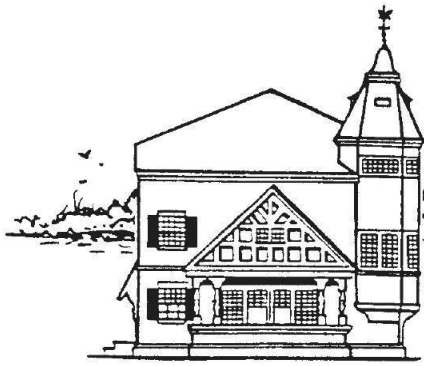


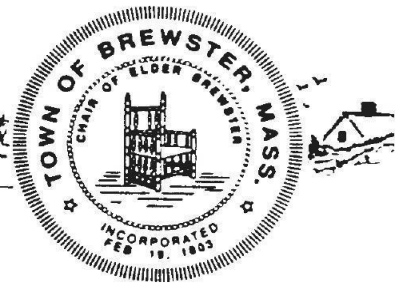
January/February 2023



BREWSTER COUNCIL ON AGING

BAYSIDE

CHATTER



1673 Main Street, Brewster, MA 02631 • (508) 896-2737 • Fax (508) 896-7587

Hours: 8:00am - 4:00pm Monday - Friday

Denise Rego, Director Andrea Nevins, COA Board Co-Chair Sharon Tennstedt, COA Board Co-Chair

MISSION STATEMENT: To support and advocate for older adults and their families by providing programs, services and resources that promote independent living and quality of life.

Farewell for now...

I continue to be incredibly proud of and grateful for our wonderful seniors and staff, as they have brought meaning and purpose to my professional life for the past 20 years. As I turn the corner towards my last day at the COA on January 31st, it will be a bittersweet day celebrating all the memories that you have given to me and at the same time, excitedly looking forward to the next phase of my life.

When I arrived in 2003, I had the pleasure to work with Jean and Henry Sears for my first 6 years. They left a wonderful foundation of compassion and caring on which to build. When Jean retired in 2009, I was fortunate to be able to step into her position and, along with the talented and dedicated COA staff, continue to serve the needs of the ever-increasing senior population.

Before I go, I just wanted you to know that the COA Staff and Board will be conducting a survey to develop a new, updated 5 Year Action Plan for FY24-28. A lot has happened in the past 5 years, so do me a favor and take the opportunity to voice your opinions thru this next survey which will come around early spring of 2023.

As I enter a new chapter of my life, I will spend more time with my husband, 3 children, their spouses and my 5 grandchildren. I will have more time for volunteering, so don't be surprised when our paths cross again at some future activity. As we enter the New Year of 2023, I wish you health and happiness in all the years to come.

Denise

Income Tax Preparation with AARP is Back!



Wednesdays: February 1 to April 12
Brewster Town Hall, 2198 Main Street

Income Tax season is coming! Make it easy on yourself and call the Brewster COA soon at 508-896-2737 to schedule an appointment with a knowledgeable tax representative from AARP. Appointments are available on Wednesdays, from February 1 through April 12, on a first-come, first-served basis and will be held at the Brewster Town Hall. The representatives will make the job of filing your taxes much easier!

***Although the program is free, donations to the Brewster COA are appreciated!

Please note: This service is for basic, uncomplicated tax filing ONLY! (Form 1040 or Form 1040-EZ)

A Note of Thanks to our Volunteer SHINE Counselors of 2022!



The Annual Medicare Open Enrollment period which ran from October 15 through December 7, 2022, is always a very busy time here at our center. The Brewster COA was very fortunate to have the help of 3 volunteer SHINE counselors during that time who made it possible for us to have appointments available 5 days each week.

We would like to recognize these devoted volunteers and extend our most sincere thanks for their dedication and hard work. They are Donna Lapage, Paula Perrone and Louise Vivona-Miller. Together they were able to save 255 seniors thousands of dollars!

Let's Celebrate Denise's Retirement!



Friday, January 27 1 - 3:30pm
Brewster COA, 1673 Main Street

You are invited to come and celebrate Denise's 20-year career here at the Senior Center on Friday, January 27th from 1-3:30pm. Although she still likes to get up in the morning to come to work, she has decided that it is time for some R&R with her family. Please join us for an open house with some delicious cake and punch, and to wish Denise well in the next chapter of her life.

The Brewster COA will be closed on the following holidays:

Monday, January 2: New Year's Day observance
Monday, January 16: Martin Luther King, Jr. Day
Monday, February 20: Presidents Day

All activities take place at the Brewster COA, 1673 Main Street, unless otherwise noted. *Please note: Programming during the winter months is weather permitting and may not be able to be rescheduled. Here's what's coming up in January and February:**

Know Your Sewing Machine



4 week Series, Tuesdays, 10:30am – 12:00pm
January 10 - 31
\$65 for 4 week series paid to instructor at first class.

Join lifelong crafter Dottie Day Higgins for a basic sewing, refresh your skills class. A syllabus will be handed out at the first class, but topics/projects for class are: Get reacquainted with your machine, draw-string bags, pillowcases, table runners, and small rag quilts. ****Participants must bring to class a working sewing machine, along with the following: extra machine needle, thread, full bobbins, scissors, measuring tape, pins or clips AND your enthusiasm!** Project needs supplied by Dottie. Space is limited to 8. Please call the COA at 508-3896-2737 by January 8 to pre-register.

Fire Safety Talk

Wednesday, January 11, 1:30 – 3:00pm



Please join Philip Burt, Fire Prevention Officer with the Brewster Fire Department, who will discuss fire and life safety measures for the home. Topics of discussion will include smoke detectors, carbon monoxide poisoning, File of Life cards, fire prevention efforts and storm preparedness. To reserve your seat for this important talk, please call the COA by Tuesday, January 10 at 508-896-2737.

