

# THRIVE

Magazine of the Barnstable Adult Community Center

ENGAGE • ENRICH • EMPOWER

## July/August 2021

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Dr. Sean Horrigan  
Neurologist Consultant



For more information regarding the LSVT Parkinson's Treatment program available at **The Pavilion Rehabilitation and Nursing Center**, please contact: Cindy Parker-Marney, Director of Admissions/Marketing at:

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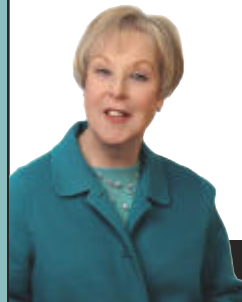
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# MESSAGE FROM DONNA

Greetings Friends,

It is with great joy and gratitude that I am finally able to report to you that the Barnstable Adult Community Center has reopened, and the Council on Aging is offering in-person programs and services. It has been fifteen months since we have been able to welcome you all back to the BACC, and you have been missed!



We are transitioning to a combination of in-person and virtual classes for July and August. Since the news that we were able to resume live activities and services caught us by surprise, it will take a few months to rebuild our volume of program offerings. Please be patient as we work with our instructors to expand our schedule of classes. We are reaching out to our clubs, social organizations and support groups who traditionally have met at the BACC. I am happy to report that the groups of men who play pool (affectionately known as “The Pool Guys”) have already returned! We also have several social events planned throughout the summer and early fall to promote some needed social opportunities after this long isolation for many. Heck – we ALL deserve some fun! There will be entertainment, food, and a good time just may be had by all – we hope that you will join us!

So much has happened during this time. It has been difficult for so many of our older residents, some of whom may struggle some with a transition to a post pandemic world. Extended social isolation, loss of friends and family members, and other stressors related with living through a pandemic may have taken a heavy toll for some. We are here to provide support and assistance, and if we do not have the resources you need, we know those who can. Please call us if you need assistance, and we shall do all that we are able to help.

There have been a few transitions here, as long time Board members have resigned. Both of these remarkable people have left a legacy of service and accomplishment, and deserve to be recognized.

Barbara Cross, a decade’s long member of the Barnstable Council on Aging has left her position on the BCOA. Barbara has been a dedicated volunteer since before the current facility that we know as the BACC was even built. Barbara has been an ardent advocate for older adults for so many years. She was among the original group of dedicated residents who had the vision to lobby for, and see to completion, the building of the facility we are all so proud of to this day. Barbara is known for her intelligence, grace, and passion for the concerns and needs of older adults. Thank you for all that you have done, Barbara.



Stephanie Dannemann has been an active member of the Friends of the Barnstable Council on Aging (FBCOA) for nearly a decade. Stephanie has held the office of Secretary, and been the President of the FBCOA for the past three years. Stephanie is known for her kindness, her sense of humor, and her talent

for bringing people together. The FBCOA had very successful and productive years under her strong and competent leadership. Stephanie has been committed to giving back to the community, and worked tirelessly to that end. We are very grateful for her effort and dedication, and thank Stephanie for all that she has done.

I look forward to all that is to come, as we move into this bright new day!

*Donna*

Donna-Marie Burns,  
Director



# FRIENDS!

FBCOA | Registration Information

## FRIENDS OF THE BARNSTABLE COUNCIL ON AGING (FBCOA)



Hello Friends,  
The FBCOA continues to pay for the cost of hiring a truck to pick up food delivery for the Brown Bag nutrition program, and was delighted to sponsor a very successful Box Picnic Lunch in June. Everyone there enjoyed being able to gather together once again, and we'll be having similar events this summer. FBCOA membership dues help defray the cost of supporting these and other important programs at the BCOA — please renew your FBCOA membership, and if you are not currently a member, please join. FBCOA membership is just \$10 annually, and these memberships help us to help others in our community.

We are all very happy to be B-A-C-K at the BACC and look forward to seeing everyone again!

Kathy Strudwick.  
President, FBCOA

Join the Friends of the Barnstable Council on Aging for just \$10 annually. Register here:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_



*Please make checks payable to: FBCOA, and mail to: 825 Falmouth Road, Hyannis 02601.*

## REGISTRATION INFORMATION

Please note that registration is required for both in-person and online classes and other programs.

If you don't have access to a computer, you may also listen toll-free on the telephone. You're also welcome to participate in online programs from a classroom at the BACC. Please note that "Virtual" indicates online programs and "BACC" indicates programs held at the Center.

### Payment Methods:

\* Check (payable to Town of Barnstable)    \* Cash (in person only)    \* Credit card (Visa and MasterCard)

### How to Register:

- In person: At the Barnstable Adult Community Center, Monday-Friday, 8:30am to 4:30pm.
- By phone: Call (508) 862-4750 during normal business hours. Credit card payment is required
- By mail: Barnstable Adult Community Center, 825 Falmouth Road, Hyannis, MA 02601
- Online: At [www.townofbarnstable.us/coa](http://www.townofbarnstable.us/coa) (Credit card payment is required)

**Registration Policy:** Full payment is required at time of registration. Classes cannot be pro-rated. All classes/events are filled on a first-come-first-served basis. Fees may be subject to change.

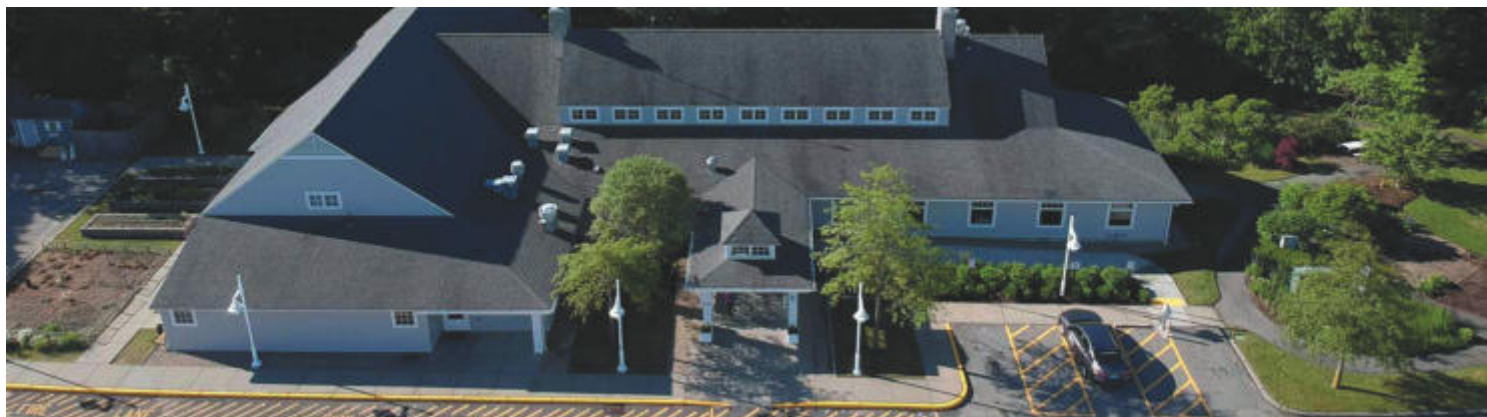
**Inclement weather policy:** If the Barnstable Public Schools are closed due to inclement weather, classes and events at the BACC will be cancelled, but the center will remain open unless the Barnstable Town Hall is closed.

