

THE WELLFLEET WAVE

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

COA STAFF DIRECTORY

Suzanne Grout Thomas, Director ~Ext. 202 suzanne.thomas@wellfleet-ma.gov

Linda Rockwell Balch, Outreach Coordinator ~Ext. 201 linda.balch@wellfleet-ma.gov

Terri Frazier, Office Manager ~ Ext. 205 terri.frazier@wellfleet-ma.gov

Sally Largey, Office Assistant/Volunteer Coordinator, sally.largey@wellfleet-ma.gov

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GENERAL PHONE NUMBERS

508-349-2800 OR 349-0313

FAX: 508-349-0319



WAVE RIDER is the winning name of the new COA van! Thanks to all of you who took the time to vote !

DIRECTOR'S MESSAGE

As Council on Aging Director for the Town of Wellfleet, I also serve as Wellfleet's representative to the Board of Directors for the CCRTA, Cape Cod Regional Transit Authority. The CCRTA oversees all transportation on Cape Cod including the B Bus and the FLEX bus. They also provide Councils on Aging with vans for elder and handicapped transportation in order to insure that all elders have personal and safe and convenient answers for their transportation needs. In the spring, Wellfleet received its first van, a \$65,000 twelve passenger van with the capability of accommodating two people in wheelchairs at no cost to the town. The Friends of the Council on Aging provide all funding for van drivers, gas and maintenance. It has a lift so that people who can't do steps can stand on the lift and be lifted into the van. It is air-conditioned and roomy. The CCRTA also provides training for all the drivers and we now have drivers certified and trained to drive the van and to operate all its features. The Board of the Council on Aging sponsored a "Name the Van" contest and I am proud to announce that the van will be known as the *Wave Rider*. If you need information on our transportation schedule or have suggestions for expanding our current schedule, please contact Sally.

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DATES TO REMEMBER:

Monday, Sept. 6th ~ Labor Day ~ COA closed
Tuesday, September 7th ~ Evalyn Wood Reception
Thursday, September 9th ~ Wellfleet Dines Out begins
Thursday, September 23rd ~ Aging Well Forum
Monday, Oct. 11th ~ Columbus Day ~ COA closed
Saturday, Oct. 16th ~ OysterFest begins

PLEASE NOTE: ALL NEW INFORMATION FOR SEPTEMBER/OCTOBER 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). Friday appointments available – must be booked through the COA. Alternate Fridays, September 10, October 8 and 22.

♥ **PEDICARE, INC.:** Routine, non-medical foot care (pedicure based) by appointment at COA. No insurances. September 3 & 17, October 15.

➔ FOR YOUR ASSISTANCE

➔ **Aging Well ~ Being Ready for Life's Bumps:** Let's face it, as you get older you are bound to hit a few bumps in the road. Did you know that equipping yourself with a positive mental attitude is a skill you can learn? The Harwich Council on Aging will host a forum on September 23, 10 AM-2 PM on Aging Well ~ Being Ready for Life's Bumps. The forum features:

- an opportunity to learn how to build the kind of resiliency you need to age well
- Cynthia Greywolf, Geriatric Nursing Specialist, opening the forum with a question & answer session
- Conversation leaders at your table
- Display tables with take away materials
- Participation Prizes
- Lunch On Us!

We have limited space so you **MUST** register in advance. Please call the Harwich Council on Aging at (508)430-7550 to register. Transportation available from Wellfleet COA, departing at 9:15 AM, by reservation, please. *This event is hosted by the Harwich Council on Aging in partnership with the Wellfleet Council on Aging and the other Cape Councils (COAST). It is funded by Cape Cod Healthcare Community Benefits.*

➔ **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, September 15th and October 20th 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. This is an open discussion and 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:** Applications for fuel assistance taken by appointment only, beginning September 27th. Call to obtain a list of necessary paperwork to apply.

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

➔ FOR YOUR ASSISTANCE (cont.)

- ➔ **HOW TO SAVE MONEY ON YOUR MEDICINES:** Financial questions answered by Sarah Multer, RN. By appointment, Tuesday, Sept. 14 & Oct. 12, 12:30 – 2:30. Call COA for appointment.
- ➔ **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. September 8, October 13.