Watercolors with Jennifer Stratton



6 week series: January 12 – February 16
Thursdays 9:30 – 11:00am
\$90 for series, materials included

Join Jennifer Stratton, artist, musician, and expressive/creative arts educator for a 6 week series. Participants will learn some of the basic techniques in using watercolors as well as do a variety of exercises that will demonstrate the many magical ways to use this medium. This class is for people with no experience and for those with lots of experience - including those who have taken the class in the past. Come join the fun! Materials will be supplied. Pre-registration is required. Please



call the COA at 508-896-2737 by January 10. Fee paid to Jennifer at the first class.

Afternoon Tea at The Captain's House Inn, Chatham

Friday, January 13 Leaving the COA promptly at 11:30am for 12:00pm sitting. Transportation provided by COA van.

\$34.25 (includes tax) but not tip



Join us for a traditional Afternoon Tea at the Captain's House Inn in Chatham, which was built in 1839 for Lydia Harding, the wife of Captain Hiram Harding, a young captain of a packet clipper ship. Menu includes an assortment of 5 different types of finger sandwiches such as brie & chutney and turkey & cranberry, an assortment of mixed fruit, plain and spiced scones with jam and freshly made whipped cream, as well as assorted sweets such as snowball cookies and chocolate caramel treasures. Space is limited to 8, so please call the COA at 508-896-2737, **NO LATER than Wednesday, January 11 by 12:00pm** to reserve your seat for this special occasion.

Christmas Tree Shops and Market Basket Shopping Trip!

Friday, January 20 Leaving the COA at 9:30am, returning between 2:00 – 3:00pm. Transportation provided by COA vans.

Come join us for our first shopping trip down Sagamore way! We will first stop at the Christmas Tree Shops and then onto Market Basket where you can have lunch at your leisure, before or after your shopping, at the famous Market Basket Café. **Both locations are ADA accessible but if you need assistance, an able-bodied assistant must attend as well, as staff will not be available for assistance for mobility issues.** Space is limited to 14. Please call the COA at 508-896-2737 to reserve your seat.

Strong at Heart

6 week series: Fridays, January 27 – March 3,
11:00 – 12:00 Free

Instructed by Nikki Courtney, Exercise Physiologist with the VNA of Cape Cod, this exercise program is aimed at older adults who want to build on their strength and endurance. There will be a mix of interval training and circuit training that will keep your heart rate up and muscles engaged! Participants must be able to tolerate 60 minutes of seated and standing exercise and ambulate independently. Classes will be held at the COA but **advanced registration - including medical clearance - is required. To sign up, please contact the VNA of Cape Cod directly at (508) 957-7423.**



Shopping and lunch at Cape Cod Mall

Friday, February 3 Leaving the COA at 10:00, returning approx. 2:30 Cost: money for shopping and lunch

Come join us for a little retail comfort at the Cape Cod Mall. Shop and enjoy lunch (at the food court) at your leisure. Meet up time to return to the COA is 2:00. **The Cape Cod Mall is ADA accessible but if you need assistance, an able-bodied assistant must attend as well, as staff will not be available for assistance for mobility issues.** Space is limited to 8, so call the COA at 508-896-2737 to reserve your seat.

Chocolate Talk and Tasting 101



Tuesday, February 7, 1:00 - 2pm-is it free

Interested in learning more about chocolate? For instance, did you know that eating chocolate releases endorphins that make you happy? Want to know more? Then come join Dave of Therapy Gardens and learn about chocolate, the processing of it, and where cocoa pods are grown. There will also be an array of milk, dark, and **SUGAR FREE** gourmet chocolates offered for sampling. Please call the COA at 508-896-2737 to reserve your seat.



Caregiver Support Group

Thursdays, starting February 9
10:00 – 11:30am Brewster Ladies Library

We are now offering with the help of Elder Services a once-a-month caregiver support group, where you can get caregiver information and support as well as meet other caregivers and facilitators from the Elder Services Family Caregiver Program. For more information and to register please call Laura Cheesman of Elder Services at 508-394-4630 x 451.

Sandwich Glass Museum and lunch at the Dan'l Webster Inn

Friday, February 10, 9:30 departure, returning between 1:30 and 2:00pm. Cost: \$5 for admission to museum and money for lunch

Join us for a special trip to the Sandwich glass museum to explore the history of glass making and watch a glass blowing demonstration. Afterward we will head over to The Daniel Webster Inn for lunch. **Please visit their website at: danlwebsterinn.com to view their lunch menu so you can plan accordingly.** Space is limited to 8, so please call the

COA at 508-896-2737 to reserve your seat by 12:00 on Wednesday, February 8.

St. Valentine's Day Celebration



Tuesday, February 14, 1:30 – 3:30 Cost: \$5

Join us and the Friends of Brewster Elders, as we celebrate Valentine's Day with a concert by the duo Pitchfork, known for their acoustic upbeat rock and roll and from performing throughout the Cape at such venues as O'Shea's and Hog Island. Afterward, we will be serving chocolate fondue and lots of other delicious goodies. Don't miss out on this special event! Space is limited to 50. Tickets are \$5 and available now at the COA but must be purchased prior to the event.

Christmas Tree Shops and Market Basket Shopping Trip!



Friday, February 17
9:30am departure, returning between 2:00 – 3:00pm
Cost: bring money for shopping and lunch

Come join us for our second shopping trip down Sagamore way! We will first stop at the Christmas Tree Shops and then on to Market Basket where you can have lunch at your leisure, before or after your shopping, at the famous Market Basket Café. **Both locations are ADA accessible but if you need assistance, an able-bodied assistant must attend as well, as staff will not be available for assistance for mobility issues.** Space is limited to 14. Please call the COA at 508-896-2737 to reserve your seat.