**Classes/events may be cancelled due to low enrollment up until the day of the event.**

If you have registered for a class that is subsequently cancelled, you will be issued a refund. Please be

# CENTER INFORMATION

About Us | Stay in Touch! | Thrive



JULY/AUGUST 2021

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Barnstable Adult  
Community Center  
825 Falmouth Road,  
Hyannis, MA 02601  
Hours: Mon-Fri 8:30am-4:30pm  
Phone: 508-862-4750  
Web site:  
[www.townofbarnstable.us/coa](http://www.townofbarnstable.us/coa)

To connect to our free Wi-Fi, check your settings and click on [TOBWIFIGUEST](#).

## STAY IN TOUCH!

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The Barnstable Adult Community Center E-news is sent at least once a week, and contains lots of information and resources for the older adult community and their families. If you'd like to have it sent to you, please email: [judith.reppucci@town.barnstable.ma.us](mailto:judith.reppucci@town.barnstable.ma.us)

We also appreciate it if you'd "like" and follow us on the Barnstable Adult Community Center Facebook Page, where you'll find updates, helpful links, and even video entertainment and resources from our instructors and others to keep older adults engaged and informed.



*Thrive*, a partnership of the Barnstable Council on Aging and Liturgical Publications, is published bimonthly. This publication is made possible in part by a grant from the Massachusetts Executive Office of Elder Affairs. To maintain successful and supportive services, the Barnstable Council on Aging is committed to educating itself in the diverse needs, concerns and lives of older adults in our community. Our programs and services are open to all regardless of race, ethnicity, religion, gender or sexual orientation.

The BACC offers many health, wellness, and informational presentations and workshops. We advise that individuals participating in these programs do so with the understanding that the Town of Barnstable or its employees do not assume any legal responsibility for any advice or services rendered by such providers and any advice or services offered by outside providers should not be presumed to be endorsed or sponsored by the BACC.



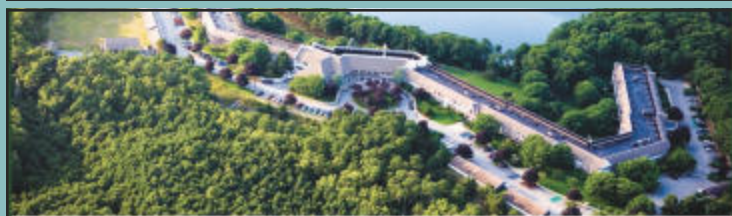


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# ENRICHMENT PROGRAMS

Please note: registration is required for all programs. See Page 4 for registration information.

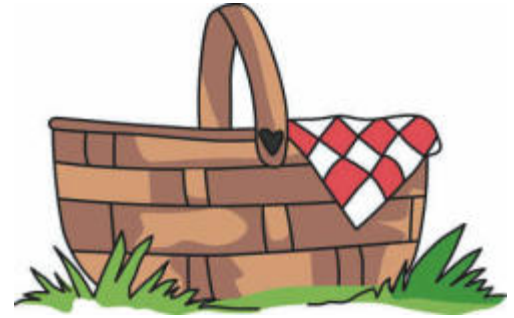
## EVENTS

### Box Lunch Picnics

Get together with us rain or shine for sandwiches and friendly socializing! Please choose from ham or turkey sandwiches when you register.

W	7/14	12-1:30pm	Free	BACC
Tu	8/10	12:-1:30pm	Free	BACC

*Our thanks to the Friends of the Council on Aging for its generous support of these gatherings!*



### The Reel Irish Band

Enjoy a summer afternoon and a box lunch as you enjoy the Reel Irish Band performing a lively selection of Celtic music.

Th	7/29	1-2pm	Free	BACC
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### Cape Cod Ukulele Club Sing-a-Long

Cathy Hatch and the Ukulele Club always entertain us with fun and lively performances. This time, we'll sing along to tunes from the Beach Boys, Beatles and many others, and enjoy ice cream after the show.

Band Leader: Cathy Hatch

F	8/13	1-2pm	Free	BACC
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Please note that “Virtual” indicates online programs and “BACC” indicates programs held at the Center.



# ENRICHMENT PROGRAMS

Exercise

## FITNESS

As with all fitness programs, when participating in our exercise offerings please be advised to use commonsense. To avoid injury, check with your doctor before beginning any fitness program. By performing any fitness exercises, you are performing them at your own risk. The BCOA will not be responsible or liable for any injury or harm you sustain as a result of our fitness programs, DVDs, online fitness videos, or any online information shared on our website or Barnstable Channel 18. Thanks for understanding!

### Cardio Dance

Get your heart pumping as you move to the beat with fun dance songs. Familiar steps will put you at ease and some trickier combinations will keep you err, on your toes! Don't worry about how well you dance; this super-enjoyable class is all about having fun. *No Class 8/5.*

Instructor: Liz Saunders, Wiser Health & Fitness

Th 7/1-8/26 9:45-10:30am \$48 Virtual

### Country Line Dancing

If you love to dance and want to have a good time while you learn some fun dance routines, then this is for you. This friendly, rollicking group always has a great time!

Instructor: Kim Benton

Th 7/15-8/19 9:30-10:30am \$36 BACC

### Drums Alive

Whatever your age or fitness level, you'll find that the drumming experience stimulates the heart, mind, and body. Move to the music, drum, dance – and have fun!

Instructor: Maria Zombas

Tu 7/13-8/31 11:30-12:30pm \$48 Virtual



*Outdoor  
Adventure Club  
participants  
always have a  
great time  
together enjoying  
nature!*

### Mindfulness Meditation with Pete Cormier

Verbal prompts used in this class help you notice physical sensations, emotions and thoughts, without getting caught up in them. Sessions begin with gentle stretching, followed by guided meditation, and ending with a chance to reflect in a safe, respectful small group setting. Any sharing is voluntary.

Instructor: Pete Cormier

W 7/14-8/25 9-9:40am Free Virtual

### Sit Down and Shape Up

Who knew that sitting down could be so energizing? This class is done in a chair...but there won't be much sitting back and relaxing going on. Functional movements are performed at your own pace and keep your core and mind engaged with a full range of motion. *You will need a comfortable, sturdy seat (preferably without arms) and water. Weights are optional.*

Instructor: Liz Saunder, Wiser Health & Fitness

F 7/2-8/27 11-11:35am \$48 Virtual

### Introduction to T'ai Chi Chih

In this beginner class, you'll learn the principles and core moves of the practice of T'ai Chi Chih, a soft, flowing style of meditation. Increase your confidence by balancing your mind and body.

*No classes: 8/5 & 8/12*

Instructor: Bruce Childs, Acc. TCC teacher

Th 7/15-9/2 10:30-11:30am \$36 BACC

### Yoga with Bonnie

Keep your body healthy and active with the gentle and relaxing movements of Hatha Yoga. We emphasizes breathing and stretching, and focus on moving with the breath into postures.

Instructor: Bonnie Silva

W 7/7-8/25 1-2pm \$48 BACC

### Y12SR-Yoga 12 Step Recovery

Working on creating a healthy and balanced life using a 12-step recovery program? Add this powerful holistic yoga program to your toolbox.