🍏 FOR YOUR DINING PLEASURE

- 🍏 **CONGREGATE LUNCHEON:** 60 years of age or older - Come dine at the COA 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.
- 🍏 **IRIS'S CAFÉ:** Thursdays at 12:30. See the last page of The Wave for the menu. \$7.50 per person includes coffee and dessert. Reservations required by Wednesday at noon, please.
- 🍏 **MEALS ON WHEELS:** Sponsored by Elder Services, meal delivery to Wellfleet & Truro seniors. Contact Beth at Ext. 207 for more information.
- 🍏 **OUTER CAPE COMMUNITY COFFEE:** Monday-Friday, coffee and Iris's fresh baked scones.

★ FOR YOUR FUN AND ENTERTAINMENT

- ★ **BRIDGE:** Every Friday from 1-4. Beginners welcome. Non-competitive, casual & fun.
- ★ **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. (Oct. 19 moved to Oct. 26)
- ★ **QUILTING GROUP:** First and third Thursday, from 1–4 in our Conference Room.
- ★ **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 with lessons on Tuesdays from 3-4. All levels of experience welcome ~ \$10 per class. Don't use age as your excuse ~ Mary Jane's oldest tapper is 78!
- ★ **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.
- ★ **WELLFLEET WAVE BOOK CLUB:** For Sept. 16th ~1:30 ~ Run by Ann Patchett ~ "Engaging, surprising, provocative & moving...a thoroughly intelligent book, an intimate domestic drama that nonetheless deals with big issues touching us all: religion, race, class, politics, and, above all else, family." *Jonathan Yardley, Washington Post Book World.* For October 21st ~1:30 ~ The Catcher in the Rye by J.D. Salinger ~ Since his debut in 1951 as *The Catcher in the Rye*, Holden Caulfield has been synonymous with "cynical adolescent." Narrated in a slang that sounds edgy even today and keeps this novel on banned book lists.

* FOR YOUR WELL-BEING

- * **ALZHEIMER'S SERVICES OF CAPE COD & THE ISLANDS:** Offering a lecture series that will teach the tools necessary for successfully managing Alzheimer's disease in your home. Programs are free to families. Please call or e-mail ASCCI directly to reserve your spot @ info@alzcapecod.org or 508-775-5656. Classes offered at the Wellfleet COA are: "Essential Communication Skills" ~ learn why communication changes with dementia and how to adjust your own communication to improve mutual understanding, Sept. 21, 5:30 – 7. "Managing Challenging Behaviors" ~ develop an understanding of why challenging behaviors can occur and learn to avoid the triggers that can bring them on, Oct. 19, 5:30 – 7.
- * **DEB GIZA, LICENSED MASSAGE THERAPIST:** Spa services at special senior rates. Call her directly for appointments or additional information: 508-274-8272.

*** FOR YOUR WELL-BEING**
~ NEW 10-WEEK EXERCISE SESSION ~

Monday, September 20th - Friday, November 26th

week of November 29th will be a "freebie week" to make up for missed classes due to holidays

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

FEE SCHEDULE FOR CLASSES ~ Mix and 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 always welcome (\$5 per class drop-in rate).

*** 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

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

*** ZUMBA:** Zumba is a dance fitness class with easy to follow moves and great Latin rhythms. It's too fun to call a work out! For September ~ Mondays, Wednesdays and Fridays, 4:30-5:30, Saturday mornings, 9 – 10 AM. *October class schedule to be announced.*

*** ZUMBA GOLD:** Targeted specifically for seniors, offered Tuesday, 10:30-11:30 AM, beginning September 21st. Zumba Gold is a fitness program which uses international dance rhythms and easy choreography to create a fun exercise class. This program provides the active older adult, beginner participant, and anyone who may need special modifications to their exercise program, a great total body workout, including dance moves, great for the mind, body & soul of those of us who are young in spirit and looking to exercise in a fun and different way that celebrates life! Call Julie for questions 508-237-8778.

