



COASTAL CONNECTIONS

Cape COAST (Councils On Aging Serving Together) has been collaborating to strengthen our partnerships and leverage our collective resources to offer older adults on Cape Cod enhanced options for virtual programming. Join us as we connect visually through Zoom, widen our circles and take advantage of greater opportunities for engagement, enrichment and education. Below is a list of virtual programs open to all.

DISABILITY PLACARD PROGRAM Wednesday, May 5, 2021, at 10 am (via Zoom)

Join us as we welcome Michele Ellicks of the Mass DOT/Registry of Motor Vehicles as she presents the Disability Placard Program. Learn how to apply for a disability placard, plate, or a disabled veteran's plate. Learn the rules and regulations concerning placards, plates and parking and learn the penalties for illegal use of placards. This will be a very informative session. **To register call Julie at the Mashpee COA at (508) 539-1440 or email coaactivitycoordinator@mashpeema.gov**

RMV'S REAL ID WORKSHOP Tuesday, May 11, 2021, at 10:30 am (via Zoom)

Understand the difference between a standard ID and a Real ID. Find out if you need a Real ID and what documents are required for it. Learn when and where a Real ID will be required. **To register call the Chatham COA at 508-945-5190.**

FALMOUTH COA BOOK CLUB...All Are Welcome! Tuesday, May 11, 2021, at 1:30 pm (via Zoom)

"Indigo Girl" by Natasha Boyd

Come join our live book club on Zoom, led by Susan Weliky. In our live book club conversations, readers will come together to connect and have some great discussions. **To register call the Falmouth COA at 508-540-0196.**

BOOK CLUB – CHATHAM COA Wednesday, May 12, 2021, at 11 am (via Zoom)

Hooked on books?! Join an engaging live, online discussion of this month's selection, "The Light Between Oceans" by M.L. Stedman (2012). This novel is described as a "heart wrenching work that stays with you weeks after finishing it." **To register call the Chatham COA at 508-945-5190.**

ATTRACTING BIRDS TO THE GARDEN WITH NATIVE PLANTS Thursday, May 13, 2021, 10 am (via Zoom)

By providing native plants in your yard, you can attract birds, as well as other pollinators to your home. Bird feeders can attract mice, squirrels, chipmunks and even rats, but native plants provide needed habitat and sustenance specifically for birds. This program includes ideas about choosing your plants, planning your bird habitat, and selecting specific native plants that do well on Cape Cod. Presenter: Leslie Altman, Master Gardener. **To register call the Barnstable COA at 508-862-4761 or email susan.griffin@town.barnstable.ma.us**

MASTER GARDENER: LIFELONG GARDENING Monday, May 17, 2021, at 10 am (via Zoom)

Gardening is a restorative hobby for many of us. When life experiences affect our ability to garden, we do not need to eliminate that living connection to the earth. Adaptations can be made to allow us to continue gardening even as our flexibility and resilience changes. **To register call the Chatham COA at 508-945-5190.**

PREPARING TO SELL Tuesday, May 18, 2021, at 1 pm (via Zoom)

Thinking of downsizing and selling your home? Realtor, Allison Beavon, will share her expertise and tips for selling your home with as little stress as possible. Learn what to do and not to do to get ready. An enlightening step-by-step process will be presented. **To register call the Orleans Senior Center at 508-255-6333.**

CAPE WILDLIFE CENTER Tuesday, May 18, 2021, at 1 pm (via Zoom)

Zak Mertz is a licensed wildlife rehabilitator, and along with talking about the biodiversity on Cape Cod, he will go over what to do if you come across a wild animal, and some tips to help fauna thrive in your own backyard. **To register call the Chatham COA at 508-945-5190.**

BATTLE OF IWO JIMA Wednesday, May 19, 2021, 1 pm (via Zoom)

Join us as we welcome Joe Yukna, co-founder of the Cape Cod Military Museum, as he presents a virtual lecture on the Battle of Iwo Jima. The Battle of Iwo Jima was an epic military campaign in the Pacific Campaign during World War II. The iconic picture of the US Marines raising the American flag on Mount Suribachi, Iwo Jima, came from that event. Mr. Yukna, a well-known military historian, will share little-known facts about the battle. *To register call Julie at the Mashpee COA at (508) 539-1440 or email coaactivitycoordinator@mashpeema.gov*

"MAKE YOUR MONEY LAST": FINANCIAL PLANNING WEBINAR Wednesday, May 19, 2021, 1 pm (via Zoom)

With Sandy Childs, Financial Advisor from Edward Jones. *To register call the Bourne COA at 508-759-0600 ext. 5300.*

