

THE WELLFLEET WAVE

Newsletter of the Wellfleet Council on Aging
715 Old King's Highway • Wellfleet • 02667

COA STAFF DIRECTORY

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VOLUME 2012-1 & 2

January/February 2012

GENERAL PHONE NUMBERS

508-349-2800 OR 349-0313

FAX: 508-349-0319

Thanks to Heather Bailey of the Optimal Chef & Mary Bakas, caterer, we have been able to offer Iris's Café while Iris continues her recuperation from a broken leg. Please see the menu on the last page of The Wave.

A big THANK YOU to Paul @ Wellfleet Marketplace, John & Jane Ryerson, Evelyn Savage (delicious cranberry bread!!) and our group of volunteers who helped us serve a fabulous Thanksgiving luncheon !!



HAPPY 2012 FROM THE COA STAFF

DATES TO REMEMBER:

Monday, January 2 ~ COA closed for New Year's Day

Monday, January 16 ~ COA closed for Martin Luther King Jr. Day

Monday, February 20 ~ COA closed for President's Day

PLEASE NOTE: ALL NEW INFORMATION FOR JANUARY/FEBRUARY WILL BE FEATURED IN *SHADED AREAS!*

♥ FOR YOUR HEALTH

♥ **ASK THE NURSE** ~ Martha Downs, RN, Public Health & Wellness, Visiting Nurses Association of Cape Cod, offers FREE services every **WEDNESDAY** from 12:30 to 2:30:

- Blood pressure
- Glucose monitoring
- Weight monitoring
- Nutrition advice & counseling
- Health and wellness questions
- Medication questions
- Information on area services
- Information on common communicable diseases
- Information on common medical problems

♥ **DR. CAMPO, PODIATRIST:** For all foot care problems, as well as routine care. Most services covered by Medicare and other insurance (prior approval needed for HMO's). Appointments must be booked through the COA. January 13 & 27, February 24.

♥ **PEDICARE, INC.:** Routine, non-medical foot care (pedicure based), by appointment at COA. No insurances. January 6, February 3 & 8.

➡ FOR YOUR ASSISTANCE

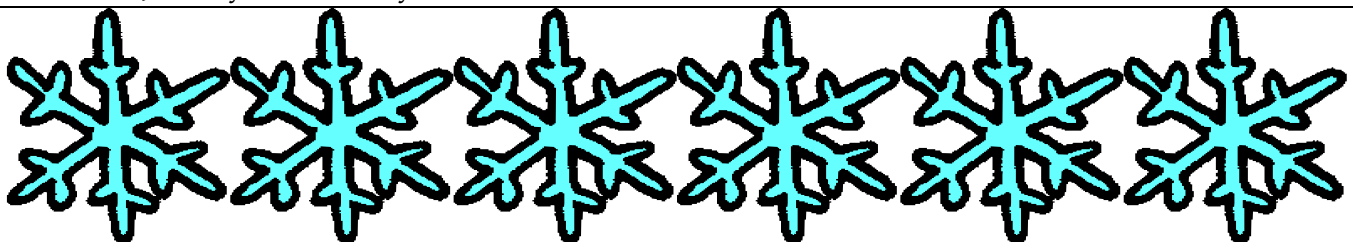
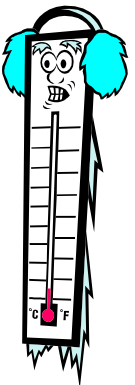
➡ **ARE YOU READY FOR MEDICARE?** Deb Ford of New York Life & Norm Kesselman of Bankers Life & Casualty will be hosting Medicare Review Seminars on **Wednesday, January 18 and Wednesday, February 15 at 4 PM.** In this seminar, they will focus specifically on those individuals turning 65; however, all are welcome. They will review Medicare, the differences between Parts A and B, what Medicare does and does not cover, as well as why you need to know about Part D, the prescription drug coverage. Open discussion, will help to answer your questions about Medicare.

➡ **DR. MARLENE DENESSEN:** Counseling services at the COA on Mondays. She is a senior professional and can help with all kinds of life situations. Try a free session with no obligation. If you decide to continue, her services are insurance billable. Call 508-896-7790 for an appointment.