Movie Matinee at Serenity Apartments 'Year by The Sea'

Thursday, February 16 1:00pm Free

Join us at Serenity Apartments of Brewster for a matinee showing of 'Year by the Sea'. Filmed in the lower and outer Cape, it stars Karen Allen (Indiana Jones and the Raiders of the Lost Ark) as a woman who is hoping to reclaim who she was before marriage and children. An empty nester, she retreats to Cape Cod where she embarks upon a quest to set herself free. Light refreshments will be served. **Serenity is ADA accessible but if you need assistance, an able-bodied assistant must attend as well, as staff will not be available for assistance for mobility issues.** To save your seat, please call the COA at 508-896-2737 by Tuesday, February 14.

Are you interested in a Men's Bridge Group? If so, please contact Annie at 508-896-2737.

ONGOING PROGRAMS**Knitting/Crocheting**

Wednesdays 10:00am to 12noon
Brewster COA, 1673 Main Street



Welcome all knitters and crocheters! We have an informal knitting/crocheting circle at the COA. All levels are welcome with assistance available to any beginners interested in joining. Bring any projects you are working on or need help with! Questions? Call Annie at 508-896-2737.

**Hearts and Paws Pet Therapy**

Monday, January 23 & Monday, February 27
2:30 – 3:30pm FREE

Do you love dogs but don't have one and miss being able to spend time with one? Then come join us for an ongoing program where Hearts and Paws Comfort Dogs will once a month bring some of their furry friends to spend time with us. You need a little fur in your life? Well, this is the place to come!

To register, please call the COA at 508-896-2737.

Crafts with Lucille

Monday, January 23 and February 27
10:00 - 11:00am FREE



Come join Lucille, usually on the third Monday of each month from 10:00 to 11:00am for a fun hour of crafting, and make some new friends while you're at it! No experience necessary; Lucille will guide you through each project. Materials are provided FREE!

Please call the COA to reserve your seat at 508-896-2737.

Note: January and February are on the 4th Mondays of the month, due to holidays.

**Games and Coffee**

Fridays 1:30 – 3:30pm

Calling all board gamers and card players! Come have some fun with friends and meet new people for some rummikub, canasta, scrabble, mah jongg, or whatever your game vice is! We have plenty of decks of cards but are limited in board games, so please call ahead to see what we have and feel free to bring your own as well! To sign up and get more information, please call Annie at the COA at 508-896-2737.

PLEASE NOTE:

Walking Club has been paused until better weather in April. See the March/April newsletter for more information.

**SHINE Notes:****Can I change my Medicare Plan after Open Enrollment?**

Even though Medicare's Annual Open Enrollment ended on 12/7/2022 (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 (SEP): 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.

People who use insulin who experience issues (beginning 12/8/22 and throughout 2023), may be granted an SEP for Exceptional Circumstances. This SEP will allow an individual who uses a covered insulin product to add, drop, or change their Part D coverage one time between 12/8/22 and 12/31/23.

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. Please call the Brewster COA at 508-896-2737 to get a referral to a certified SHINE counselor.



For the latest information on town topics, we encourage you to visit the Town of Brewster website at: www.brewster-ma.gov

Senior Happenings

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NEW YEAR'S DAY OBSERVANCE The COA is closed	3 9:00am Qi Gong 9:30am W.O.W. 11:30am Senior Dining 1:00pm Keep Movin' 2:30pm Bit of Bliss Yoga	4 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters	5 10:00am Adv. Tai Chi 10:00am Meditation 11:15am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin' 2:00pm BMCC	6 9:00am Pedicure 10:00am Swimming at Brewster Green 11:00am Stepping Stones
9 10:00am BP & Glucose Testing 10:00am Adv. Tai Chi 11:15am Int. Tai Chi	10 9:00am Qi Gong 9:30am W.O.W. 10:30am Know your Sewing Machine 11:30am Senior Dining 1:00pm Keep Movin' 2:00pm Caregiver Support Group 2:30pm Bit of Bliss Yoga	11 9:00am Computer Help 10:00am Knit/Crochet 10:30am Healthy Meals In Motion (COA) 11:30am Sight Loss/BLL 1:00pm Quilters 1:30pm Fire Safety Talk	12 9:30am Watercolors 10:00am Adv. Tai Chi 10:00am Meditation 11:15am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin' 2:00pm BMCC	13 10:00am Swimming at Brewster Green 11:00am Stepping Stones 11:30am Afternoon Tea Trip
16  Martin Luther King, Jr. Day The COA is closed	17 9:00am Qi Gong 9:30am W.O.W. 10:30am Know your Sewing Machine 11:30am Senior Dining 1:00pm Keep Movin' 2:30pm Bit of Bliss Yoga	18 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters	19 9:30am Watercolors 8:00am Pet Nail Trim 9:00am Hearing Screenings 10:00am Adv. Tai Chi 10:00am Meditation 11:15am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin' 2:00pm BMCC	20 10:00am Swimming at Brewster Green 9:30am Christmas Tree Shops & Market Basket Trip
23 10:00am BP & Glucose Testing 10:00am Crafts with Lucille 10:00am Adv. Tai Chi 11:15am Int. Tai Chi 2:30pm Hearts & Paws	24 9:00am Qi Gong 9:30am W.O.W. 10:30am Know your Sewing Machine 11:30am Senior Dining 1:00pm Keep Movin' 2:00pm Caregiver Support Group 2:30pm Bit of Bliss Yoga	25 9:00am Mobile Dental 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters	26 9:30am Watercolors 10:00am Adv. Tai Chi 10:00am Meditation 11:15am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin' 2:00pm BMCC	27 10:00am Swimming at Brewster Green 11:00am Strong at Heart 1:00pm Celebrate Denise Rego's Retirement!
30 10:00am Adv. Tai Chi 11:15am Int. Tai Chi	31 9:00am Qi Gong 9:30am W.O.W. 10:30am Know your Sewing Machine 1:00pm Keep Movin' 11:30am Senior Dining 2:30pm Bit of Bliss Yoga			

