

THE WELLFLEET WAVE

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

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VOLUME 2015-1& 2

January/February 2015

GENERAL PHONE NUMBERS

508-349-2800 OR 349-0313

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We hope you will enjoy the new style of the newsletter!

We are opting to print *The Wellfleet Wave* in house and in **COLOR**.



TRIPS

The Council on Aging has partnered with Funtastic Getaways to offer trips. Coming in February:

- * **Foxwoods & Mohegan Sun Overnight Winter Getaway**
February 15 – 16 ~ \$159 single/\$209 double
- * **Rhode Island Flower Show with Behind the Scenes Tour**
February 20 ~ \$62
- * **Maya: The Hidden Words Revealed at Boston Museum of Science** February 25 ~ \$72
- * **Silver Screen & Silver Spoons ~ Silver Screen Hollywood Golden Age Glamour and by British afternoon tea at the Langham Hotel** February 28 ~ \$130
- * **“I Love Lucy” at the Providence Performing Arts Center** ~ February 28 ~ \$99

All trips include deluxe motorcoach transportation from Patriot's Square in Dennis, as well as gratuities for tour director/driver. Flyers with the details of each trip are available at the COA or can be emailed to you. Further details also available on their website at:

<http://www.fungetaways1.com>

Are you remembering to check-in to **MySeniorCenter**, when you enter the COA? The more you scan, the more you help to drive up the attendance numbers which, in turn, help us get more grant money. **Congratulations to TERRY WOODWARD, our “super-scanner” for November ~ she enjoyed a free Iris's Café luncheon. Who will be next ?**

DATES TO REMEMBER

Monday, January 19th

Closed for Martin Luther King, Jr. Day

Monday, February 16th

Closed for President's Day

**REMINDER!!!
INCLEMENT
WEATHER
POLICY ~ Page 5**



♥ FOR YOUR HEALTH

♥ **ASK THE NURSE** ~ 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
- Medication questions
- Information on area services
- Information on common communicable diseases
- Information on common medical problems
- Health & wellness questions

♥ **DR. CAMPO, PODIATRIST:** For all foot care problems and routine care. *NOTE: Most podiatry services are covered by Medicare & other insurance (prior approval needed for HMO's) ~ the balance of what insurance does not cover is patient's responsibility, including any co-payments mandated by your insurance carrier.* Appointments must be booked through the COA. January 9, 23 and February 13, 27.

► FOR YOUR ASSISTANCE

► **ARE YOU READY FOR MEDICARE?** Deb Ford of New York Life will be hosting Medicare Review Seminars on *Wednesday, January 21 and Wednesday, February 18 at 4 PM.* In this seminar, she will focus specifically on those individuals turning 65; however, all are welcome. Review of Medicare, the differences between Parts A and B, Medicare coverage and Part D prescription drug coverage. Call COA to reserve a spot for the Wednesday sessions or individual appointments are available for those unable to attend on above dates ~ call Deb Ford at 508-367-0061 to schedule.

► **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 14, February 11.

► **TRANSPORTATION:** For Wellfleet residents 60+. Call us for more information. Monday - Wednesday: Medical appointments, Thursday: Wellfleet day, Friday: Orleans grocery shopping.

► **WELLFLEET ALZHEIMER'S ASSOCIATION:** Serving the Lower Cape, the Wellfleet Alzheimer's Association's purpose is to create fundraising revenue to be used to alleviate the financial and emotional stress created by Alzheimer's disease or other memory deficiencies. The Association works with the outreach staff of the Councils on Aging to identify patients and caregivers in need and pay for the services they require. Applications are made through the outreach staff to determine the need and protect the anonymity of the applicants. The anonymous applications are then sent to the Association for approval by a committee and the outreach staff is notified of the committee's decision in a few days. Please call Wellfleet COA Outreach Coordinator Linda Balch for more information.



☛ 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. Suggested voluntary donation. Brought to you by Elder Services of Cape Cod & the Islands.

☛ **IRIS'S CAFÉ:** Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday. Menu on last page of The Wave.

☛ **MEALS ON WHEELS:** Sponsored by Elder Services, meal delivery to Wellfleet & Truro seniors.

☛ **OUTER CAPE COMMUNITY COFFEE:** Coffee & Iris's fresh baked scones. Monday - Friday.

☛ **SOUP TO GO:** Available Monday for the week. Menu on last page of The Wave. Packed to travel, \$4 pint.