➡ **FUEL ASSISTANCE:** Available to income-eligible Wellfleet residents ~ homeowners or renters. Applications taken **BY APPOINTMENT ONLY.** All applications are confidential. Call the front desk to make an appointment and obtain information on the necessary paperwork required to file. Please do not wait until you are low on fuel to apply!

➡ **GOSNOLD COUNSELING:** By appointment at the Wellfleet COA ~ booked through the Gosnold Office in Provincetown (508)487-2449. **CONFIDENTIAL.**

➡ **LEGAL ASSISTANCE:** 60 years of age or older ~ By appointment on the second Wednesday of the month, from 10 – Noon. Conducted by Attorney Tom Kosman, of Legal Services for Cape Cod and the Islands. Free. January 11, February 8.



🍴 FOR YOUR DINING PLEASURE

🍴 **CONGREGATE LUNCHEON:** 60 years of age or older - every Wednesday at noon. Reservations required the day before by 11 AM ~ 508-349-2800, Ext. 207. Great food & great company, suggested voluntary donation. Brought to you by Elder Services of Cape Cod & the Islands. Stop in to meet Deb & have a delicious meal with friends!



🍴 **IRIS'S CAFÉ:** Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday

🍴 **MEALS ON WHEELS:** Sponsored by Elder Services, meal delivery to Wellfleet & Truro seniors. Contact Ext. 207 for more information.

NOTE: WELLFLEET MEALS ON WHEELS NEEDS VOLUNTEERS!

Volunteers with cars are needed to deliver meals to homebound seniors in the Wellfleet/Truro area. Drivers can pick meals up at the nutrition site between 9:45 and 10 AM. The total commitment is about 2 hours per week. Drivers are needed Monday – Friday. We are seeking individuals, teams of two or more, and businesses and groups to “adopt a route” 1 day per week. Mileage reimbursement is available. Substitute drivers are welcome. Call Deb Giza, HDM & SDC Coordinator, at 508-349-2800.

🍴 **OUTER CAPE COMMUNITY COFFEE:** Coffee & Iris's fresh baked scones. Mon. – Fri. mornings.

🍴 **SOUP TO GO:** Cancelled until Iris returns.

★ FOR YOUR FUN AND ENTERTAINMENT

★ **BRIDGE:** Every Friday from 1-4. Beginners welcome. Non-competitive, casual & fun.

★ **FIDDLE MUSIC WITH KATY:** Join us at Iris's Café Valentine Day luncheon while Katy Rose plays love songs on her fiddle!! Thursday, February 9th at 12:30, by reservation, please!

★ **INTERNATIONAL FOLK DANCING:** All skill levels welcome – no partners needed! Meets the 1st, 3rd and 5th Tuesday of each month at the COA from 7-9 PM. Free will donation.

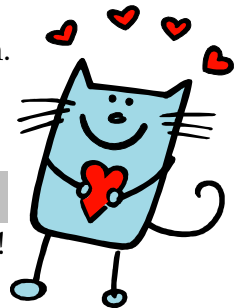
★ **NEEDLEWORK GROUP:** Do you have half-finished projects that you never seem to finish? Do you want to make something new? Do you enjoy the company of fellow needle workers? Work on your project and socialize at the same time every Wednesday at 1:30 at the COA. No fee ~ no need to sign up. Pack up your project and come over!

★ **QUILTING GROUP:** First and third Thursday, from 1–4 in our Conference Room.

★ **SCRABBLE:** Join other Scrabble enthusiasts, every Thursday immediately after Iris's Café.

★ **TAP DANCE CLASSES WITH THE MARY JANE TAPPERS:** Mary Jane Doonan, director of the Tappers, brings her 35 years of teaching experience to the COA. Tuesdays from 3-4, \$10 per class

★ **THE WELLFLEET RED “MAD HATTERS”:** We would like to invite any ladies 50 years plus to join our “Tea Party” at 2 PM, the second Monday of every month. Please call Deirdre Poole, the “Queen Mum” at 349-7005 for more information.