*Bring a mat.*

Instructor: Lynnette Walker

W 9/15-9/29 3-4:30pm \$24 BACC



# ENRICHMENT PROGRAMS

Fitness (continued) | Games | Gardening & Nature | Health & Wellness

## Zumba Gold with Christina

This Latin-inspired dance workout alternates between high- and low-intensity dance moves designed to get your heart rate up and boost cardio endurance. You'll get a great cardio workout that melts fat, strengthens your core and improves flexibility. Don't feel intimidated – this group is all about moving to the music and having a good time – no rhythm is required and all are welcome!

Instructor: Christina Arabadzhieva

W 7/7-8/25 9:30-10:15am \$48 BACC

## GAMES

### Mah Jongg for Beginners

Also known as "the Game of Intelligences," Mah Jongg is a challenging and fun social activity. You'll identify and understand the tiles of dragons, dots, bans, and crack, and learn strategies and sequence of play in expanded sessions which follow the National Mah Jongg League rules.

Instructor: Anne M. Walther

M 7/19-8/16 9-11AM \$85 BACC

## GARDENING & NATURE

### Garden Talk: Berried Treasure!

Eat, drink and be berry! Considering growing blueberries, raspberries, chokeberries, or even lingonberries? This program teaches you the basic of planting these powerhouse fruits and shows how you can successfully grow them.

Presenter: Cathy Cetta, Master Gardener

Th 7/22 10-11am Free BACC

### Pollination Ecology – How Can We Help Bees?

Many of the fruits and vegetables we eat require pollination, but honeybees have been suffering catastrophic losses both locally and nation-wide. This program reviews honey bee biology and the factors responsible for its endangerment. We'll also review the state of wild pollinators like bumble bees and learn what residents can do to help them.

Presenter: Larry Dapsis – Entomologist, Cape Cod Cooperative Extension

M 7/19 11am-12pm Free Virtual

## HEALTH AND WELLNESS

### Health Talk: Summer Safety Skin Care

What's the largest, most visible organ on your body? Your skin, of course! See how to take care of it as we discuss the effects of sun, the importance of hydration and why you need a dermatologist.

Presenter: Kindred Healthcare

W 7/14 10-11am Free - BACC

### Nutrition for Pain Management

Did you know that what you eat can affect how much pain you have? Inflammation, nutrient deficiencies and food sensitivities all contribute to pain. Learn how to shift eating patterns to reduce or eliminate chronic pain. Free anti-inflammatory food pyramid and recipes provided.

Presenter: Barbara Blackwell, Certified Nutrition Specialist and Physical Therapist

W 7/21-8/4 10-11:30am \$15 BACC

### Health Talk: Hydration, UTI's and Sepsis

Urinary tract infections can take a toll on your entire body system -- from the bladder to the brain to the vascular system. Learn about prevention, causes and treatment.

Presenter: Joanne Burbank, Kindred Health

W 8/11 10-11am Free BACC

### Healing Sounds

The vibrational light therapy of crystal bowls are said to be attuned to the chakras. Experiencing the bowls can be healing to the mind, body, and soul, inducing feelings of wellness and peace.

Instructor: Kathleen Warren

W 8/18 2-3 pm \$5 BACC



*Our thanks to the Hyannis Fire Dept.  
for their help with Brown Bag!*

# ENRICHMENT PROGRAMS

Dementia-Friendly Programs | Programs & Presentations

## DEMENTIA FRIENDLY PROGRAMS

*Barnstable Council on Aging invites caregivers and other members of our community to join Barnstable Connects, a dementia friendly program that provides engaging activities for those with memory impairments. Barnstable Connects focuses on keeping our bodies in motion, cognitive exercises and, of course, having a little fun. Programs are led by trained and dementia friendly facilitators.*

*To register for Barnstable Connects Programs contact Stacey Cullen- Program Coordinator at 508-862-4765 or [Stacey.cullen@town.barnstable.ma.us](mailto:Stacey.cullen@town.barnstable.ma.us) for more information.*

### Barnstable Connects- Dementia Friendly Programs- Chair Exercise

Part of the Dementia Friendly Programs, this gentle seated exercise program with a focus on common functional movements helps keep you active.

**Presenter:** Stacey Cullen BCOA Program Coordinator  
M 7/12 2pm Free Virtual/BACC  
Caregiving 101

Where do I start? Whom do I call? These are often the first questions you may ask when you become a caregiver, The answer is call the Barnstable Council on Aging, which has an array of resources and supports for caregivers in need. This program is in-person and virtual.

**Presenter:** Stacey Cullen  
Tu 7/13-8/24 10-11am Free Virtual/BACC

### Barnstable Connects- Dementia Friendly Programs- Music and Movement

Take a journey down a musical Memory Lane by way of song, movement and reminiscence. This chair exercise program is pure fun!

**Presenter:** Stacey Cullen BCOA Program Coordinator  
W 7/14-8/25 2-2:45pm Free Virtual/BACC

### Memory Training- What is Memory Training?

This expansive course delves into how the memory works, and teaches you memory enhancing techniques. See what's behind those irksome tip-of-the-tongue moments and reduce your memory burden with better habits.

**Presenter:** Stacey Cullen BCOA Program Coordinator  
Th 7/29-8/19 10-11am Free Virtual/BACC



## PROGRAMS & PRESENTATIONS

### In Search of Shipwrecks: Nantucket Sound

Renowned marine historian, wreck diver, and author Jim Jenney discusses the history under the waves of Nantucket Sound and Cape Cod.

**Presenter:** Jim Jenney, Sponsored by Save Our Sound

Th 7/15 6-7pm Free Virtual

### Fishing Nantucket Sound

The waters of Nantucket Sound are a haven for bluefish, striped bass, black sea bass, fluke and scup. Learn about the fishing methods and the importance of Nantucket Sound to the fishing industry. *Sponsored by Save Our Sound.*

**Presenter:** Randall Sherman, CC Salties Sport Fishing

Th 7/19 6-7pm Free Virtual

### Hollywood History- Katharine Hepburn: Blazing a Cinematic Trail

Hollywood royalty in every sense of the term, this 20th century movie legend still holds the record for the most Academy Award wins (four) of any actor. Hepburn proved herself ahead of her time both on the screen and after the cameras stopped rolling, and her feisty independence snared her some of the best studio roles available – and sometime cost her as well.

**Presenter:** Frank Mandosa

W 7/21 1-2pm Free Virtual

### Ticks: "One Bite Can Change Your Life..."

Lyme disease is the most prevalent infectious disease in Massachusetts and is now considered to be a public health crisis — but it is preventable. ..

This program reviews the basic life cycle and ecology of deer ticks, incidence rates and distribution of tick-borne illnesses and discusses a database under development on infection rates of ticks. We'll cover Larry's three-point protection plan: *Protect Yourself, Protect Your Yard and Protect your Pet.*

**Presenter:** Larry Dapsis, Entomologist, Cape Cod Cooperative Extension

W 8/1 11am-12pm Free Virtual



# ENRICHMENT PROGRAMS

Programs & Presentations | Technology | Book Club

## Cape Light Compact

Learn about Cape Light Compact, Cape Cod and Martha's Vineyard's local Mass Save sponsor and power supplier, which offers residents no-cost home energy assessments, helps them save on their energy bills and provides rebates and incentives, including up to 100% off insulation upgrades for qualified customers.

