



COASTAL CONNECTIONS

Below is a list of virtual programs open to all thanks to a collaboration through COAST (COAs Serving Together, a group of Cape Cod COA Directors).

ALL PROGRAMS ARE ON ZOOM

A MATTER OF BALANCE (MOB) Beginning Wednesday, March 9, 2022, 10:00 AM-12:00 PM

Are concerns about falling keeping you from doing the things you enjoy? MOB is an evidence-based program proven to build your confidence and provide you tools to stay active and connected.

To register, call Dennis COA: 508-385-5067 or email sjones@town.dennis.ma.us

HEALTH TALKS: HEAD, SHOULDERS, KNEES & TOES Wednesday, March 9, 2022, 10:00-11:00 AM

What you need to know about surgery and rehabilitation with a physical therapist and the experts from Kindred Health. Presenter: Joanne Burbank, RN, Kindred Health.

To register, call Barnstable COA: 508-862-4750.

BUYING & OWNING (or LEASING) A CAR Wednesday, March 9, 2022 at 1:00 PM

Marie C. Clougher, Esq., Executive Director, Consumer Assistance Council will share tips on buying vs. leasing, negotiating the best deal, financing, getting the most out of warranties and service contracts, using gas efficiently, and avoiding repossession. **To register, call Barnstable COA: 508-862-4750.**

MEN IN RETIREMENT: Henry Quinlan Wednesday, March 16, 2022, 10:30 -11:30 AM

So, you've retired....what now? Learn about how retirement can bring new relationship issues and for men who do not find new meaningful activities to replace work, there is the risk of boredom and a sense of purposelessness that can be stressful and lead to depression, marital issues, and health problems.

To register, call Bourne COA: 508-759-0600 ext. 5300

A ZOOM DOCK TOUR OF WOODS HOLE OCEANOGRAPHIC INSTITUTION Wednesday, March 16 at 1:30 PM

A presentation by Paul Daigle, docent. Woods Hole Oceanographic Institution is dedicated to advancing knowledge of the ocean and its connection with the Earth through a commitment to excellence and the application of this knowledge to problems. **To register, call Orleans COA: 508-255-6333 beginning March 1.**

LIGHTHOUSES OF NEW ENGLAND Tuesday, March 22, 2022 at 1:30 PM

Presented by Jeremy D'Entremont, author, podcast host and historian for the U.S. Lighthouse Society, president and historian of the American Lighthouse Foundation. Hear stories of lighthouses of Cape Cod and the Islands with historic and recent images. **To register, call Orleans COA: 508-255-6333 beginning March 1.**

POLLINATION ECOLOGY – HOW CAN WE HELP BEES? Tuesday, March 22, 2022, 11:00 AM-12:00 PM

Honeybees have been suffering catastrophic losses. This program will review honeybee biology, the factors responsible for this problem, the state of wild pollinators and what residents can do to help them. Presenter: Larry Dapsis, Entomologist, Cape Cod Cooperative Extension. **To register, call Barnstable COA: 508-862-4750.**

NEW PATH TO POSITIVE CAREGIVING Wednesday, March 23, 2022, 10:00-11:00 AM

Savvy Caregiver is a series that will provide the caregiver with skills, knowledge and techniques needed to provide care to a person who has been diagnosed with Alzheimer's disease (or a progressive dementia). Presenter: Stacey Cullen. **To register, call Barnstable COA: 508-862-4750.**

HOLLYWOOD HISTORY – INTERNATIONAL CINEMA: FRENCH AND ITALIAN DIRECTORS

Wednesday, March 30, 2022, 3:30-4:30 PM

A sampling of 20th and 21st century French and Italian filmmakers and their films that are not only accessible, but also relatable! Presenter: Frank Mandosa. **To register, call Barnstable COA: 508-862-4750.**



Become a Volunteer SHINE Counselor!



Contact

tracey.benson@barnstablecounty.org
508-375-6762 Ext. #2

Do you have some spare time and like to help people? Do you like technical information and problem solving? If so, you may be the perfect SHINE volunteer.

SHINE volunteers offer free, confidential insurance counseling on Medicare options to beneficiaries and their families. Once you become a certified counselor, we are confident you will find SHINE a rewarding, as well as a challenging, volunteer experience. Without volunteers, SHINE would not be able to help the many Medicare beneficiaries on Cape Cod and the Islands. Our group of more than 50 volunteers has monthly meetings where you can connect with your fellow SHINE counselors.

Currently, all SHINE counseling sessions are a hybrid mix of telephonic and in-person, depending upon your comfort level. Our monthly meetings are held virtually at this time. Once it is safe to do so, we will resume in-person meetings at a set location. To volunteer, you must participate in a 10-day training and pass a state certification test. To meet the needs of our communities, you may be asked to serve in a neighboring town.