

# Let's Go For A Walk!

Join COA staff in walking  
the paved pathway around the VMCC.

Fresh Air

Friends

Fun



Tuesdays & Thursdays in June  
at 8:30 am



Call 508-487-7080 to sign up

# REGISTER NOW! WELCOME TO MEDICARE VIRTUAL FAIR



JUNE 23, 2021 | OPEN FROM 3:00 PM TO 7:00 PM ET

Learn about signing up for Medicare! Go to [www.shiphelp.org](http://www.shiphelp.org) for more details, to see the agenda, and to register.

This fair is for people turning 65 or joining Medicare because of a disability. Learn about Medicare – and all its parts - to assist you in your initial enrollment decisions. There is no cost to attend. Join us online for any length of time!

Get trusted, unbiased Medicare education to help you make Medicare choices that best meet your needs.

There will be national expert presenters on Medicare eligibility, enrollment, and coverage options. Chat with exhibitors from your state health insurance assistance programs (SHIP) for answers to your individual questions.



**State Health Insurance Assistance Programs (SHIPs) are in all 50 states, Washington DC, Puerto Rico, and the U.S. Virgin Islands.** Your SHIP may use another name, locally. Use the SHIP Locator at [www.shiphelp.org](http://www.shiphelp.org) to learn more.

SPONSORED BY:



← [www.shiphelp.org](http://www.shiphelp.org) -OR-  
[www.shiptacenter.org](http://www.shiptacenter.org)

✉ [info@shiphelp.org](mailto:info@shiphelp.org)

☎ 877-839-2675

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## **COASTAL CONNECTIONS**

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

### **WRITING TOGETHER WORKSHOP Tuesdays, beginning June 1, 2021, at 10am (via Zoom)**

Join Lorraine Gilmore on Tuesdays for a session of “Writing Together”. Lorraine will provide writing prompts and each person will spend twenty minutes writing and then sharing their story (or essay or poem) with the group. Each member will comment on the writing - sharing thoughts about its structure or dialogue. Comments are supportive and kind. *To register call the Yarmouth Senior Center at 508-394-7606 X1333 or email: [Inoferi-hoff@yarmouth.ma.us](mailto:Inoferi-hoff@yarmouth.ma.us)*

### **WOODS HOLE OCEANOGRAPHIC INSTITUTE (WHOI) VIRTUAL TOUR**

**Thursday, June 3, 2021, at 9:30am (via Zoom)**

Expert presenter Paul Daigle will take his audience on a virtual tour of one of Cape Cod’s most renowned organizations, Woods Hole Oceanographic Institute. WHOI scientists are committed to understanding all facets of the ocean as well as its complex connections with Earth—including humanity. *To register call the Chatham COA at 508-945-5190.*

### **“COOKING WITH ALLY” Tuesday, June 8th, 2021, at 11am (via Zoom)**

Learn how to make an American Flag Cake! **Ingredients:** 6 ¼ sticks unsalted softened butter, 3 cups sugar, 6 extra large eggs, 1 cup sour cream, 3 teaspoons pure vanilla extract, 3 cups flour, 1/3 cup cornstarch, 1 teaspoon kosher salt, 1 teaspoon baking soda, 1 ½ pounds softened cream cheese, 1 pound sifted confectioners’ sugar, 2 half-pints blueberries, and 3 half-pints raspberries. *To register call the Dennis Senior Center at 508-385-5067.*

### **FALMOUTH COA BOOK CLUB...All Are Welcome! Tuesday, June 8, 2021, at 1:30pm (via Zoom)**

**“The Girl with the Louding Voice” by Abi Dare**

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

### **JOINT REPLACEMENT HEALTH TALK Wednesday, June 9, 2021, at 10am (via Zoom)**

The experts from Kindred Healthcare will present valuable information regarding joint replacement including surgical preparation, rehabilitation and up to date care information on physical therapy.

Presenter: Joanne Burbank, Kindred Health. *To register call the Barnstable COA at 508-862-4761 or email [susan.griffin@town.barnstable.ma.us](mailto:susan.griffin@town.barnstable.ma.us)*

### **BOOK CLUB – CHATHAM COA Wednesday, June 9, 2021, at 11am (via Zoom)**

Skilled facilitator, COA Volunteer Librarian Liz Walker, will lead the Book Club through a story of courage, friendship, and romance with June’s selection, “The Paris Library: A Novel” (2021) by Janet Skeslien Charles. *To register call the Chatham COA at 508-945-5190.*

## **UNDERSTANDING TRUSTS / PLANNING FOR LONG-TERM CARE**

**Wednesday, June 9, 2021, at 1:30pm (via Zoom)**

Attorneys from Patricia Mello & Associates will help talk about Revocable, Irrevocable, Marital, Special Needs, and Testamentary Trusts, and how these documents can: (1) avoid probate; (2) save on death taxes; (3) provide for disabled children; and (4) protect certain beneficiaries against creditors. Attorneys from the Patricia Mello & Associates, PC explain in plain English what a Trust is and how it can be customized to meet your unique estate needs. The second part of this presentation will explain Medicaid law in Massachusetts, and how you and your family can plan for possible care in the future while taking steps to ensure that assets are preserved for you and your family. *To register call the Falmouth COA at 508-540-0196.*

## **BASICS OF ESTATE PLANNING Thursday, June 10, 2021, at 1pm (via Zoom)**

This presentation covers the basics of estate planning: powers of attorney, healthcare proxy, wills and trusts, probate of estates, estate taxation, and asset protection from nursing home concerns. Presented by Attorney Michael L. Lavender. *To register, call the Harwich COA at 508-430-7550.*

## **LET'S TALK ABOUT TOMORROW Thursday, June 17, 2021, at 9am (via Zoom)**

This info session, presented by the Homeless Prevention Council (HPC), is designed to create awareness about senior housing on the Lower Cape, to encourage attendees to work with case managers to apply as soon as possible, and to connect residents to the many local resources available. This information is crucial for older adults who are considering either applying for affordable senior housing or aging in place. All are welcome! *To register call the Chatham COA at 508-945-5190.*

## **TREK ON THE CAMINO de SANTIAGO Thursday, June 17, 2021, at 10:30am (via Zoom)**

Join Pete Cormier to hear the story of his 2016 trek on the Camino de Santiago or The Way of St. James: A Pilgrimage of Medieval Origin. Accompanied by photos, journaling, incredible quilted scenes of photos of the journey and poetry relating to his journey, Peter will tell the story of his 4-week/460-mile trek along the route ending at the Cathedral of Santiago de Compostela in Galicia, Spain. The Camino de Santiago is listed as a UNESCO World Heritage site for its role in encouraging culture exchanges between people from all over the world for many centuries. *To register please call the Sandwich COA at 508-888-4737.*

## **“HEALTHCARE & YOUR RETIREMENT”: FINANCIAL PLANNING WEBINAR**

**Wednesday, June 23, 2021, 1pm (via Zoom)**

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