★ FOR YOUR FUN AND ENTERTAINMENT (cont.)

★ **WELLFLEET WAVE BOOK CLUB:** *For January 19, 1:30 – 3:30 ~ The Postmistress by Sarah Blake* ~ “*The Postmistress* is a tale of two worlds-one shattered by violence, the other willfully naïve-and of two women whose job is to deliver the news, yet who find themselves unable to do so. Through their eyes, and the eyes of everyday people caught in history's tide, it examines how stories are told, and how the fact of war is borne even through everyday life.” (Amazon review) *For February 16, 1:30 – 3:30 ~ Caleb's Crossing by Geraldine Brooks* ~ “Once again, Geraldine Brooks takes a remarkable shard of history and brings it to vivid life. In 1665, a young man from Martha's Vineyard became the first Native American to graduate from Harvard College. Upon this slender factual scaffold, Brooks has created a luminous tale of love and faith, magic and adventure.” (Amazon review)

* FOR YOUR WELL-BEING

* **DEB GIZA, LICENSED MASSAGE THERAPIST:** Manual therapies for pain reduction and relaxation. Tuesday afternoons at the COA. Call Deb directly to schedule ~ 508-274-8272.

EXERCISE WITH MELISSA SHANTZ ~ NEW 10-WEEK EXERCISE SESSION

Monday, February 6 – Friday, April 13, 2012

Week of January 30th will be a “freebie week” to make up for classes lost to holidays.

Note: Physician’s approval absolutely required for all exercise classes. Please check with the COA.

FEE SCHEDULE FOR CLASSES ~ Mix & match your days/classes ~ discounted rates for multiple sessions ~ 1X per week for \$35, 2X per week \$50, 3X per week \$70, 4X per week \$85 ~ Drop-in’s welcome, \$5 per class drop-in rate ~ mid-session drop-in’s will NOT be pro-rated.

* **BALANCE AND GENERAL EXERCISE CLASS:** Basic exercise to help with balance & aid in stability, head to toe limbering, strengthening, seated & standing exercise, light weight work available ~ Mondays, Wednesdays & Fridays, 10:15 – 11:15 AM

* **MAT CLASS:** Thursdays, 8:30 – 9:30 AM, \$6 per class. *Note ~ mat class not part of mix & match prices.* Abdominal workout, gentle stretching, core work, ending with deep breathing & relaxation. Mats provided. See calendar for specific Thursdays ~ subject to change.

* **STRENGTH TRAINING CLASS:** Low-impact exercise, cardio & strength training ~ weights & Thera-bands available ~ every day except Thursday, 8:45 – 10 AM .

* **ZUMBA WITH JULIE:** Mondays from 4:30-5:30. Questions or additional classes with Julie go to www.zumba.com or call her at 508-237-8778. *Note ~ Zumba class not part of mix & match prices.*

◆ FOR YOUR SUPPORT

◆ **CAREGIVER’S WORKSHOP (CARES PROGRAM):** for caregivers and those they care for ~ a simultaneous support group for individuals with dementia related illnesses and their caregivers that focus on providing education, support and respite. Supervised activities available for your loved ones on site. Pre-registration is required. For more information or to register please call (508) 775-5656 or info@alzcapecod.org. Meets the fourth Tuesday of every month from 10:30 – Noon. January 24, February 28.

◆ **CAREGIVER’S SUPPORT GROUP:** Are you a caregiver? Would you like to meet and talk with other caregivers? The Wellfleet COA is providing Outer Cape area caregivers regular access to caregiver support. Meeting schedule is based on a monthly first and third Tuesday pattern, 10 AM – 11:30. All are welcome. January 3, 17 and February 7, 21.

◆ **SIGHT LOSS SUPPORT GROUP:** Truro COA, 25 Library Lane - 4th Monday of each month, 10 AM – noon. Open to Wellfleet residents ~ transportation available. Call Sight Loss Services of CC and Islands for more information at 508-394-3904.

Improving Communication Between You and Your Doctor

by Brandon C. Walecka, Esq.