*Senior Happenings***FEBRUARY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters	2 9:30am Watercolors 10:00am Adv. Tai Chi 10:00am Meditation 10:00am Caregiver Support Group @ Library 11:15am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC	3 9:00am Pedicure 10:00am Swimming at Brewster Green 10:00am Cape Cod Mall Trip 11:00am Strong at Heart 1:30pm Games & Coffee
6 10:00am Adv. Tai Chi 11:15am Int. Tai Chi	7 9:00am Qi Gong 9:30am W.O.W. 11:30am Senior Dining 1:00pm Keep Movin'! 1:00pm Chocolate Talk & Tasting 101 2:30pm Bit of Bliss Yoga	8 9:00am Computer Help 10:00am Knit/Crochet 10:30am Healthy Meals In Motion (COA) 11:30am Sight Loss/BLL 1:00pm Quilters	9 9:30am Watercolors 10:00am Adv. Tai Chi 10:00am Meditation 10:00am Caregiver Support Group @ Library 11:15am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC	10 9:30am Sandwich Glass Museum trip 10:00am Swimming at Brewster Green 11:00am Strong at Heart 1:30pm Games & Coffee
13 10:00am Blood Pressure & Glucose Testing 10:00am Adv. Tai Chi 11:15am Int. Tai Chi	14 9:00am Qi Gong 9:30am W.O.W. 11:30am Senior Dining 1:30pm Valentine's Day Celebration 1:00pm Keep Movin'! 2:00pm Caregiver Support Group 2:30pm Bit of Bliss Yoga	15 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters	16 8:00am Pet Nail Trim 9:00am Hearing Scrngs 9:30am Watercolors 10:00am Adv. Tai Chi 10:00am Caregiver Support Group @ Library 10:00am Meditation 11:15am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC	17 9:30am Christmas Tree Shops & Market Basket Trip 10:00am Swimming at Brewster Green 11:00am Strong at Heart 1:30pm Games & Coffee
20  The COA is closed	21 9:00am Qi Gong 9:30am W.O.W. 11:30am Senior Dining 1:00pm Keep Movin'! 2:30pm Bit of Bliss Yoga	22 9:00am Computer Help 10:00am Knit/Crochet 1:00pm Quilters	23 10:00am Adv. Tai Chi 10:00am Meditation 10:00am Caregiver Support Group @ Library 11:15am Int. Tai Chi 11:30am Senior Dining 12:30pm Bingo 1:00pm Keep Movin'! 2:00pm BMCC	24 11:00am Strong at Heart 1:30pm Games & Coffee
27 10:00am Blood Pressure & Glucose Testing 10:00am Crafts with Lucille 10:00am Adv. Tai Chi 11:15am Int. Tai Chi 2:30pm Hearts & Paws	28 9:00am Qi Gong 9:30am W.O.W. 1:00pm Keep Movin'! 2:00pm Caregiver Support Group 2:30pm Bit of Bliss Yoga 2:30pm Legal Help			



Pedicure

Friday, January 13 and Friday, February 3
9:00am - 2:30pm \$40.00

Autumn Knight, our pedicure nurse, has a lot of experience in the field and works for Cape Cod Healthcare in their clinical education department. In addition to being a RN, she is also a Certified Foot Care Nurse/Specialist. Usually occurring on the first Friday of each month, 20-minute appointments are available from 9am to 2:30pm with a fee of \$40.00. Call the COA to schedule your appointment at 508-896-2737.

Blood Pressure and Glucose Testing



2nd and 4th Mondays of each month:
January 9 and 23 & February 13 and 27
10:00 - 11:00am First come, first served

The Barnstable County Public Health Nursing program provides services here at the COA on the 2nd and 4th Mondays of each month. A Public Health nurse will take your blood pressure and check glucose if needed. This program is offered on a drop-in basis and includes the opportunity to speak with the nurse regarding any health issues. **FREE!**

Hearing Screenings



Thursday, January 19 & Thursday, February 16
9:00 – 11:00am

Advanced Audiology Associates offers **FREE** screenings here at the Brewster Council on Aging. Screenings are **by appointment only** and last approximately 30 minutes. These will include hearing screenings, ear inspections and hearing aid checks. Please call the COA at 508-896-2737 to set an appointment for this valuable service.

Legal Help Information



If you are a resident 60+ and **have an urgent issue** regarding eviction defense, denial or termination of state or federal benefits (Social Security, Supplemental Security Income (SSI), SNAP, etc.) or healthcare issues involving MassHealth or Medicare, you may apply for services from South Coastal Counties Legal Services (SCCLS) by calling their Hyannis Law Office at 774-487-3251 or the intake line at 1-800-244-9023. SCCLS provides free civic legal help to eligible residents. While there is no income criteria, services are prioritized to those with the greatest economic and social need.

If your matter is not urgent, 1/2-hour appointments will occur the 4th Tuesday of every other month at the Brewster COA.. **Next appointments are on Tuesday, February 28.** Please contact the COA at 508-896-2737 to schedule your appointment.

In addition, Attorney Adam Dupuy with the Ardito Law Group is also available for appointments. He can be reached by calling 508-775-3433.

Pet Nail Trimming



Thursday, January 19 & Thursday, February 16
8:00 - 8:30am
Brewster COA, 1673 Main St. (in the back parking lot)

The cost is \$3.00 per pet's nail trim for senior (60+) pet owners, and is offered on a first come, first served basis in the COA parking lot behind the building (look for the van). **For more information, please text (preferred) or call Karen Duple of Buttons and Bows at 508-360-2596.**

Quilters



Wednesdays 1:00 - 3:00pm

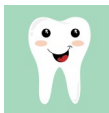
The Brewster Baysters Quilting Group meets Wednesday afternoons throughout the month and we invite you to join us. We welcome beginners to advanced levels of quilters and love to share ideas and free advice. Bring your Quilting inspiration, enthusiasm, some handwork and don't forget your Show and Tell! Join our lively group for lots of laughs and good conversation about quilting and other topics.