Presenter: Dan Schell, Cape Light Compact

Tu 8/17 0-11am Free BACC

## Hollywood History-Denzel Washington: Forever Falling Forward

The epitome of classic star charisma, Washington has entertained movie audiences in dramas and action thrillers for more than 30 years. We'll learn more about the life and career of this inspirational critical and box office favorite -- and one-time backup singer/dancer for Gladys Knight!

Presenter: Frank Mandosa

W 8/18 1-2pm Free Virtual

## Real ID-What You Need to Know

What's a Real ID? Do I need one? Can I fly without one? Get the answers as we cover the ins and outs of the Real ID program.

Presenter: Michele Ellicks, Community Outreach Coordinator, Registry of Motor Vehicles

Th 8/19 10-11am Free Virtual

## Thinking of Traveling this Fall and Winter?

Make sure you have the latest updates and advice, and know the warnings and pitfalls to avoid for your upcoming travel plans. This talk covers a range of consumer travel advice from leaders in the travel industry for the fall and winter seasons

Presenter: Marie C. Clougher, Esq. Executive Director, Consumer Assistance Council, in collaboration with the Office of the Attorney General of Massachusetts.

Tu 8/24 1-2pm Free BACC



*Deb and Bill Campbell stopped by for a visit! — we're hoping to see you all soon!*

## TECHNOLOGY

### iPad, iPhone Tips

Start using your new device and discover its capabilities! We'll follow the simple guides to set it up and learn all about browsing the web, sending emails, setting up security and making notes.

Whether you want to take pictures and share them with loved ones, or just chat to your friends around the world for free, this course explains it all!

*Limited to 20; sign up early!*

Instructor: Carl Bertelsen

M 7/26-8/23 9-10am \$20 BACC

## COTUIT LIBRARY

### Cotuit Library Virtual

#### Diversity Book Club

Eleanor Humphreys from the Cotuit library leads this book club.

The group seeks to create a more just and equitable world by advocating for and fostering discussions about diverse communities.



July 12

*Beautiful Boy: A Father's Journey Through His Son's Addiction*, by David Sheff

August 9

*Giovanni's Room*, by James Baldwin

September 13

*Racism Black - The New Jim Crow: Mass Incarceration in the Age of Colorblindness* by, Michelle Alexander

The free meetings are held virtually on the second Monday of each month, from 4-5pm. For more information, please contact Eleanor Humphreys at 508-428-8141.



# ENRICHMENT PROGRAMS

Outdoor Fun

## OUTDOORS

### Sail Cape Cod

AHOY, sailors! Sail Cape Cod is a non-profit community organization offering sailing programs and opportunities for people of all ages, backgrounds and physical and development abilities. The program has provided us with several affordable and accessible sailing dates. *Payment to be made by check or credit card directly to Sail Cape Cod. Limited to eight attendees. Meet-up instructions to be provided.*

W	7/28	1-3pm	\$25	Hyannis Harbor
Th	8/12	1-3pm	\$25	Hyannis Harbor



### Outdoor Adventure Club

*This friendly group is led by COA staffer Dianne Francis, and numbers are limited. Please wear comfortable clothing and proper footwear and bring water. You may pay on arrival, but must be registered. Questions? Please call 508 801-3696.*

### Walk with Historical Society of Yarmouth

We're thrilled to have several knowledgeable guides leading us along the Thatcher and Perera trails for these very special talk/walks about the First Peoples. Discussions will range from the pre-Contact Woodland Period through 200 years after European contact, and will touch on hunting, fishing and domestic life. You'll also learn about Thomas Greenough, one of the last of the Nobscusset Tribe to live in Yarmouth. Walks end at the Turtle Wetu.

*A portion of the proceeds from these walks will be donated to HSOY. Limited to 30, one walk per person. Parking at the site is limited, and carpooling from the BACC will be necessary.*

Presenters: Marcus Hendricks, Nipmuc-Wampanoag and Bob Kelley, Historian

Tu	7/27 or 8/5	8-10:30am	\$10 Each
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*Meet at the BACC at 8 am.*

### Walk with Dianne – Lowell Holly

The Lowell Holly Reservation is a beautiful place to take a forest walk through beech trees, hollies and rhododendrons. *Directions provided on registration*

Tu	7/13	10-11:30am	\$5
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### Walk with Dianne-Massachusetts Audubon's Long Pasture

Sandy beaches, buttercup-filled meadows, woodland trails, and farm animals combine to make Long Pasture a unique experience on Cape Cod.

*A portion of the proceeds donated to HSOY. Directions provided on registration*

Tu	8/10	10-11:30am	\$10
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# A SPECIAL AND HEARTFELT “THANK YOU”

It is only fitting to give recognition to those who went over and above to provide support over the past fifteen months. They proved that even when the task seems impossible, there is always a way to meet the needs of our community. We were all in this together!



**AARP Tax Prep Volunteers:** Paul O’Keefe and his team of tax volunteers were able to assist over 300 older adults with their taxes. Thank you to the **Osterville Library** for providing a space for the volunteers.

**Barnstable Public Schools:** While the “Safer at Home” advisory was in effect for older adults, the BPS provided Grab and Go meals for older adults. **Eastern Bank Charitable Foundation** and the **Barnstable Community Development Block Grant** provided the funding to cover the costs of the nearly 15,000 meals provided.

**USKD Youth Empowerment Group:** The beautiful artwork and messages of hope and support were greatly appreciated by all. The **HYCC Remote Learning Students** and other **Barnstable children** created hundreds of beautifully decorated handmade Valentine’s Day cards which lifted the spirits of so many older Barnstable residents.

**Capabilities:** Each month, the wonderful group of clients and staff arrives with a smile on their faces to assist with our Brown Bag home deliveries. Their dedication and enthusiasm always makes the day more enjoyable, and we could not get it all done without their help.

**Brown Bag Volunteers:** The volunteers are the engine that powers this program, and they have been stellar throughout these difficult months. We appreciate you, and look forward to welcoming back the rest of the crew.

**COAST:** Cape region Councils on Aging shared resources throughout the pandemic, including pooling our online classes. This regional collaborative ensured that all Cape Cod older adults would have a greater array of free classes and programs to choose from, and were enriched by the experience. COAST certainly lived up to its acronym: “Councils on Aging Standing Together” as they certainly did!

**Cape Cod COVID Vaccine Consortium:** Early on, it became apparent that our older Cape residents needed local vaccine availability. Our Cape Cod community legislative and municipal leaders, along with the County, local Boards of Health and the healthcare community mobilized to form a regional partnership. This collaboration was a turning point which was a key factor in Cape Cod having the highest percentage of older adults vaccinated in the Commonwealth.

**Hyannis Fire Department:** The first responders have been an invaluable support to the Barnstable Council on Aging. They have volunteered for our Brown Bag program throughout the pandemic. When our facility was being used for a 5 day a week vaccination site, Chief Burke and Deputy Chief Kristofferson graciously offered the Hyannis Fire location as a staging area for our Brown Bag program. The Barnstable Council on Aging, Hyannis Fire, and the **Barnstable Health Department** worked together to provide vaccines to local residents at clinics, and also for the Homebound Program. This partnership made it possible for older residents to get the vaccine where they lived.

