



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.

WINTER CONSUMER PROTECTION WITH OFFICE OF THE ATTORNEY GENERAL Monday, January 10, 12-1pm (via Zoom)

With electric and natural gas rates set to rise this winter season, Attorney General Maura Healey launched a campaign to educate customers about new and expanded programs available to assist them in paying energy bills. Due to COVID-19 economic uncertainty and volatility in global fossil fuel prices, customers in New England will see a spike in energy prices this winter. Customers who use gas to heat their homes should expect an increase on their monthly bill, and those who use oil could see an even bigger rise. Some customers also will see an increase in their electric bills. **To register for class email Susan at the Barnstable COA @ susan.griffin@town.barnstable.ma.us**

IN THE KITCHEN WITH KELLI Monday, January 10, 11am (via Facebook Live)

Learn how to make a warm winter treat during this Facebook live episode of Aging Well Today Cape Cod, at the Dennis Center for Active Living. **For more information call us at (508) 385-5067.**

HEALTH TALK: NUTRITION FOR A HEALTHY WINTER Wednesday, January 12 at 10-11am (via Zoom)

You are what you eat! What we put in our body can result in how healthy we are. The experts from Kindred Health will discuss how to stave off illness through changes in your diet. **To register for class email Susan at the Barnstable COA @ susan.griffin@town.barnstable.ma.us**

WINTER BIRDS OF CAPE COD Tuesday, January 25, 1:30-2:30pm (via Zoom)

Do you enjoy the variety of birds seen in your neighborhood and can you distinguish one from another? Join Chris Waltz, the property manager and a naturalist at Mass Audubon's Long Pasture Wildlife Sanctuary, for an informative interactive session on the Cape's winter birds. Chris Walz has been birding for over 20 years and has taught many birding classes for birders of all backgrounds and abilities. Join us and find out more about the birds amongst us. **To register call the Orleans COA at 508-255-6333.**

FORENSIC ETOMOLOGY: WHO DUNNIT? Wednesday, January 26, 9:30-10:30am (via Zoom)

Insects are now used to investigate a number of problems ranging from contamination of foods, apartment problems, to violent crimes. Learn about the key bug players and how they have helped solve crimes that conventional investigation techniques could not. Presented by Larry Dapsis, Entomologist, Cape Cod Cooperative Extension. **To register call the Chatham COA at 508-945-5190.**

LET'S TALK ABOUT TOMORROW Monday, January 31, 10-11am (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. **To register call the Chatham COA at 508-945-5190.**

PROVINCETOWN PUBLIC SAFETY RESOURCES

COA STORM REASSURANCE PROGRAM

In case of a predicted storm, participants will be contacted by COA staff to determine if they have adequate supplies in preparing for possible power outages, etc. If you live alone, are disabled, use oxygen or other special medical equipment or feel you could benefit from this program, call Outreach Coordinator Andrea Lavenets at 508-487-7080 to sign up.

TOWN OF PROVINCETOWN EMERGENCY ALERTS

The Town of Provincetown has a notification system that alerts citizens in the event of an emergency, such as a power outage, boil water order, severe weather or if the Town shelter opens. You can opt to receive messages through your landline, cell phone, e-mail or text. To register, go to the Town website at www.alerts.provincetown-ma.gov and scroll down to "Sign Up". Call COA Outreach Coordinator Andrea Lavenets at 508-487-7080 if you need assistance signing up.

SPECIAL ASSISTANCE INFORMATION FORM

Residents of any age requiring special assistance during an emergency, such as an evacuation or one that might warrant the opening of the Town emergency shelter, can sign up so that arrangements can be made in advance. Go to the Town website at www.provincetown-ma.gov to register, click on "Departments/Council on Aging/Special Assistance Information Form." If you do not have Internet access, call COA Outreach Coordinator Andrea Lavenets at 508-487-7080 to sign up.