Alzheimer's Caregiver Support Group & Activity Group for People with Cognitive Impairment

Tuesdays: January 10 and 24 & February 14 and 28
2:00 - 3:30pm
Brewster COA, 1673 Main St.



These groups are being offered by Alzheimer's Family Support Center for both Caregivers and those they care for. The Caregivers support group and the Cognitive Impairment support group run simultaneously. Please call Alzheimer's Family Support Center at **508-896-5170** for more information.



Mobile Dental Hygiene Service

Wednesday, January 25 9:00am - 3:00pm

Mobile Dental Hygiene Services offers friendly, convenient, and affordable preventative oral health care at the Brewster Council on Aging! The following services are **FREE** to eligible individuals with Medicaid/MassHealth: cleanings, screenings, oral cancer exams, fluoride treatments, denture care, education, referrals. No dental insurance? They offer reduced private-pay options. The price of a cleaning includes an exam and denture care. Please contact Mobile Dental Hygiene Services if you have any questions or you would like to make an appointment. Their phone number is **508-827-6725** or check them out at: **smiles@mobiledentalhygiene.com**

'Brewster Bayside Chatter' Online:

The 'Brewster Bayside Chatter' is available online each month and can be found at: **<https://www.brewster-ma.gov/council-on-aging>** Scroll down to where it reads: '**our newsletters are available online**' and click on the link!

The following ongoing exercise and wellness classes take place at the Brewster COA unless otherwise noted.

Intermediate Tai Chi

Mondays & Thursdays

11:15am - 12:15pm \$15 per class

This class is geared toward folks who have some experience with Tai Chi and are familiar with the Tai Chi Eight Form. Also known as "moving meditation" Tai Chi can help improve balance, core strength, flexibility, and provide a mind-body connection as a source for stress relief. Classes will incorporate stretching warm-ups, Qi Gong breathing exercises, and an exploration of Traditional Chinese Medicine concepts for healing and vitality. During better weather we meet outdoors at the ball field behind the COA.

To register, please email our instructor A.Jay Zahn at capecodtaichisociety@gmail.com or phone 607-227-0509.

A.Jay is a long-time practitioner of Tai Chi, Qi Gong and related martial arts and meditation.

Advanced Tai Chi

Mondays & Thursdays

10:00 – 11:00am \$15 per class

This class is offered to people who have learned the 24 Posture Yang Tai Chi Form (National Beijing Form). Class includes basic warm-up exercises, and focuses on exploring the "meditation-in-motion" aspect of practicing Tai Chi. During better weather we meet outdoors at the ball field behind the COA. Our instructor, A.Jay Zahn, has been practicing Tai Chi for 40 years and teaching on the Cape since 2018.

To register for the class, please email A.Jay Zahn at capecodtaichisociety@gmail.com or phone 607-227-0509.

Qi Gong

Tuesdays 9:00 – 10:00am FREE

Qi Gong is a form of exercise that dates back 3000 years and is not a martial art. The forms used in this class are therapeutic, involving slow, repetitive movements which incorporate meditation, deep breathing and visualization. Many of the movements can be done while sitting. Qi is energy we use and which needs to be replaced with fresh Qi. The movements deal with our meridians to relieve and support various organs. We meet at the Brewster COA and at Drummer Boy Park (warmer weather permitting). Our participants enjoy the social aspect of these meetings as well as the physical benefits. Contact our instructor, Ray DiPietro, if you would like to reserve a spot. We look forward to meeting you!

To register for the class, please email Ray at rayvector@hotmail.com or call him at 508-246-4486.

Bit of Bliss Yoga Classes

Tuesdays 2:30 – 3:30pm

\$10/class or 5 classes for \$45

Join our instructor Janet Bettey, E-RYT, and experience a balance of movement and stillness as you nurture your body, mind and soul. These gentle yoga classes take a holistic approach to stretch and strengthen the body gradually, enhancing your body's ability to move and empowering you both physically and mentally. This class is for anyone from beginners to experienced practitioners looking for a nourishing experience to restore vitality and find peace within. Participants bring their own yoga mat. Space is limited.

Reserve your spot at www.bitofblissyogaofcapecod.com or call 978-500-2390.

Keep Movin'

Tuesdays and Thursdays

January 3 to February 28

1:00 - 2:00pm Cost: See below

This program is primarily strength-training for seniors. The classes are friendly, and a fun way to relieve arthritis symptoms while learning important strengthening exercises.

Classes help to build strength, coordination and balance each week by using hand and leg weights, balls and bands.

Class fee will be discussed upon

registration. Please email our instructor, Cindy Doutrich, at cdoutrich@ycp.edu to register.

Meditation Class

Thursdays 10:00 – 11:00am

Join us for meditation with Carol Marcy, certified meditation teacher for an in person meditation class (which will also continue to be offered online). The meditations are for both beginner and experienced practitioners. Through the use of deep breathing techniques and nature based imagery, we invite an inner awareness. This heart-centered practice focuses on the immense benefits of grounding and balancing the flow of energy through the body. It brings health and wellbeing to all the systems of the body, as well as a deep sense of calmness and peace. Please wear loose clothing and bring a meditation pillow if you prefer to sit on the floor. Slow easy movement meditations may be included if it works for the group. To register, please call the COA at 508-896-2737.

Brewster COA's Inclement Weather Policy

If the Nauset Public Schools are closed, all activities, programs and van transportation at the Senior Center are cancelled.

If the Brewster Town Hall is closed, the Brewster Senior Center will also be closed.



