physical activity elicits health benefits. While both moderate and vigorous intensity exercise will increase your heart rate and have you breathing heavier, you should still be able to speak a sentence. Types of exercises should include a combination of aerobic, strength, flexibility, and balance. Consistency is key so find physical activity you enjoy!



VISITING NURSE ASSOCIATION  
OF CAPE COD

Regards,  
Nikki Courtney  
Exercise Physiologist and Activities Specialist  
*Public Health & Wellness VNA - Clinics*

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# FEBRUARY 2022

Mon	Tue	Wed	Thu	Fri
	<b>1.</b> <b>SHINE</b> <b>10:00</b> Friends of the COA Board Meeting <b>10:30</b> Artful Aging	<b>2.</b> <b>10:30</b> Zumba Gold	<b>3.</b> <b>1:00</b> Busy Fingers  <b>Grocery &amp; Rx Delivery Day</b>	<b>4.</b> <b>SHINE</b> <b>10:30</b> Zumba Gold
<b>7.</b> <b>10:30</b> Zumba Gold  <b>Grocery &amp; Rx Delivery Day</b>	<b>8.</b> <b>SHINE</b> <b>10:30</b> Artful Aging <b>11:00</b> In The Kitchen with Kelli	<b>9.</b> <b>10:30</b> Zumba Gold <b>11:00</b> Book Club: <i>The Life of A.J. Fikry</i> by Gabrielle Zevin	<b>10.</b> <b>11:00</b> USSR-Russia, Myths, Mysteries & Spying <b>1:00</b> Busy Fingers  <b>Grocery &amp; Rx Delivery Day</b>	<b>11.</b> <b>SHINE</b> <b>10:30</b> Zumba Gold
<b>14.</b> <b>9:30</b> COA Board Meeting <b>10:30</b> Zumba Gold <b>3:00</b> Human Services Meeting <b>Grocery &amp; Rx Delivery Day</b>	<b>15.</b> <b>SHINE</b> <b>AARP Tax Prep</b> (by appt. with the COA) <b>10:30</b> Artful Aging	<b>16.</b> <b>AARP Tax Prep</b> (by appt. with the COA) <b>10:30</b> Zumba Gold <b>12:00</b> Healthy Meals in Motion	<b>17.</b> <b>1:00</b> Busy Fingers <b>1:00</b> Birthday Party Celebration for February Birthdays  <b>Grocery &amp; Rx Delivery Day</b>	<b>18.</b> <b>SHINE</b> <b>10:30</b> Zumba Gold
<b>21.</b>  COA Closed  	<b>22.</b> <b>SHINE</b> <b>AARP Tax Prep</b> (by appt. with the COA)	<b>23.</b> <b>AARP Tax Prep</b> (by appt. with the COA) <b>9-3</b> Foot Care Clinic <b>10-11:30</b> Atty Lavender <b>10:30</b> Zumba Gold <b>12-1pm</b> Drive-Thru  Lunch: "Celebrate your Pawfect Valentine on National Dog Biscuit Day"	<b>24.</b> <b>1:00</b> Busy Fingers  <b>Grocery &amp; Rx Delivery Day</b>	<b>25.</b> <b>SHINE</b> <b>9:30</b> Special Guest Presentation- Henry Quinlan- "A Look at Vladimir Putin" <b>10:30</b> Zumba Gold
<b>28.</b> <b>10:00-11:30</b> Savvy Caregiver (via Zoom) <b>10:30</b> Zumba Gold  <b>Grocery &amp; Rx Delivery Day</b>				

## SUPPORT OUR ADVERTISERS!



# Quick Peek: Program & Service Offerings

## COA PROGRAMMING

[www.chatham-ma.gov/531/Programs-Events](http://www.chatham-ma.gov/531/Programs-Events)  
[www.chatham-ma.gov/600/Virtual-Programs](http://www.chatham-ma.gov/600/Virtual-Programs)

## TRANSPORTATION FOR CHATHAM RESIDENTS

The COA currently offers free grocery and pharmacy delivery and transportation to Rock Harbor Respite for Chatham residents. Call 508-945-5190 for more information.