**SHINE:** When our building was closed due to COVID concerns, we thought that we would be unable to provide assistance with health insurance choices during Open Enrollment. We could not provide counseling in-person, but our amazing SHINE volunteers pivoted to phone and remote virtual support to help over 200 older residents get the information that they needed. Thanks to Bill, Kathy, Peter and Rick for being willing to find a way to yes!

**Turkey Trot:** This seemed to be the year we would be forced to consider the unthinkable: cancel Turkey Trot! This beloved tradition brings joy to the older residents that live alone, or lack the capacity and resources to prepare a Thanksgiving dinner. In spite of a less than stellar year for many local businesses, there were those that stepped up and generously helped us to once again provide those turkey dinners. Thank you to **The Casual Gourmet, Centerville Pies, Coca-Cola Northeast, and Dunkin’ Donuts (Couto Mgmt.)**

**Friends of the Barnstable Council on Aging (FBCOA):** Each year, the FBCOA raises funds to support the efforts of the Council on Aging. This year was no exception, as they provided financial support for Grab and Go, special events and entertainment, and special projects. Thank you for your ongoing support!

**Council on Aging Board (COA):** The COA stepped outside the box, and continued to meet via ZOOM throughout the pandemic. We appreciate the support of the COA, and look forward to working with the COA Board as we transition to our re-opening.



# WE MADE IT THROUGH!



***Fully vaccinated!***



***Rack 'em  
up, boys —  
the BACC  
is BACK!***



***Julie Charland  
entertained us all!***



***Vietnam Veterans' Day  
of Remembrance.***



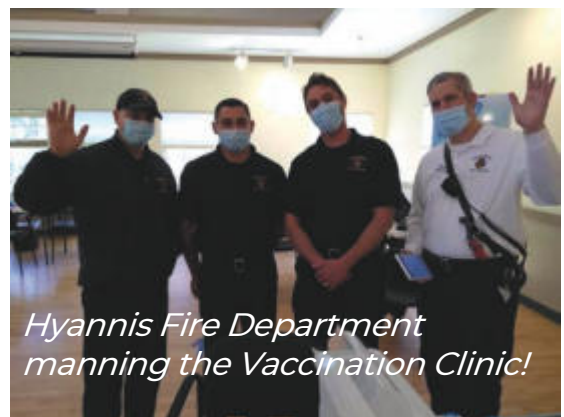
***Brown Bag Volunteers.***



***Ensuring food security with  
the Hyannis Fire Department***



***Harbor Health, BACC, Board of  
Health, Vaccination Clinic***



***Hyannis Fire Department  
manning the Vaccination Clinic!***

***Over the last year, we made it through.  
We provided vaccines, honored our vets, supported  
food security and raised community spirits!***



# COMMUNITY RESOURCES

Smart Dart | Transportation Programs | Real ID | Legal Assistance

## CAPE COD REGIONAL TRANSIT AUTHORITY SMARTDART



### SmartDART: a ride-hail service for Barnstable and Yarmouth!

- Smartphone app
- On-demand service
- Cashless and convenient
- \$3.00 fixed far
- Free transfer to fixed route.

Call Jen at the BACC at [508-62-4752](tel:508-62-4752) for more information .



## TRANSPORTATION NOTES

The CCRTA is operational and running all of their routes. If you are need of assistance in paying for or finding a ride to an appointment or necessary errands, we can help.

Please call Jen at [508-862-4752](tel:508-862-4752) for more information. If possible, please call at least 72 hours in advance of your scheduled appointment.

**Boston Hospital Transportation:** The CCRTA provides round trip transportation to Boston hospitals in an accessible vehicle. For more information and to make reservations, call [800-352-7155](tel:800-352-7155) or check [www.capecodrta.org](http://www.capecodrta.org).

## REAL ID ENFORCEMENT EXTENDED

The Department of Homeland Security (DHS) has extended the REAL ID full enforcement date from October 1, 2021 to May 3, 2023, due to the pandemic.



Beginning May 3, 2023, air travelers 18 years of age and older will need a REAL ID compliant driver's license or identification card, or another TSA-acceptable form of identification, for domestic air travel and to enter certain federal facilities. Learn more at: [www.dhs.gov/real-id](http://www.dhs.gov/real-id)

## LEGAL ASSISTANCE

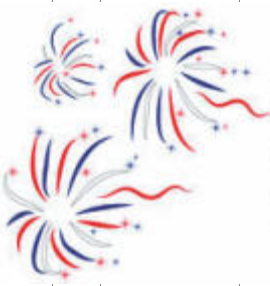
Are you facing the possibility of losing your housing? Several agencies can help with this and other legal matters:

**South Coast Counties Legal Services:** This non-profit organization provides legal services to those age 60+. Call them at [508-775-7020](tel:508-775-7020)/[800-742-4107](tel:800-742-4107).

**MA Attorney General's Office:** Elder Hotline helps older adults with a range of issues, and is open Monday-Friday 10am-4pm. Reach them at [888-243-5337](tel:888-243-5337) or TTY at [617-727-4765](tel:617-727-4765).

LET US PLACE YOUR AD HERE.

# JULY 2021

Monday	Tuesday	Wednesday	Friday
	<div>"It's a smile, it's a kiss, it's a sip of wine ... it's summertime!" — Kenny Chesney</div>		
			<i>I could never in a hundred summers get tired of this.</i> —Susan Branch
			9
5	6	7	8
In summer, the song sings itself. William Carlos Williams			Try something new!
12	13	14	15
			16
			Smell the sea and feel the sky. Let your soul and spirit fly. — Van Morrison

19



20

Summer afternoon —  
summer afternoon; to me  
those have always been the  
two most beautiful words in  
the English language.  
—Henry James

21

22

23



26

I love how summer just wraps its arms around you like a warm blanket.  
— Kellie Elmore

27

Meet a friend outside for a walk and a chat.

28

29

**FREE CONCERT!!!**

The Reel Irish Band  
1-2pm  
Rain or shine!

30



# SUPPORT OUR ADVERTISERS!



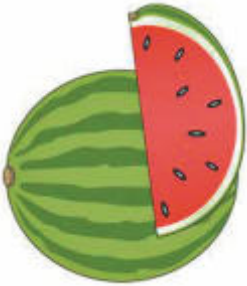




# SUPPORT OUR ADVERTISERS!



## AUGUST 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		Roll out those hazy, lazy, crazy days of summer. — Same Cooke		
2	3	4	5	6
		Blow a kiss!		Connect with someone you miss..
8	9	10	11	12
Be grateful for little things.	G		There shall be eternal summer in the grateful heart. —Celia Thaxter	
				

16	17	18	19	20
		Live in the sunshine, swim the sea, drink the wild air. —Ralph Waldo Emerson		Cape Cod Ukulele Sing-a-long 1-2pm 
23	24	25	26	27
	Look up at the sky. Remember, we're all part of something bigger.			
30	31	30		
<i>Just living is not enough ... one must have sunshine, freedom, and a little flower.</i> —Hans Christian Anderson				

SUPPORT OUR ADVERTISERS!



# COMMUNITY RESOURCES

Barnstable Neighbor 2 Neighbor | Support Groups

## GREAT NEWS! BN2N IS COMING SOON!

Barnstable Neighbor to Neighbor (BN2N) is being created in the “Village” concept to support town residents in their desire to “age in place” while maintaining quality of life.