MAY IS MENTAL HEALTH AWARENESS MONTH Wednesday, May 19, 2021, at 1 pm (via Zoom)

Join us for an educational presentation as we discuss reducing anxiety and depression due to isolation and the impact of Covid-19. This program is presented by Debbie Bratcher from NAMI Cape Cod and the islands located in Hyannis. NAMI Cape Cod and the Islands building support, education and advocacy for Mental Wellness. *To register call the Yarmouth Senior Center at 508-394-7606 X1333 or email: lnoferi-hoff@yarmouth.ma.us*

HOLLYWOOD HISTORY BACK TO THE 50s: AN EVENING WITH JAMES DEAN AND MARILYN MONROE

Wednesday, May 19, 2021, 7 pm (via Zoom)

Though they never starred together in a film, James Dean and Marilyn Monroe remain two of Hollywood's biggest icons of the 1950s. Hear about their struggles as actors, enjoy clips of some of their finest moments in film, learn about their meteoric rises to fame, and their tragic and untimely deaths that all led to their indelible Mark on Hollywood, American culture, and celebrity. Not to be missed! Presenter: Frank Mandosa. *To register call the Barnstable COA at 508-862-4761 or email susan.griffin@town.barnstable.ma.us*

"Celebrating New England: Songs and Stories for Everyone" with Davis Bates

Thursday, May 20, 2021, at 10:30 am (via Zoom)

Celebrate spring and regional cultural traditions with this program of community-oriented interactive entertainment. The program will include oral history tales, Native American stories, family tales, and songs about sea, farming, maple sugaring, and more. There will be sing-a-longs, and even a short lesson on playing music with spoons from the kitchen drawer! *To register, call the Harwich COA at (508)430-7550.*

ENGAGING THE SELF: DEMYSTIFYING MINDFULNESS

Thursday, May 20, 2021, 7-8pm & Sunday, May 23, 2021, 6-7 pm (via Zoom)

Join Mindfulness Meditation leader, Pete Cormier, and The Awareness Project for a free one-hour Zoom event featuring a short film of dialogue with the self, a guided mindfulness and movement meditation, followed by journaling and voluntary sharing. Participants will get the chance to get up and move, engage each other and embody mindfulness. Come for either date. *To register call the Sandwich COA at 508-888-4737 or the Barnstable COA at 508-862-4761.*

PLAY BALL! CAPE COD BASEBALL LEAGUE & CHATHAM ANGLERS Tuesday, May 25, 2021, at 10:30 am (via Zoom)

Baseball is back! Join John Garner, Director of Broadcasting, and Mike Geylin, Chatham Anglers GM, for a fascinating presentation on the Cape Cod Baseball League. Topics include league history, current operations, as well as specifics about Anglers' recruiting and activities. *To register call the Chatham COA at 508-945-5190.*

ESTATE PLANNING BASICS Wednesday, May 26, 2021, at 1:30 pm (via Zoom)

Attorneys from Patricia Mello & Associates, P.C.

This highly interactive presentation will discuss the importance of disability planning documents such as Durable Power of Attorney and Health Care Proxy versus what and when a guardianship may be the chosen alternative to such disability planning documents; who needs to create a Last Will and Testament and how probate administration of your estate can be avoided; what a Revocable Trust is and for whom it may be appropriate. *To register call the Falmouth COA at 508-540-0196.*



Massachusetts
Councils On Aging



Earn Money for Your Council on Aging, and Possibly Win a \$50 Gift Card!

Lace up your sneakers – the Walk Massachusetts challenge is back!

Your participation helps your COA win money for fitness programs and gives you the chance to win one of several prizes!

The challenge runs from May 1 to September 30. In that time, if you complete the challenge, you are entered into a drawing for a \$50 Visa gift card, a \$25 Amazon gift card or a \$10 Dunkin' gift card . . . and for each person who completes the challenge, your Council on Aging gets an entry to win up to \$1000 for use with fitness programming. The more of us who walk, the better the chances!

Here's how it works:

You choose a challenge based on a Commonwealth of Massachusetts fun fact on the registration/tracking form. It could be from walking 65 days during the challenge period to walking 126.5 miles to walking 362,000 steps. Choose your challenge based on your walking abilities, or challenge yourself to reach a higher goal! Be your own guide as to what you can do. You can walk inside, outside, on a track or a treadmill – wherever you want! Then, track your walking between May 1 and September 30 either on our online form, or use our handy-dandy walking journal. Submit your form at the end of the challenge, and be entered to win! It's that easy!

Councils on Aging will receive an entry for each person who completes the challenge. The COA with the most completions will win \$1000 toward future programming!