As you know, your doctor is a very busy person. She sees dozens of patients every day, and their insurance plans force her to get those patients taken care of and out the door quickly. As a result, she may limit her contact with each patient to the minimum necessary to diagnose and treat.

But you want more and deserve more. You want to know what's really going on. You want to know what certain symptoms mean, how you can remedy certain ailments and how to adjust your diet and lifestyle to improve your life. You want to understand the interrelationship of different medications, and the side effects of each. You want to hear about alternative treatments, what the doctor is looking for, what you can expect.

How are you going to get all of that information from your smart, helpful, friendly, but very busy, doctor? By talking with her, of course. This may be easier said than done, but maybe a publication from the National Institute on Aging can help. "Talking With Your Doctor: A Guide for Older People" is a practical pamphlet designed to give you some tips about how to communicate with your physician or other health care professionals. It comes complete with some worksheets and checklists to help you organize yourself for your initial or periodic doctor's visit.

You can order printed copies of "Talking With Your Doctor" for free. You can also download it online and print out only those portions you need -- like the worksheets, for instance. It could help you get a better handle on your medical treatment, or the treatment of someone you care for or about.

WEBSITE: <http://www.nia.nih.gov/health/publication/talking-your-doctor-guide-older-people/can-i-really-talk-about-discussing>

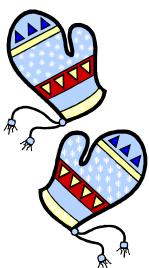
The COA has also ordered printed copies & is expecting them soon.

Stop in and ask !

GREAT POND ARTISTS

January ~ Diane Galvin

February ~ Wellfleet Elementary School Students



INCLEMENT WEATHER REMINDER: When the snow flies, please know that we operate on the same schedule as the Nauset School System – **if schools are cancelled for Nauset, all our programs will be cancelled as well.** Cancellations are broadcast on local radio and TV stations. Additionally, we often need time in the morning to get the walks and parking lots clear. For everyone's safety, we recommend you **call us first** during bad weather before venturing out.

Wellfleet Council on Aging
715 Old King's Highway
Wellfleet, MA 02667

COA Board Members:

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Evelyn Sheffres ~Vice-Chair
Brian Quigley ~ Secretary
Ernie Bauer
Ellen Ishkanian
Carol Magenau
Sarah Multer
Fred Naas
Maureen Schraut ~ FCOA Liaison
Evelyn Savage
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Marge Piercy ~ Vice President
Maureen Schraut ~ Secretary
Peter Hall ~ Treasurer
Marieke Hall
Sharon Inger
Carol Parlante
Roger Putnam

Thank you to the Friends of the Council on Aging for providing supplemental printing costs for THE WAVE.

IRIS'S CAFÉ

**Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert,
reservations required by Wednesday**

- January 5th Thinly sliced tenderloin of beef with a port wine demi-glace, baby red potatoes persillade, wilted spinach, sautéed pears in brown sugar over vanilla ice cream.
- January 12th Homemade chicken pot pie with mashed potatoes, chicken gravy, green beans, homemade gingerbread with whipped cream.
- January 19th Jumbo shrimp scampi over linguine, green salad, garlic bread, apple-cranberry crisp with ice cream.
- January 26th Enchiladas stuffed with spinach and cheese, Spanish rice, sautéed zucchini, brownies. **(VEGETARIAN)**
- February 2nd Pizza with grilled eggplant, tomatoes, fresh mozzarella & basil. Salad with apples, toasted walnuts & vinaigrette. Ice cream drizzled w/chocolate ganache, fresh raspberries. **(VEGETARIAN)**
- February 9th Chicken piccata served with linguine aglio olio (herbs & Parmesan), soft dinner rolls, sautéed green beans, apple pie ***(Valentine lunch with love songs on the fiddle by Katy Rose)***
- February 16th Shepherd's pie with gravy, green salad, bread, pecan pie.
- February 23rd Baked cod with citrus herb butter & toasted almonds, rice pilaf, broccoli with vinaigrette, fruit crisp.