★ FOR YOUR FUN AND ENTERTAINMENT

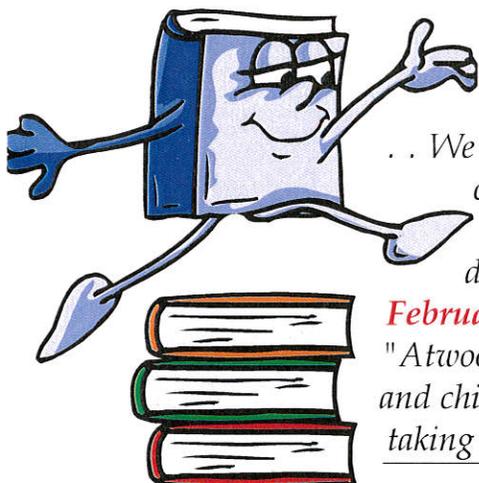
★ **BRIDGE:** Every Friday from 1-4. Beginners welcome. Non-competitive, casual & fun.

★ **DENYA LeVINE INTERGENERATIONAL MUSIC & MOVEMENT:** Join fiddler Denya LeVine and the SeaBabies for this fun, musical event. Great interactive activity for grandparents and their grandkids, ages infant - 4. Tuesday, January 13 and Thursday, February 12, 10:15 - 11:15.

★ **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.

★ **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 860-655-1410 for more information. January 12 and February 9.



★ **WELLFLEET WAVE BOOK CLUB: January 15th ~ 1:30 ~ Salvage the Bones by Jesmyn Ward** ~ "Salvage the Bones is an intense book, with powerful, direct prose that dips into poetic metaphor. . . We are immersed in Esch's world, a world in which birth and death nestle close, where there is little safety except that which the siblings create for each other. That close-knit familial relationship is vivid and compelling, drawn with complexities and detail." (Los Angeles Times)

February 19th ~ 1:30 ~ The Handmaid's Tale by Margaret Atwood ~ "Atwood takes many trends which exist today and stretches them to their logical and chilling conclusions. . . An excellent novel about the directions our lives are taking. . . Read it while it's still allowed." (Houston Chronicle)

☺ FOR YOUR WELL-BEING

EXERCISE CLASSES WITH MELISSA SHANTZ

☺ **ARTHRITIS FOUNDATION EXERCISE CLASS:** Monday & Wednesday, 12:30-1:30, taught by Melissa Shantz. **NEW 8-WEEK**

SESSION January 5th - February 25th ~ Gentle class will be geared towards osteo-arthritis, rheumatoid arthritis, fibromyalgia and osteoporosis. Drop-in fee of \$7 or pay up front for full session/big savings

(8 weeks, two times a week = 16 sessions) for \$70. **Not part of Melissa's mix and match priced program.**



☺ FOR YOUR WELL-BEING (cont.)

For Balance/General Exercise & Strength Training with Melissa Shantz
NEW 10-WEEK EXERCISE SESSION

Monday, January 12th through Friday, March 20th

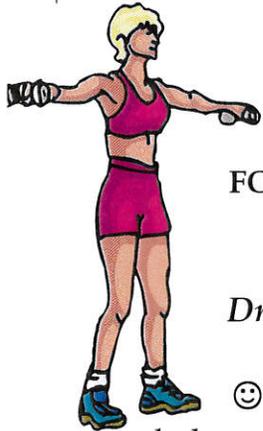
FEE SCHEDULE FOR CLASSES ~ Mix & match your days/classes

FOR BALANCE/GENERAL EXERCISE AND/OR STRENGTH TRAINING CLASSES

ONLY discounted rates for multiple sessions

1X per week for \$50, 2X per week \$70, 3X per week \$85, 4X per week \$100

Drop-in's welcome, \$7 per class drop-in rate ~ mid-session drop-in's will NOT be pro-rated ~



☺ **BALANCE/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 aerobic/strengthening class, 1 hour of isolations, stretching, strengthening and low impact aerobics, optional end of class weight work ~ Thera-bands & weights available ~ every day except Thursday, 8:45 - 10 AM.

☺ **MEL'S MAT CLASS: ON HIATUS**

Note: Physician's approval absolutely required for all exercise classes

The greatest gift of the garden is the restoration of the five senses. ~ Hanna Rion

Join Iris for **WALKING MEDITATION** at the new COA garden walkway.

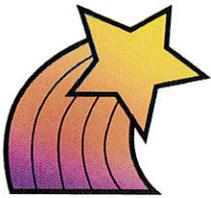
Learn to coordinate your breath with your footsteps to experience calm.

~ Fridays, 9:45 - 10:15, dry days ~

Participate in all or part of the session.