The first 500 people to sign up with receive a nifty, lightweight backpack and reflective slap bracelet. And we all know the drill by now – practice safety at all times, with masks and social distancing, walk in good lighting and on even surfaces.

You can either sign up on the Massachusetts Council On Aging (MCOA) website using the link below and track your progress with their online log or give us a call at the Senior Center and we will be happy to sign you up and provide a paper copy of the log.

FOR MORE INFORMATION AND TO REGISTER

CALL THE SENIOR CENTER AT 508-487-7080

OR

Visit MCOA @ mcoaonline.com

When the walk appears on the scrolling home screen click on "See Details Now"

Falls Prevention

According to the National Institute on Aging, more than one in three adults over the age of 65 fall each year. Falls can result in serious injury and even be fatal. Many older adults are aware of this risk and some decrease their activity due to a fear of falling. Unfortunately, the resulting weakness from inactivity actually increases the risk. Below are some constructive ways to reduce your likelihood of falling.

- Stay physically active to keep your muscles strong and your joints, tendons and ligaments flexible. Mild strength training can also help keep your bones strong which may help prevent certain injuries if you were to suffer a fall.
- Have your hearing and eyes tested. Even small changes to vision and hearing can increase the risk of a fall.
- Educate yourself on the side effects of medications you take and take medications as prescribed. Understand which medications put you at highest risk for a fall and use caution. Always let your doctor know if you are experiencing medication side effects, especially dizziness.
- Get plenty of sleep. You are more likely to fall when you are tired.
- Limit the alcohol you drink, it may interact with medications you take and even small amounts of alcohol could affect your balance and reflexes.
- Stand up slowly, your blood pressure can drop when you stand up too quickly.
- Use an assistive device if you need help feeling steady while walking. A physical or occupational therapist can tell you which assistive devices might be most helpful, ensure correct sizing and provide education on how to use them safely.
- Be very cautious when walking on wet or icy surfaces.
- Wear non-skid, rubber soled and supportive shoes with a low heel. Even inside your home it is important to avoid walking in socks, shoes or slippers with a smooth sole.
- Always tell your doctor about a fall even if you are not injured. A fall can alert your doctor to a medical or medication concern. A fall can also indicate the need for physical therapy, a walking aid or other assistance to help prevent future falls.
- Keep your home free from clutter and throw rugs that can be tripped over. Have railings put on both sides of stairs and install grab bars outside the tub and next to the toilet.

Always remain diligent when it comes to your health maintenance, prevention is KEY!

Visit these links for additional information:

<https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>

<https://www.nia.nih.gov/health/prevent-falls-and-fractures>

Stephanie Lattanzio, RN-BSN
Public Health and Wellness Town Nurse
Visiting Nurse Association of Cape Cod



**VISITING NURSE ASSOCIATION
OF CAPE COD**

Member: Cape Cod Healthcare

WOMEN'S RADICAL AGING GROUP

Wednesday, May 26 10:00 - 11:30 am



You are invited to our monthly zoom gathering where we speak of our experience of aging during the pandemic. To speak and be heard, checking in monthly with what hard things we carry and what daily joys we have gathered.

In the end, we see we are not alone but rather living through a shared experience. We can offer you support and connection.

Call 508-487-7080 to sign up.

Facilitated by Mary DeRocco, MA, LMHC, LMFT



The Provincetown Senior Center is your place to connect.

Council on Aging Information Form

We have installed a new, automated check-in system called MySeniorCenter that is designed to manage program sign-ups and sign-ins. By keeping track of our programs and the number of people served, it will help us in securing grant funding. It is also safer, more cost-efficient and earth-friendly. Senior Center program participants will be given a small key tag and will be able to use an on-site screen to manage program attendance.

We are updating our records to ensure that we have your current information. Your personal information will never be shared and you are not required to complete all questions.

Please mail this form to the COA/2 Mayflower Street/02657 or call us at 508-487-7080 to give the information over the phone. Thank you!

NAME _____

PREFERRED NAME/NICKNAME _____

DATE OF BIRTH _____

LANDLINE PHONE _____

CELL PHONE _____

E-MAIL _____

STREET ADDRESS _____

POST OFFICE BOX _____ TOWN/ZIP _____

EMERGENCY CONTACT/RELATION _____

EMERGENCY CONTACT PHONE _____

GENDER _____ DO YOU LIVE ALONE? _____

WOULD YOU LIKE TO RECEIVE MONTHLY NEWSLETTER? _____

IF SO, DO YOU PREFER PAPER MAIL OR E-MAIL? _____