Computer Help

Wednesdays
9:00 - 11:00am

Do you need help using your computer? We have one-on-one, one hour sessions available to help you feel more confident in your computer skills. Sessions are **FREE!**

Our knowledgeable and dedicated volunteer instructor, Del Borah, is here to help you on Wednesday mornings. For all appointments, call the COA at 508-896-2737.

Brewster Men's Coffee Club (BMCC)

Thursdays **2:00 - 4:00pm**

The Brewster Men's Coffee Club meets on Thursday afternoons throughout the month. Why not come in out of the cold and join us for some lively conversation? We're always looking for new members!

We're also seeking guest speakers, so if you've got a topic of interest that you'd like to present, just let us know.

W.O.W. (Wonderful Older Women)

Tuesdays **9:30 - 11:00am**

Do you enjoy talking with others and feeling good about your day? Do you like to discuss books, movies, local events and issues? Then WOW would love to welcome you into our weekly discussion group. Join us whenever you can at the COA. You'll find us to be a very friendly group with a positive attitude.



Bingo!

Thursdays 12:30 – 1:30pm

Bingo is back! Come for senior dining at 11:30am and afterward enjoy a fun-filled hour of Bingo. Participants pay 5¢ for each card they play, which goes into a kitty that the winner of each game wins! Spend time with friends and have a good time.

Please note: if you are using COA van transportation, please let us know no later than the day before that you are planning on staying after lunch for Bingo.

Senior Dining at the COA!



Senior Dining is available every Tuesday and Thursday at the Brewster COA. You will need to **reserve your spot 2 business days in advance**. The monthly menu is always available, just ask. The requested meal donation is \$4.00. Simply give our Brewster Nutrition Center a call at 508-896-5070 to reserve. Come for lunch, stay for Bingo! On Thursdays, come hear beautiful live piano music provided by our wonderful volunteer pianist prior to lunch.

Transportation can be arranged. Just call the COA at 508-896-2737 to book your ride. Rides to/from lunch are **FREE!** The Senior Dining program is sponsored by Elder Services of Cape Cod and the Islands.

Meals on Wheels



Meals on Wheels delivers meals to people age 60 and over who are unable to prepare their own meals. For more information call Elder Services, Information and Referral at 508-394-4630 or 1-800-244-4630.

If you are already a client and need to reach our Nutrition Site, please call 508-896-5070.

Healthy Meals in Motion



This popular program serves all eligible Brewster seniors, providing groceries, fresh produce and paper products each month. Preorder from a wide selection of food items and your order will be ready for pickup at the Brewster COA parking lot (behind the building) between 10:30am and 12:00pm. Brewster's date is **always** the second Wednesday of each month, so the next dates will be **Wednesday, January 11 and Wednesday, February 8**. Please call the COA Outreach Office to enroll in the program at 508-896-2737.

Medical Equipment Loans

Our medical shed is open Monday - Friday, 8am - 4pm, for equipment pick up. If we have what you are looking for you are welcome to take it. There is no cost and no set return date. If you find you no longer need the item, please return it to us in **clean, working order**. We also welcome donations of **clean, durable medical equipment in**

good working order. If donating, please call the COA first at 508-896-2737 to tell us what you are bringing.

FY23 Elderly Real Estate Tax Exemptions

Just a reminder that if you have previously received or have requested information about Elderly Real Estate Tax Exemptions with the Assessor's Department, you **MUST** make an appointment with the Council on Aging by calling 508-896-2737. We will review the required documents and assist you in completing the application. Applications will continue to be accepted until April 1, 2023.

Outreach Notes



Outreach is available for help with a variety of subjects: Fuel Assistance, SNAP Assistance, Emergency Buttons, Homecare Assistance, Medical Equipment, Elder Services, and referrals of all types. For help with any of these, please contact the Outreach Office at 508-896-2737.

Do you have a 'My Senior Center' Card?

If not, please stop by the front desk and request one. By obtaining a card and using it to 'swipe in' each time you visit the COA for a program, you are helping us track attendance, which in turn helps the COA qualify for various grants. If you've lost your card, or don't know how easy it is to use it, just stop by our office. And to all those who have been using theirs, many thanks!!

Disclaimer:

The Brewster Senior Center offers many legal, financial, recreational, medical screening or other services and/or activities by volunteer or nominal-cost practitioners. Seniors participating in these services do so with the understanding that the Brewster Council on Aging, The Brewster Senior Center, the Town of Brewster, or its employees or agents DO NOT ASSUME ANY LEGAL RESPONSIBILITY FOR ANY ADVICE OR SERVICES RENDERED BY SUCH VOLUNTEER OR NOMINAL COST PRACTITIONER. Any act, advice, or service by outside providers at the Council on Aging SHOULD NOT BE PRESUMED TO BE ENDORSED OR SPONSORED BY THE BCOA.



Another new year has arrived!

It's a great time to make resolutions and changes and the Friends of Brewster Elders organization is no different. We're in the process of changing our bylaws to better reflect how we actually operate and we're planning a name change too! Nothing too dramatic, but many of our younger seniors who are joining the Friends thought we should consider using the word "seniors" in our name instead of elders.

Actually, the board had been discussing a name change during the past year. So after meeting with attorneys and making sure we wouldn't compromise our mission, which is to support, promote and enrich Brewster senior residents, we've decided to take the leap! And the name is (drum roll please): Friends of Brewster Seniors.

Okay, so it isn't that much of a change. But after a search of the Internet (and that's not to say that the Internet is always correct, but some of the other definitions were super patronizing!), a palatable explanation/definition was found at Elderly vs Senior - What's the difference? | WikiDiff.

"As adjectives the difference between elderly and senior is that elderly is [someone who is] old, having lived for relatively many years, while senior is older; superior."

"As nouns the difference between elderly and senior is that elderly is an elderly person while senior is someone seen as deserving respect or reverence because of their age."

Our members should be comfortable with being older and deserving respect or reverence because of their age, don't you think? Current members will be given the opportunity to weigh in on the bylaw changes and the name change in February, so "head's up" and keep an eye out for a mailing from the Friends in early February!