**ALL ZUMBA CLASSES ARE \$10 PER CLASS FOR DROP IN, OR PURCHASE
 A 10-SESSION PUNCH CARD FOR \$50 ~ NO EXPIRATION DATE, CAN BE SHARED.**

◆ FOR YOUR SUPPORT

◆ CAREGIVERS 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. Support & Education Group will be meeting regularly at the Wellfleet COA. Every other Tuesday, 10-11:30 AM. September 7 & 21, October 5 & 19.

◆ SIGHT LOSS SUPPORT GROUP: Conducted at the 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. September 27th and October 25th

~ GREAT POND ARTISTS ~

SEPTEMBER ~ EVALYN WOOD ~ Evalyn has been a plein air painting instructor for 20+ years, teaching many summers at our COA and in Florida. Evalyn's work hangs in the Wellfleet COA and in many corporate and private collections from Massachusetts to Florida. It is a delight for the COA staff and her Wellfleet friends and family to welcome her with a showing during the month of September, kicking off with an **opening reception/light luncheon on September 7th from 12 -2.** RSVP to the COA, please.

OCTOBER ~ HELEN MEYERS ~ Watercolorist ~ Helen's love of New England & Cape Cod are captured in her scenic colorful, realistic watercolors, sometimes incorporating a whimsical flair. Stop in to view her beautiful paintings on display this month!

WELLFLEET DINES OUT



Between Labor Day and Oysterfest you can enjoy dinner at your favorite Wellfleet restaurant or try a new one to benefit the Friends of the Wellfleet Council on Aging, too! Participating restaurants have chosen an evening when they will donate a percentage of their food sales to the Friends for our support of the COA's transportation program and other special needs of Wellfleet's seniors. Check the calendar pages and schedule your nights out.

The Bookstore Restaurant
Moby Dick's Restaurant
Rookie's Family Restaurant
The Wicked Oyster
Duck Creeke Tavern Restaurant

PJ's Family Restaurant
Marconi Beach Restaurant
Winslow's Tavern
VR's Restaurant & Raw Bar
Mac's Shack

We also thank The Box Lunch for their financial contribution to the Friends.

FRIENDS OF THE WELLFLEET COUNCIL ON AGING (FCOA)

PO Box 306 ~ Wellfleet, MA 02667

2010-2011 ANNUAL MEMBERSHIP DUES

Membership dues for the "Friends" are now being accepted for July 1, 2010 – June 30, 2011

FCOA provides supplemental funding to the Council for programs, senior/client assistance, transportation, newsletter printing & many other services that your dues & donations help support.

Please complete the membership form below, enclose it with your tax-deductible dues and mail it to the FCOA at the above address or drop it off at the COA. THANK YOU FOR YOUR SUPPORT.

Individual memberships # _____ @ \$25.00 (per person)

** NOTE: FCOA no longer accepts lifetime or business memberships. Previous lifetime memberships honored.*

Please make checks payable to FCOA

Optional tax-deductible donation _____

NAME: _____

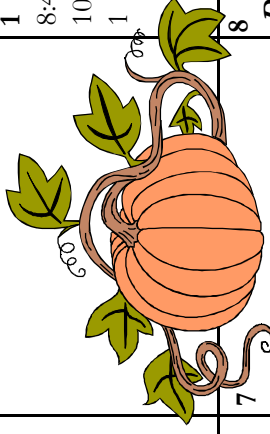
MAILING ADDRESS: _____

E-MAIL ADDRESS: _____ PHONE: _____

NOTE: Due to increasing printing and postal rates, only DUES PAYING MEMBERS will receive print copies of The Wellfleet Wave newsletter.