## FREE CAREGIVER SUPPORT

**Alzheimer's Family Support Center  
Caregiver & Dementia Support Group**  
Please contact AFSC at 508-896-5170 or email at [info@capecodalz.org](mailto:info@capecodalz.org)

**COA Outreach:** Call COA: 508-945-5190

**ESCCI-Caregiver Support Group**  
Online via Zoom, Tuesdays 10:00-11:00am  
Registration required: 508-394-4630 x227

**LGBT Caregiver Support Group**  
Call the Orleans COA 508-255-6333

## HEALTH & WELLNESS

Call 508-945-5190 for Information

**Foot Care: 4th Wed monthly , 9a-3pm, \$45**  
**Zumba Gold-Live Online: M, W, F - 10:30**

## LEGAL SERVICES

Call 508-945-5190 for Information

**Katherine Wibby:** housing, government benefits, health law, guardianship, reverse mortgage, consumer issues.

**Michael Lavender:** trusts, wills, estate planning.

## SUPPORT SERVICES

**Alzheimer's Family Support Center:**  
508-896-5170 ([www.alzheimerscapecod.org](http://www.alzheimerscapecod.org))  
offers 47 FREE virtual support groups for caregivers & people with memory loss. Call for more info and to register for the group that best meets your needs and schedule. Support provided for accessing these groups through Zoom.

**For Family and Friends of People with Mental Illness** Call NAMI CC&I at 508-778-4277

**For People with Mental Illness**  
Call Carolyn Witt at 774-722-4528.

**Grandparenting Support Group**  
Contact Francie Joseph at 508-430-1692 or [fjoseph@monomoy.edu](mailto:fjoseph@monomoy.edu)

**Grief Support-Life After Loss by Broad Reach Hospice**  
Contact Nancy Sorbo at 508-945-4601

**Homeless Prevention Council**  
Call (508) 255 - 9667, [info@hpccapecod.org](mailto:info@hpccapecod.org)  
14 Old Tote Road Orleans, MA 02653

**Neuropathy Support Group**  
Call Kristina Meservey at 774-207-0153

**Parkinson's Support Group**  
Call Betty Magnusson at 508-945-1106

**SHINE-Serving the Health Insurance Needs of Everyone,** call 508-945-5190

**Stroke Support Group**  
Call Steve Franco 508-945-4611, ext. 245

**Swift 911 Registration**  
Call the Chatham Fire Department at 508-945-2324 or visit <https://www.chatham-ma.gov/emergency-management>

## LIBRARY SERVICES

**Brooks Free Library** call 508-430-7562 or visit <https://www.brooksfreelibrary.org>

**Eldredge Public Library** call 508-945-5170 or visit <https://www.eldredgelibrary.org>

## Steer Clear of Scammers: How To Avoid Malware on Your Computer

(excerpted from the Better Business Bureau)

Scammers try to trick people into clicking on links that will download viruses, spyware, and other unwanted software — often by bundling it with free downloads. Here are ways to avoid malware:

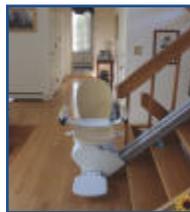
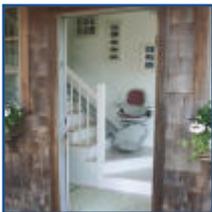
- Install and update security software, and use a firewall. Set your security software, internet browser, and operating system to update automatically.
- Don't weaken your browser's security settings. You can minimize "drive-by" or bundled downloads if you keep your browser's default security settings.

- ◆ **Read each screen when you install new software.** If you don't recognize a program, or are prompted to install bundled software, decline the additional program or exit the installation process.
- ◆ **Get well-known software directly from the source.** Sites offering lots of different browsers, PDF readers, and other popular software for free are more likely to include malware.
- ◆ **Pay attention to your browser's security warnings.** Many browsers come with built-in security scanners that warn you before you visit an infected webpage or download a malicious file.
- ◆ **Instead of clicking on a link in an email or text message, type the URL of a trusted site directly into your browser.** Criminals send phishing emails that trick you into clicking on a link, or opening an attachment that could download malware.
- ◆ **Don't click on pop-ups or ads about your computer's performance.** Scammers insert unwanted software into pop-up messages or ads that warn that your computer's security or performance is. Avoid clicking on these ads if you don't know the source.
- ◆ **Scan USB drives and external devices before using them.** These devices can be infected with malware, especially if you use them in high traffic places, like photo printing stations or public computers.

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PRESIDENT

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please contact

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Director of Admissions/Marketing  
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at (774) 994-2738**  
[seasidehomecarechatham@gmail.com](mailto:seasidehomecarechatham@gmail.com)

## SHINE NEWS

### Can I Change My Medicare Plan After Open Enrollment?

Even though Medicare's Annual Open Enrollment ended on 12/7/2021 (that's the period in which you can change your Medicare Part D Drug Plan or Medicare Advantage Plan –Part C) you may still have some options:

**For those with Medicare Parts A and B (Original Medicare):** You can add a Medicare Supplement (Medigap Plan) at any time of the year in Massachusetts. If you already have a Massachusetts Medigap Plan, you can upgrade, downgrade or end your coverage at any time during the year. If you missed your initial period to sign up for Medicare Part A (hospital) and/or Medicare Part B (medical) now is the time. Then general open enrollment period for Medicare A and B is January 1 – March 31 with an effective date of July 1st. Please call or visit your local Social Security office.