Happy New Year! Marilyn Dearborn, President and the Board of Directors

New Year. New Name. New Bylaws!

Are You a Member of the Friends Yet?

Membership forms can be found in the FOBE newsletter, at the Sea Captains' Thrift Shop or here at the COA. New calendar year membership starts January 1, 2023.

Did you know that the Friends of Brewster Elders are also friends of the Brewster Council on Aging? In fact, we'll be working with the COA to co-host a fun get-together on Valentine's Day, February 14th. There will be plenty of chocolate, music by a great band (Pitchfork) and lots of good company. See more complete details on page 3 of this newsletter.

www.friendsofbrewsterelders.org
Like Us on our 2 Facebook Pages
Contact us by calling 508-385-2881
Email to brewsterfriends@gmail.com



Transportation Notes from the Brewster COA:

Due to demand, the Brewster COA regrets that we are unable to accommodate grocery shopping or other errand requests from our friends residing at assisted living facilities. However, we are happy to still offer rides to routine medical appointments as far as Hyannis (we cannot supply rides for any procedures).

All rides are free of charge, although we do request a donation to offset the cost of gas. Appointments should be booked between the hours of 9:00am and 2:00pm. We do require a **4 full business day notice**. This service is provided by volunteers using their own private vehicles. Our volunteers will not accompany you at your actual appointment, however we welcome caregivers to ride along. Just let us know if a caregiver is coming.

Please call the COA for more information at 508-896-2737. If you are wheel-chair bound, we require a 7 business day notice in order to find a van driver for you.

A Message from Nikki Courtney, Exercise Physiologist & Activities Specialist VNA of Cape Cod - Public Health and Wellness

Inhale the Positive, Exhale the Negative

Things can get stressful as we head into the colder winter months. One way to help keep anxiety in check is to take some time to focus on your breathing. Breathing exercises have been used as a therapeutic intervention dating back to the Roman Empire. The psycho-physiological benefits of breath work include improved lung function, lower blood pressure, decreased anxiety, and more. There are many techniques to utilize breathing exercises depending on your goals. Yoga, Tai Chi, Physical Therapy, Speech Pathology, and even lifting weights all involve breathing techniques. Speak with your healthcare team to find out what breathing exercises could benefit your health. Here is a simple breathing exercise to try - a combination of box breathing and diaphragmatic breathing - that focuses on meditation:

1. Sit or lay comfortably and supported. Close your eyes and take a moment to check in with your body and your breathing. How are you feeling? Try to focus on your breathing.
2. Place one hand on your chest and the other hand on your stomach. Which hand moves more with your breath: the hand on your chest or the hand on your stomach?
3. Take a deep breath in through your nose and count to 4. Focus on filling your stomach with air, not moving the hand on your chest.
4. Hold your deep breath for 4 seconds
5. Breathe out through your nose and count to 4. Feel the hand on your stomach lower with your breath.
6. Allow your body to completely relax and count to 4 before repeating step 1.

Senior Fitness Hour

"Senior Fitness Hour" is found on Channel 99 of Lower Cape Community Access TV for older adults in the communities of Brewster, Orleans, Eastham, Wellfleet, and Truro. It is the result of a collaborative effort between Lower Cape TV and the Councils on Aging in these communities. Every weekday there will be fitness classes featuring instructors from various senior centers. From 10:00 - 10:30am, there will be regular senior fitness classes, and from 10:30 - 11:00am there will be chair fitness classes. See below for the schedule:

10-10:30am: Regular Senior Fitness

M	Frank's Funky Fitness
Tue, Th	Morning Fitness with Becky
W	Fitness with Melissa
F	Gentle Yoga with Debra



10:30-11am: Chair Fitness

M,W,F	Life Exercises with Janet
Tue	Chair Fitness with Melissa
Th	Sit Fitness with Becky

Receive the 'Bayside Chatter' by Email

If you would like to have our newsletter emailed to you, the process is simple. Just send an email with your name to: **coanewsletter@brewster-ma.gov**. In the subject line, please put 'email newsletter'.

If the email address you'd like us to use is different from the one that we received it from, please give us the new address. We will then remove your name from our paper mailing list, and add it to the virtual version.

Sightings from the Poop Deck



"Happiness is having a large, loving, caring, close knit family... in another city." George Burns

It's the end of November and Thanksgiving has come and gone and Joan and I are getting ready and waiting for the whole family to arrive in mid December. The entire Panama City, Panama contingent is scheduled to arrive in a couple weeks and the kids are anxious to see some snow and do a little snow tubing at one of the golf courses. We have inflated the snow tubes and we're ready to go. Obviously it never snows in Panama. Surprise!!

Let me introduce you to each of our seven great grandchildren beginning at the left with seven year old Fira. Fira is the daughter of our grandson Nicholas and his wife Maria. Fira is named after the capital of the Greek Island Santorini, where Nicholas and Maria honeymooned. Fira is the family's flamenco dancer and a pretty good one at that. Very pretty, too! To the right is Anastasia, daughter to our granddaughter Christina and her husband Jorge and an up and coming prima ballerina, but her advancement is contingent upon when she stops beating up the boys in her class. With two older brothers what would you expect? Sitting on my lap is Sofia, our grandson Alexander and his wife Michelle's daughter and currently a poker-faced table dancer. She is a dancing Rodney Dangerfield and when she learns to smile I will be the first one to donate a rolled-up dollar bill. Next is Alexander, aka Alecco, one of Anastasia's brothers. He's a very handsome dude, but needs to have his ears cleaned out, since he seems to have some difficulty following orders. "Peck's Bad Boy!" He and I are going to get along just fine. Alecco's brother Jorge is next to him and while it may not seem appropriate to use the term "sweet" to describe a little boy, Jorge is very aware of trying never to offend and is a true gentleman. When Jorge grows up into manhood he will always carry two clean handkerchiefs, one for himself and one for his date's tears. Hanging on very tightly to Jorge is Sofia's sister Victoria, born on the same day as Jorge and apparently her favorite cousin. My image of Victoria is seeing her standing with her arms folded and looking very cross when things haven't gone her way. She is, however, a very good student, a caring big sister, and also a dancer. Last, but by no means least, and sitting up high behind GiGi, is Nicholas, Fira's brother and Panama's up and coming replacement for New York Yankee great, Mariano Rivera, "The Closer." This photo is the first time I have ever seen him without a ball in his hands. His first word was not Mama or Dada, but "Ball." Nico and I share the same birthday so close to Christmas on December 18, so he too will have to