OCTOBER 2010 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>ZUMBA CLASSES WITH JULIE: October schedule not available at press time ~ call COA or Julie at 508-237-8778.</p>				
<p>GREAT POND ARTIST ~ HELEN MEYERS</p>				
<p>4 <u>DINE OUT AT VR'S</u> 8:45 Strength Training 10 Marlene Denessen 10:15 Balance/Exercise</p>	<p>5 8:45 Strength Training 10 Deb Giza, LMT 10 Caregiver's Support 10:30 Zumba Gold 3 Mary Jane Tappers 7 Int'l Folk Dancing</p>	<p>6 8:45 Strength Training 9 Gosnold Counseling 10:15 Balance/Exercise 12 Congregate Lunch 12:30 Ask A Nurse</p>	<p>7 9 Gosnold Counseling 12:30 Iris's Café 1 Quilting</p>	<p>8 <u>DINE OUT AT DUCK CREEKE TAVERN</u> 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge</p>
<p>11 COA CLOSED TODAY FOR COLUMBUS DAY</p>	<p>12 <u>DINE OUT AT MAC'S SHACK</u> 8:45 Strength Training 10 Deb Giza, LMT 10:30 Zumba Gold 12:30 How to Save \$\$ On Your Medicines 3 Mary Jane Tappers</p>	<p>13 8:45 Strength Training 9 Gosnold Counseling 10 Legal Aid 10:15 Balance/Exercise 12 Congregate Lunch 12:30 Ask A Nurse</p>	<p>14 9 Gosnold Counseling 12:30 Iris's Café</p>	<p>15 8:45 Strength Training 9 Pedicare, Inc. 10:15 Balance/Exercise 1 Bridge</p>
<p>18 8:45 Strength Training 10 Marlene Denessen 10:15 Balance/Exercise</p>	<p>19 8:45 Strength Training 10 Deb Giza, LMT 10 Caregiver's Support 10:30 Zumba Gold 3 Mary Jane Tappers 5:30 Alzheimer's Services</p>	<p>20 8:45 Strength Training 9 Gosnold Counseling 10:15 Balance/Exercise 12 Congregate Lunch 12:30 Ask A Nurse 4 Are You Ready for Medicare?</p>	<p>21 9 Gosnold Counseling 12:30 Iris's Café 1 Quilting 1:30 Wellfleet Wave Book Club</p>	<p>22 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge</p>
<p>25 8:45 Strength Training 10 Marlene Denessen 10:15 Balance/Exercise</p>	<p>26 8:45 Strength Training 10 Deb Giza, LMT 10:30 Zumba Gold 3 Mary Jane Tappers 7 Int'l Folk Dancing</p>	<p>27 8:45 Strength Training 9 Gosnold Counseling 9:30 COA Board 10:15 Balance/Exercise 12 Congregate Lunch 12:30 Ask A Nurse</p>	<p>28 9 Gosnold Counseling 12:30 Iris's Café</p>	<p>29 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge</p>



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

COA Board Members:

Dian Reynolds, Chair
Evelyn Sheffres ~ Vice-Chair
Ellen Ishkanian ~ Secretary
Evelyn Minarik
Sarah Multer
Brian Quiqley
Peg Rasmussen
Ken Roscoe
Maureen Schraut ~ FCOA Liaison

Friends of the COA:

Sandy Wonders ~ President
Frauke Rosenthal ~ Vice President
Richard Rosenthal ~ Clerk
Peter Hall ~ Treasurer
Marieke Hall
Sharon Inger
Celeste Makely
Carol Parlante
Marge Piercy
Roger Putnam
Maureen Schraut
Peter Watts

Thank you to the Friends of the Council on Aging for providing supplemental printing and postage 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

September 2 nd	Chicken & orzo salad with lemon & cucumber, tomato basil salad
September 9 th	Chilled poached salmon with yogurt dill sauce, rice pilaf with peas, marinated cucumber salad
September 16 ^h	Mediterranean chicken and rice casserole with fresh tomato & green beans, mixed green salad
September 23 rd	Clam cakes with remoulade, baked bean casserole, cole slaw
September 30 th	Vegetarian lasagna with light Alfredo sauce & parsley pesto, spinach salad
October 7 th	Chicken, broccoli and mushroom stir fry with rice
October 14 th	Meatloaf, mashed potatoes, gravy & peas
October 21 st	Baked cod with lemon caper sauce, mixed roast vegetables
October 28 th	Pureed butternut squash soup, barley pilaf with mushrooms and spinach

IRIS'S SOUP TO GO

Monday – Wednesday, packed to travel ~ \$4.00 pint

September 27 th	Portuguese kale
October 4 th	Asian vegetable
October 12 th	Beef barley with mushrooms (available on Tuesday due to holiday)
October 18 th	Corn chowder
October 25 th	Portuguese kale