Using a network of volunteers, BN2N is a 501(c)(3) nonprofit organization that will provide services such as transportation; light household and yard tasks; shopping for food and supplies; assistance with devices such as smart phones, TVs, tablets, etc., and socialization.

All residents of Barnstable, from all 7 villages, age 60+ are eligible for services with a membership fee. We will also offer reduced-fee memberships for eligible residents unable to afford the full membership fee.

Volunteers who provide the services will be CORI-screened, interviewed, and trained prior to service. There will be a volunteer Board of Directors who will provide ongoing support to volunteers and oversight of services and administration of BN2N.

The steering committee organizing BN2N is in the start-up phase of development, with plans to launch services in August, 2021. (Please watch for announcement.) Since we are a 501(c)(3), tax-deductible donations are always appreciated in our development phase. Although we are an all-volunteer organization, our expenses include software; printing; website, legal and graphic design services; liability insurance; and training materials. When fully operational, we expect to be self-sustaining on membership fees, although continued donor support will be sought to keep membership fees as low as possible.



an

Please visit our website at [www.barnstableneighbor.org](http://www.barnstableneighbor.org) for additional information.

## SUPPORT GROUPS

To register or obtain more information please contact the numbers below:

### Nathan's Circle

For adults who have experienced the loss of loved one to addiction. Sponsored by the Cape Cod Neighborhood Support Coalition

Contact: Kerry Bickford at 508- 771-4336

Online first and third Wednesday of the month.

### Seasons of the Heart/

#### Coping with Grief and Loss

Discussion on the nature of grief and bereavement. Presented by the VNA of CC

Contact: Rebecca Chesbro at 774-487-0786

Online first and third Wednesday of the month, 2-3:30 pm

### Cancer Caregivers Support Group/Cape Cod Healthcare

Contact: Judi Pregot at 508-862-5302

Online third Thursday of the month, 2-3:30pm

### Oral Head and Neck Cancer Support Group/ Cape Cod Healthcare

Contact: Judi Pregot at 508-862-5302

Online first Monday of the month, 2-3:30pm

### Transgender Social Support Group

Open to trans, non-binary, questioning and other gender diverse-identified people ages 18 plus.

Contact: Ann at [aburke@fenwayhealth.org](mailto:aburke@fenwayhealth.org)



# COMMUNITY RESOURCES

TOPS | Nutritional Resources | AARP Volunteers | Blood Pressure Clinic

## TOPS WEIGHT LOSS SUPPORT

In-person meetings have resumed!

Thursdays at 9:45am



BACC's very own Take Off Pounds Sensibly (TOPS) chapter welcomes you to take off your "Quarantine 19" with our nonprofit weight-loss support group. After staying "safer at home," members are re-committing to their healthy journeys. If you've struggled with your own weight, join us! Questions? Please call Robb at 508-258-9284.

## AARP TAX VOLUNTEERS NEEDED

Do you enjoy people?  
Do you think numbers can be fun?  
If yes, then we want to share the fun with you!



Since 1968, AARP Foundation TAX-Aide volunteers have been helping low and moderate income taxpayers complete their Federal and State income tax returns free of charge. New volunteers are trained in the process of completing tax returns each fall and, upon passing the required test, are assigned to various centers across the Cape and Islands with preference given to centers near their homes. From February through April 15, these wonderful people provide needed help. Schedules are flexible and allow for vacation time. Our Tax-Aide teams are also looking for volunteers with technology and administrative skills to support our tax counselors.

Find out more about the fun you can have by being a Tax-Aide Volunteer Counselor. For more information contact: Paul O'Keefe, Volunteer Coordinator at: [pokeefe15@hotmail.com](mailto:pokeefe15@hotmail.com) or call (203)-249-1846.

## NUTRITIONAL RESOURCES

### MEALS:

Cape Cod Family Table Collaborative

Every other Friday, 5-6pm

July 9 and 23; August 6 and 20

Hyannis Youth and Community Center  
141 Bassett Lane,  
Hyannis

Faith Family Kitchen Meals

Monday, Wednesday and Friday 6-7pm

Faith Assembly of God  
154 Beares Way,  
Hyannis

Meals on Wheels  
Elder Services of Cape Cod and the Islands  
Home delivery of free meals to older adults over 60. Call 508-790-2746

### LOCAL SUPPORTS:

Cape Cod Hunger Network

For local nutritional support,  
[www.capecodhungernetwork.org](http://www.capecodhungernetwork.org)

Barnstable Council on Aging Food Pantry  
Emergency bags of food available.  
508-862-4757

Barnstable Council on Aging  
Brown Bag Monthly Delivery  
Free for qualified recipients.  
For information, call 508-862-4757

## Weekly Blood Pressure Clinic Starts again July 6!

Tuesdays, 9-10am



# MEDICARE | AARP TAX VOLUNTEERS

Turning 65? | SHINE Volunteers | Prescription Advantage

## TURNING 65 OR RETIRING?

Are you about to turn 65 in the next three to four months? Did you know that you need to look into Medicare plans now, even if you're not planning to collect Social Security benefits or intend to keep working at a job where you have insurance?



If you're working or getting ready to retire, it's important to know your insurance options and how to proceed. SHINE volunteers are trained counselors who review your choices and help you

## BECOME A SHINE VOLUNTEER!

If you have some spare time and like helping people and enjoy technical information and problem solving, you may be the perfect SHINE volunteer! SHINE volunteers offer free, confidential insurance counseling on Medicare options. Their services help the many Medicare beneficiaries on Cape Cod and the Islands. Volunteers participate in a 10-day training and must pass a state certification test. To meet the needs of our communities you may be asked to serve in an area other than where you live.

For more information, please call Tracey Benson at **508-375-6762** or email: [tracey.benson@barnstablecounty.org](mailto:tracey.benson@barnstablecounty.org)



*Chair Yoga on a lovely June day!*

## PRESCRIPTION ADVANTAGE

If you need help with prescription drug costs, Prescription Advantage may be your answer!

By now, you may have reached or are getting close to the gap or "donut hole" with your Medicare Prescription Drug Plan (Part D). In 2021, you will reach the Medicare Part D gap when the negotiated **retail** cost of your medications add up to the \$4,130 threshold. Once in the gap, you become responsible for 25% of the negotiated retail cost for both brand name and generic medications. This may be a more costly out-of-pocket change.

Prescription Advantage, which is a state-run program, can assist you in this gap and/or put a cap on your out-of-pocket cost for medications. Eligibility is based on **income only** and there is **no asset limit**. If you are a **Massachusetts resident and eligible for Medicare**, the income limits are:

- Age 65 or over- \$64,400 or less for a single person or \$87,100 or less for a married couple.
- Under age 65 and disabled- \$24,214 or less for a single person or \$32,750 or less for a married couple.

There is **no charge** for joining Prescription Advantage if you have an annual income at or less than \$38,640 for a single person or \$52,260 for a married couple. However, there is a \$200 per person annual enrollment fee for those with higher incomes. If you are a **member of Prescription Advantage**, you are also allowed to change your prescription plan one time outside of the Medicare Open Enrollment. You may also join if you are 65 years or older and **not eligible for Medicare**. If you are not eligible for Medicare, Prescription Advantage will be your primary prescription drug plan. There is no income limit.