**For those with a Medicare Advantage Plan (HMO or PPO):** Between January 1st and March 31st, you can drop your Medicare Advantage Plan, effectively switching back to Original Medicare. You will be able to join a Medicare Prescription Drug Plan (Part D) at this time and you may also add a Medicare Supplement (Medigap Plan). You may also switch your Medicare Advantage plan from one to another during this time frame.

**For Prescription Advantage members or if you are getting “Extra Help” paying for prescription drugs:** You can change your prescription plan during the year outside of the Annual Open Enrollment.

**Five Star Special Enrollment Period (SEP):** You can join a 5 star Medicare Advantage plan once during the year outside of the annual open enrollment period. The following have 5 star ratings from Medicare: all Tufts Medicare Advantage HMO plans.

**Other Special Enrollment Periods:** You might qualify for an exception that allows you to enroll in a Part C Medicare Advantage Plan or a Part D Prescription Drug Plan during the year. Examples may include moving in or out of your plan's service area, ending employer insurance, becoming eligible for or losing MassHealth coverage.

How can SHINE help you? State certified SHINE counselors are trained regarding the enrollment rules that may apply to your personal situation and your personal coverage choices. SHINE counselors are happy to talk with you at any time of the year and they can analyze your needs and compare available plans to find you the most comprehensive coverage at the best price for you.

#### **Helpful telephone numbers and websites:**

Medicare	<a href="http://www.medicare.gov">www.medicare.gov</a>	800.633.4227
Social Security	<a href="http://www.ssa.gov">www.ssa.gov</a>	800.772.1213
Prescription Advantage	<a href="http://www.prescriptionadvantagemma.org">www.prescriptionadvantagemma.org</a>	800.243.4636

**SHINE: Serving the Health Insurance Needs of Everyone**  
*For more information, or to make an appointment,  
contact the Chatham COA at 508-945-5190.*



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# SHREDDING AVAILABLE AT THE COA

Senior Center: 8am-4pm  
2nd Floor (stairs/elevator)  
Mask Required.



Thanks to  
Cape & Islands Shredding Service.

Secure shredding provided FREE  
for Chatham seniors, in honor of  
Frank & Dorothy Gilmore  
by their son Brian.

## COA MISSION STATEMENT

Since its inception in 1974, the Chatham COA has worked to unify the community in enriching the lives of our over 60 population and those who are caregivers. We offer a wide range of programs and services which are health and wellness oriented and which promote congenial, social and educational opportunities. As a dynamic organization the COA must work in these times to meet the evolving needs of Chatham's over 60 population. *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.*

## COA DISCLAIMER

The Chatham Council on Aging (COA) promotes programs and opportunities for patrons of the Chatham Senior 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.

Thank  
You

## The Chatham COA Would Like to Acknowledge and Thank...

- ◆ Alzheimer's Family Support Center, Cape Cod
- ◆ Cape and Islands Shredding
- ◆ Chatham Village Market
- ◆ Elder Services of Cape Cod and the Islands
- ◆ Friends of Chatham Council on Aging
- ◆ Hangar B
- ◆ The Old Harbor Inn
- ◆ The Optimal Kitchen
- ◆ Henry Quinlan
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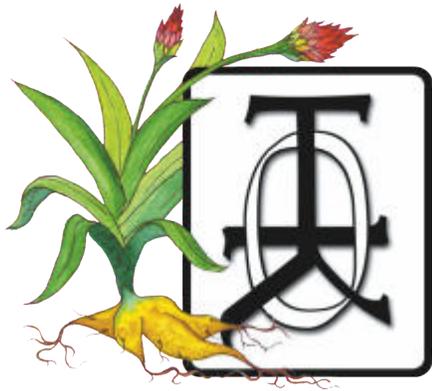
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## HEART HEALTHY FOODS

Many of the same foods that promote a healthy heart are also foods that are good for our bones. When we think about bone health we think about calcium and it usually means dairy; but as many of us know already, dairy is high in saturated fats which is unhealthy for the heart. Did you know that dark green leafy vegetables actually have more usable calcium than most dairy products, and also, that these vegetables are great for cardiovascular health? In fact, all fresh fruits and vegetables have bone and heart health benefits. Increasing the amount of fresh or frozen fruits and vegetables you eat on a daily basis will go a long way to improving over-all health.