deal with one gift for birthday and Christmas....bummer! Since you will be reading this in January, I wish you a belated Merry Christmas and a Happy and Healthy New Year, and let's not forget Happy Valentine's Day.

Peter R. Scheffer - ("Life is Good!") - Enjoy your families!!

poop deck, n., a deck above a ship's main afterdeck

Senior Swim at Brewster Green!



We continue to be grateful to the new management team at Brewster Green for allowing our seniors to participate in Senior Swim every Friday from 10:00am to 12:00noon. There is a fee of \$1.00 per swim, payable to the COA and collected through an honor system (stop by once a month to pay). To be eligible to swim, you must be a **Brewster resident** 60+ and come to the Senior Center to register, sign a waiver and regulation form. You will receive a list of the resort's rules at that time. It is very important that all participants adhere to Brewster Green's rules to make it a positive experience for all.

In addition, the resort reserves the right to cancel Senior Swim during holiday periods when their paying guests are in town, such as Thanksgiving Week, Christmas Week and New Year's Week, and other holiday weeks as needed. Happy Swimming!

Please note: if the COA is closed on a Friday due to a holiday or weather event, there will be no swimming that day.

A Message from the Massachusetts RMV:

REAL ID deadline extended until May 7, 2025

REAL ID Credentials won't be needed until 2025 to fly domestically or enter some Federal facilities. The U.S. Department of Homeland Security has extended REAL ID full enforcement date to May 7, 2025.

SAVE THE DATE

Poetry Reading

**Friday, March 3 4:00 – 5:15pm
Brewster COA, 1673 Main Street**

Please join us for a late afternoon reading of delightful poetry by four poets, Maria Silverman, Ivy Greenstein, Gail Smith and Carol Marcy. Afterward there will be a short period of time for feedback and questions. This group has been meeting together weekly for over two years, during which time they have worked to deepen both writing and presentation skills. Come listen to what lies within their hearts and be inspired to perhaps view life a little differently through the lens of their spirits. Please call the COA at 508-896-2737 to reserve your seat.

BHT - BOSTON HOSPITAL TRANSPORTATION

Enjoy comfortable and safe transportation from Cape Cod DIRECT to Boston hospitals on a wheelchair-accessible bus. Service available Monday thru Thursday only.

MONDAY thru THURSDAY SCHEDULE

7:30am	Orleans (Shaw's Market)
7:40am	Fontaine Medical Center (Entrance)
7:45am	Harwich (Route 6 & 124 Commuter Lot)
8:00am	Barnstable (Route 6 & 132 (Burger King)
8:15am	Sagamore (Commuter Lot)

RESERVATIONS are a MUST!!! (Reserve no later than 9:00am the day before)

\$30.00 Round Trip/\$15.00 One-way. Cash or Checks (Payable to CCRTA) accepted. For reservations call **1-800-352-7155** Monday – Friday: 8:00am – 5:00pm.

Schedule your medical appointments between 10am & 2pm. The bus will leave Boston by 3pm.

Please visit the website for more information:

www.capecodrta.org

TRANSPORTATION INFORMATION All riders must be 60+

COA VAN - We offer trips for Grocery Shopping in Orleans on **Mondays and Wednesdays, from 11:00am to 1:00pm. We require a minimum of 2 full business days notice.** There is a maximum of 6 people per trip. A suggested donation of \$2 is accepted for this service. Call the COA to schedule your ride at 508-896-2737. **NOTE** - This service is **not** available to residents of assisted living facilities.

MEDICAL & DENTAL APPOINTMENTS - Volunteer drivers are available for transport to **routine** medical appointments in their personal cars. We travel as far as Hyannis and regret we cannot accommodate patients having procedures. Please call the COA at 508-896-2737 **as soon as you make an appointment or at least 4 full business days (Monday thru Friday; weekends do not count)** in advance so that we can schedule your ride. Please notify the COA if you can't keep your appointment so we can notify our driver. Donations are accepted for this service. All appointments should be booked for times between **9:00am and 2:00pm.**

WHEELCHAIR-ACCESSIBLE MEDICAL VAN – Transportation to medical appointments is provided by a staff person, Monday through Friday.

A one-week advanced reservation is required. Donations are accepted for this service. Call the COA for more information at 508-896-2737.

This agency and its programs are funded (in whole or in part) by the MA Executive Office of Elder Affairs and the Federal Administration for Community Living by a contract from Elder Services of Cape Cod and the Islands.

DART - DIAL-A-RIDE TRANSPORTATION Service: CCRTA provides a daily, general public-demand response service that is wheelchair-accessible, door-to-door, and ride-by-appointment. This service is available to all Cape Cod residents and is available Monday through Saturday in all towns, with limited Sunday service. Rides must be scheduled by no later than noon on the day prior to a ride. Rides can be scheduled up to 30 days in advance. The DART does not run on holidays. **For available times in Brewster please call Customer Service toll-free at 800-352-7155, Monday thru Friday, 8:00am - 5:00pm.**

OR CURRENT RESIDENT

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Orleans, MA
02653

TOWN OF BREWSTER - COA
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BREWSTER, MA 02631