Medicare also has a program called "Extra Help," which can assist with the cost of your Medicare Part D plan's premium, deductible and co-pays. Please call **508-862-4757** to make an appointment with a SHINE counselor for more information on these programs or assistance with any Medicare issue. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs.

# SUPPORT SERVICES

Support Services Resources

## SUPPORT SERVICES

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Support Services are available to assess the needs of Barnstable citizens age 60+, to advocate for these older adults, provide them with assistance, resources and referrals for local, State and Federal programs. Support Services also acts as a safety net for isolated and homebound older adults in our community.

**Health Insurance Counseling/ SHINE-** The SHINE Program is for people who have Medicare or are about to become eligible for Medicare and need to connect with a counselor to learn about benefits and options.

**Caregiver Support-** The Barnstable Council on Aging continues its commitment to caregivers in our community. Caregiver Support Services provides educational programs, respite opportunities, dementia friendly programs and resources to caregivers .

**Fuel Assistance-** Support Services continues to assist with Fuel Assistance applications. Fuel Assistance renewal forms will be sent out to those who had FA the previous year in August. New applications can begin to be filed thereafter.

**Real Estate Tax Abatement Program/ 41C-** Support Services continues to be available to assist with the 41C application. This application must be filed annually. Applications for the FY22 can begin to be filed in July.

**Telephone Reassurance Program-** Daily check-in phone calls made to seniors who may live alone, are isolated or homebound.

**Mailbox Sticker Program-** Working with our local Post Offices, the sticker is placed in mailbox and simply says “if there is an accumulation of three (3) days of mail in the box, please notify the Barnstable Council on Aging”.

**Brown Bag Program-** In conjunction with the Greater Boston Food Bank, the program provides a bag of groceries the first Friday of each month. Bags can either be picked up at the BACC or can be home delivered.

**The Barnstable Silver Alert Program-** The Silver Alert Program provides the Barnstable Police Department with vital information about potential “at risk” residents in the Town who may wander or may have the potential for getting lost.

The Support Services Department is available to answer any questions, to provide community resources or to assist with any of the above programs.

For information on Caregiver support, please contact Stacey Cullen at 508-862-4765. For information on other Support Services resources, please call Jacqi Easter at (508)862-4757 for information or to schedule an appointment.



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- Family Meetings if Desired
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- 24 Hour On-Call Service
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Direct: 508-367-0798

Jan Rodrigues SRES, RSPS, ABR, SMM  
Direct: 774-836-0501

[www.retiretocapecod.com](http://www.retiretocapecod.com)

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Barnstable COA, Hyannis, MA

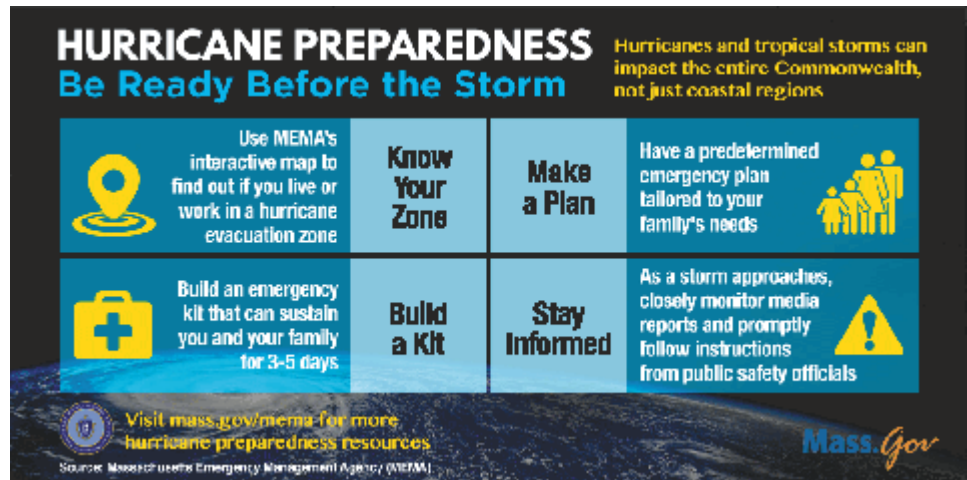
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# EMERGENCY PREPARATION

## HURRICANE AWARENESS

Older adults on Cape Cod should take special precautions in preparing for hurricanes.

Medical equipment, prescription medications and special personal care products should be gathered in advance of a weather emergency. In addition to the traditional emergency supplies of water and non-perishable foods, the American Red Cross advises older adults to take these extra precautions:



- Have family and friends' emergency phone numbers written down
- Plan the quickest escape route out of your home and neighborhood
- Have a transportation plan to a shelter BEFORE a disaster
- Gather personal documents and place in waterproof bag:
- Medication list and pertinent medical info
- Deed/lease, birth certificate
- Insurance policies
- Arrange for a check-in from a family member, in person, in the event phones are down
- Store water: one gallon per person, per day (a two-week supply is recommended)
- Non-perishable and canned foods like peanut butter, tuna, cereals and crackers (a two-week supply)
- Flashlight or LED lantern with extra batteries and bulbs
- Radio, battery-operated or hand-cranked
- First Aid kit
- Multi-purpose tool like a pocket knife
- Personal hygiene kit
- Toilet paper, garbage bags
- Cell phone and charger
- Family, friend contact numbers
- Cash and coins

If you are evacuated to a shelter, bring:

- 3-5 days medication
- Personal medical information (including med list)
- Diabetes, colostomy, oxygen supplies, batteries and filters for your equipment
- Toiletries, including adult sanitary supplies
- Walker, wheelchair and cane — label them!
- A change of clothes, extra underwear and socks
- Cell phone and charger
- Small comfort items like a pillow, blanket or book

*Note: If you have a personal care assistant (professional or family member) they should stay to assist you*

# LGBT CORNER | FRIDAY FLICKS

## LGBT CORNER

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The 2021 [Boston Pride](#) theme is “[The Rainbow After the Storm](#),” which reflects on the past year being one of major pain, sorrow and upheaval in our community and the world as a whole. It represents an opportunity to come together again and support each other in healing from the events of the past year, and in committing to continuing to work as a community towards acceptance, justice and understanding.” Source: Boston Pride.



If you are not currently on the [Cape Cod Pride](#) mailing list, you may want to consider joining! Cape Cod Pride is **connecting the Cape's LGBTQ Community** with an impressive array of social groups and programs.

Feeling isolated and lonely is one of the most challenging aspects of the past year. Being part of an online LGBTQ group can really be of tremendous help. Cape Cod Pride also has many groups that meet on Cape. Go to the Cape Cod Pride website for more information: [www.capecodpride.org](http://www.capecodpride.org)

### Resources:

If you are in need of services, please call Elder Services of Cape Cod and the Islands at [508-394-4630](tel:508-394-4630). Their website is: [www.essci.org](http://www.essci.org). They are still providing Meals on Wheels, and many other support services. If you call the main number, ask for Information and Referral, and you will be directed to a staff person who will tell you about the many support programs available. The email address is: [info@essci.org](mailto:info@essci.org)

The LGBT Aging Project is a great resource for health information: [www.fenwayhealth.org](http://www.fenwayhealth.org)

### Nutritional Supports at the Barnstable Adult Community Center:

Food Pantry: Emergency food bags are always available.	<a href="tel:508-862-4757">508-862-4757</a>
Brown Bag Monthly Delivery: Free for qualified recipients.	<a href="tel:508-862-4757">508-862-4757</a>
Meals on Wheels: Elder Services of Cape Cod and the Islands	
Home delivery of free meals to older adults over 60	<a href="tel:508-790-2746">508-790-2746</a>

### Transgender Social Support Group

Open to trans, non-binary, questioning and other gender diverse-identified people ages 18 plus.