We know that saturated fats - fats that are solid at room temperature - have a negative affect on the heart. What this translates to, is drastically reducing our consumption of dairy foods and animal fats which are our biggest sources of saturated fats. So, shifting a few meals a week to a plant-based diet, will actually have a profound affect on your health. It will increase the compounds that enhance bone and heart health. Plant-based proteins are a crucial part of a healthy diet, and are naturally high in fiber as well as protein. They are key soldiers in the fight against heart disease.

So, here are a few recipes to try which are healthy for your bones, your heart and more importantly, they are delicious and simple to make. The first recipe can be used both as a dressing and as a dip so the desired consistency depends on what you are using it for.

## GREEN GODDESS DRESSING

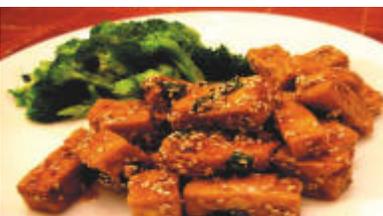
- 1 avocado
- juice & zest from 1 lemon
- 2-3 garlic cloves
- ¼ cup olive oil
- salt and pepper
- water as needed



1. place all ingredients in a blender or food processor or use an immersion blender.
2. blend until smooth, adding water when necessary to gain desired consistency.

## SESAME TOFU CUTLETS

- 1 1lb package of extra firm tofu
- ¼ cup of corn starch
- ¼ cup of sesame seeds
- salt and pepper to taste
- oil for cooking



1. Drain tofu, pat dry and slice tofu in ½ " thick slices.
2. Mix together corn starch, sesame seeds and salt and pepper.
3. Dredge each cutlet in mixture, being sure to coat all sides.
4. Heat oil either in a frying pan on the stove or in a jelly roll pan with sides in a 400 degree oven.
5. Place cutlets in hot oil and crisp on each side for 3-5 minutes.
6. Place cutlets on a paper towel to absorb excess oil.
7. Reheat in a hot oven or, better yet, an air fryer, if you have one.

*(Continued on Page 15)*

## ASIAN SLAW

- 1 small head of Chinese cabbage (shredded)
  - 2 cups red cabbage shredded
  - 1 small bunch of scallions, sliced thinly
  - 1 clove garlic
  - 2 tbs freshly grated ginger
  - ¼ cup wheat free tamari
  - salt and pepper to taste
- ¼ cup rice wine vinegar
  - 2 tbs sesame oil
  - 2 tbs olive oil
  - 2 tbs sesame seeds
1. Combine all ingredients and let sit for at least 1 hour before serving.



There is nothing healthier for the heart than good old fashioned oats. This next recipe is a great way to make oatmeal that will last you throughout the week. Even better you can have it for breakfast, snack or even dessert. ~

## BAKED AMISH OATMEAL

- 3 cups whole oats
  - 1 cup nut or oat milk
  - ¼ cup maple syrup or ¼ cup brown sugar)
  - 2 tsp. baking powder
  - 2 cage free eggs ( or 2 tbs flax meal and 6 tbs water mixture)
  - ½ cup applesauce
  - ¼ cup olive oil
  - 2 tsp cinnamon
  - 1 tsp ground ginger
- 1 tsp. allspice
  - 1 tsp sea salt
  - Handful of dried cranberries, cherries, raisins or other dried fruit
1. Combine the ingredients thoroughly.
  2. Pour into a greased 9x13 baking pan.
  3. Bake in 350 degree oven for 35-40 minutes.



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More Info: [wecancenter.org](http://wecancenter.org)

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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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## From the Director's Desk . . .

### Celebrating Our Friends!

I hope that this issue of The Flash finds you and your families in good health. As we move into February, I'd like to take a moment to celebrate our friends! This is the time of every year when we have an opportunity to express our most heartfelt thanks and appreciation to the truly amazing Friends of the Chatham Council on Aging for their extraordinary generosity. As most of you are aware, the Friends is the non-profit organization which is solely dedicated to supporting Chatham's older residents. It is the Friends' advocacy, financial contributions, and selfless volunteering that enable the COA to deliver most of the programming and services you enjoy and have come to depend upon.

We have the Friends to thank for: adult education groups, the COA Book Club and Library, online health and fitness programs such as Zumba Gold, support for Pleasant Bay Community Sailing, Tax Prep Assistance and Legal Services, Caregiver Support Groups, Transportation Services, Drive-thru and Outdoor events including box lunches, ice cream socials, the "Treat Trail" and entertainment events, Thanksgiving meals from the Village Market, "Santa for Seniors" gift cards, and so much more! We are, indeed, very fortunate to be the recipients of such kindness and goodwill.

I hope you are all looking forward to a great month ahead and will take advantage of all that the COA has planned. Please let us know if there is anything we may do to assist you.

Eva Orman  
Interim Director