Contact Ann at [aburke@fenwayhealth.org](mailto:aburke@fenwayhealth.org)

Via Zoom on the first and third Wednesday of the month, 5:30-7pm



**FRIDAYS AT 1PM  
BEGINNING  
JULY 9!**

**BRING A FRIEND,  
SIT BACK AND  
ENJOY THE  
FREE SHOW!**





They cared for you.  
Now you're caring for them.  
We'll help care for all of you.



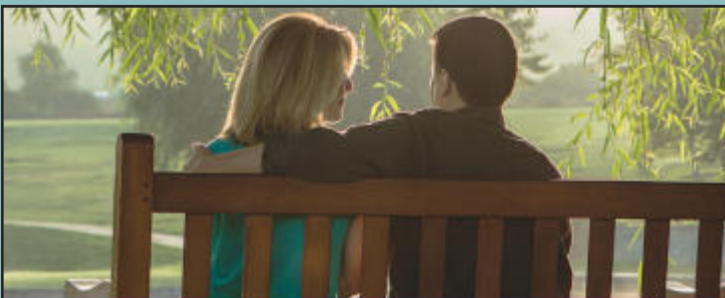
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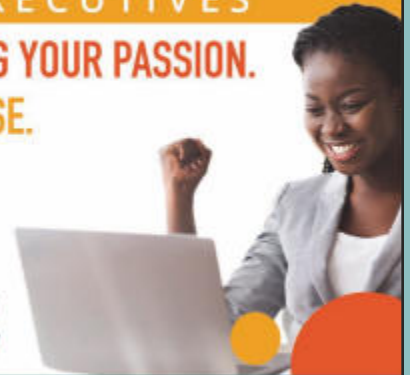
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Barnstable COA, Hyannis, MA 03-1143

# DEMENTIA-FRIENDLY PROGRAMS

Dementia-Friendly Programs | New Respite Program

## BARNSTABLE CONNECTS: DEMENTIA-FRIENDLY PROGRAMS

Barnstable Council on Aging invites caregivers and other members of our community to join Barnstable Connects. Barnstable Connects is a dementia-friendly program that provides engaging programs for member of our community with memory impairments. The program focuses on keeping our bodies in motion, cognitive exercises and of course a little fun. Well-trained dementia friendly leaders lead the programs.

For more information, please contact  
Stacey Cullen, Program Coordinator  
at 508 862 4765 or [stacey.cullen@town.barnstable.ma.us](mailto:stacey.cullen@town.barnstable.ma.us)

### Program Schedule:

#### Chair Exercise

Gentle seated movements which focus on functional exercises incorporating common movements used in everyday life. Mondays at 2pm

#### Music and Reminiscing

Let's take a journey down a musical Memory Lane by way of song, movement and memories  
Wednesdays at 2pm



### Caregiver Programs:

#### Caregiver 101

Where do I start? Whom do I call? These are often the first questions you may ask yourself when you become a caregiver. The answer is to call the Barnstable Council on Aging. We have great resources and supports for caregivers in need. Phone, Zoom and drive by appointments are now available (in-person appointments late June). For more information, please contact Stacey Cullen, Program Coordinator at 508 862 4765 or [stacey.cullen@town.barnstable.ma.us](mailto:stacey.cullen@town.barnstable.ma.us)

#### BCOA Engagement/Activity Packets-

Barnstable Council on Aging has introduced monthly engagement/activity packets for those with memory impairment and their caregivers. The packets include reminiscing ideas, music sheets, art projects, cognitive games, engaging tasks and caregiver resources. To learn how to have a packet sent to you, please call Stacey at 508-862-4765.

## Exciting News: Volunteers Needed for New Respite Program



The Barnstable Council on Aging is thrilled to announce a respite program starting this fall.

We are looking for caring, energetic, and compassionate volunteers to support this new respite program. All volunteers will receive Dementia Friendly training and work alongside a BCOA staff member.

For more information please contact Stacey Cullen 508 862 4765  
or email: [stacey.cullen@town.barnstable.ma.us](mailto:stacey.cullen@town.barnstable.ma.us)





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## Managing Dementia Care in the Time of COVID-19

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or email [info@capecodalz.org](mailto:info@capecodalz.org)

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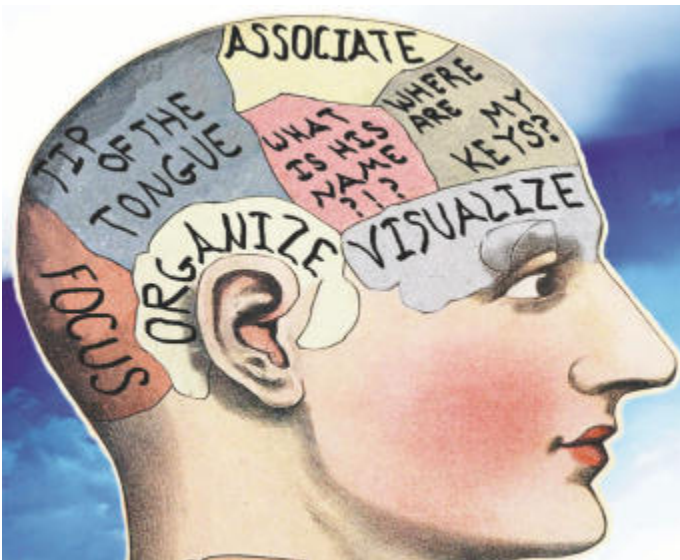
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# UCLA MEMORY TRAINING

## MEMORY TRAINING

Innovative, 4-week educational program for improving memory



This free virtual program is presented by Stacey Cullen, BCOA Program Coordinator.

Thursdays from 10-11am  
July 29-August 19

*For more information, call  
Stacey Cullen at  
508-862-4765 or email:  
Stacey.cullen@town.barnstable.ma.*

### Program Benefits

Remember names and faces

Recall appointments, messages and plans

Practice everyday memory techniques

Avoid misplacing objects

Overcome “tip of the tongue” memory slips

- ◆ Written and designed by Gary Small, M.D., and Linda Ercoli, Ph.D. for people with mild memory concerns.
- ◆ Taught by certified trainers who demonstrate strategies and techniques in an interactive classroom setting
- ◆ 9 out of 10 participants report improvements in their memory

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*We are absolutely thrilled to announce that the Barnstable Adult Community Center building is now open to the public again!*

*While we are excited to welcome you back, please bear with us as we work to get our in-person programs and classes up and running. In the meantime, please continue to enjoy our online programs.*

*We continue to follow CDC cleaning and hygiene recommendations, and in accordance with the guidelines set forth by the Commonwealth of Massachusetts proof of vaccination is not required. Masks are also not required in Town buildings, but you are welcome to wear one if you feel more comfortable doing so.*