Wear comfortable shoes, dress accordingly.

FREE

☺ FOR YOUR WELL-BEING (cont.)**INTRODUCING "VIBRANT HEALTH WORKSHOPS WITH DR. RHYS PRESTON" ~ Informative monthly workshops with Dr. Rhys Preston of Preston Chiropractic &**

Nutrition. Dr. Preston is a chiropractor, certified personal trainer and nutrition counselor. Dr. Preston will be here on the third Thursday of every month from 11 - 12:30, with a different informative topic to share, based on his philosophy that "healing is a journey not a destination".

For January: IS CHOLESTEROL EVIL? Is it the cause of heart disease? Obesity? What are the functions of cholesterol and why is it essential to stamina, recovering from the flu and injuries, cognition and anti-aging. This workshop will provide you with tools to decrease the so called 'bad' cholesterol and increase the so called 'good' cholesterol. Learning about where cholesterol is located in the body, and how it is absolutely essential to life will eliminate fear regarding decisions on taking medication to lower cholesterol and provide you with empowering choices for your well-being and vitality. **Thursday, January 15, 11 - 12:30.**

For February: OSTEOPOROSIS: Do you have a fear of falling and not being able to stand up or worse break a bone? Healthy bone and the prevention of osteoporosis can be achieved at any age with proper nutrients, exercise, balancing hormones and rest. Hormonal imbalance can lead to brittle, painful bones especially for the postmenopausal female. Pros and Cons of the DEXA (bone density) test will be discussed. Dr. Preston will provide you with practical applications and solutions to promote well being and prevent this debilitating disease. **Thursday, February 19, 11 - 12:30.**

◆ FOR YOUR SUPPORT

◆ **Alzheimer's/Dementia Caregiver's Support Group: facilitated by Alzheimer's Family Support Center Executive Director Dr. Molly Perdue.**

Loved ones with Mild Cognitive Impairment or early-stage Alzheimer's are welcome, for whom separate support will be provided. Second Tuesday of each month, 2 - 3:30 PM. January 13, February 10. Call the COA or the Support Center for more information 508-737-7934

◆ **CAREGIVER'S SUPPORT GROUP:** If you are a caregiver for someone in the Outer Cape area, you don't have to go it alone. This COA sponsored support group can be a powerful tool. Providing participants with many benefits. Comprised of fellow caregiver's and knowledgeable group leaders, there is a wealth of information, resources and peer support available. Meetings are held at the COA on the 1st and 3rd Tuesday of the month, from 10-11:30 AM. The meetings are free and all are welcome. January 6, 20 & February 3, 17.



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.

January 2015 ~ COA Activities

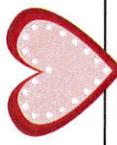
Monday	Tuesday	Wednesday	Thursday	Friday
JANUARY ARTIST OF THE MONTH: Arthur Rockwell				
5 8:45 Strength Training 10:15 Balance/Exercise 12:30 Arthritis Exercise <i>new 8 week arthritis session begins today</i>	6 8:45 Strength Training 10 Caregiver's Support Grp.	7 8:45 Strength Training 9 Gosnold Counseling 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 12:30 Arthritis Exercise	8 12:30 Iris's Café 2 Scrabble	2 8:45 Strength Training 9:45 Walking Meditation 10:15 Balance/Exercise 1 Bridge
12 8:45 Strength Training 10:15 Balance/Exercise <i>new 10 week strength training & balance/exercise session begins today</i> 12:30 Arthritis Exercise 2 Red Hat Society	13 8:45 Strength Training 10:15 Denya LeVine & SeaBabies 2 Alzheimer's/Dementia Caregiver's Support Group	14 8:45 Strength Training 9 Gosnold Counseling 10 Legal Aid 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 12:30 Arthritis Exercise 4 FCOA	15 11 Vibrant Health 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 1:30 Book Club ~ Salvage the Bones 2 Scrabble	16 8:45 Strength Training 9:45 Walking Meditation 10:15 Balance/Exercise 1 Bridge
19 CLOSED TODAY FOR MARTIN LUTHER KING, JR. DAY	20 8:45 Strength Training 10 Caregiver's Support Grp.	21 8:45 Strength Training 9 Gosnold Counseling 10:15 Balance/Exercise 12 Congregate Lunch 12:30 Ask A Nurse 12:30 Arthritis Exercise 4 Are You Ready For Medicare?	22 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	23 8:45 Strength Training 8:45 Dr. Campo 9:45 Walking Meditation 10:15 Balance/Exercise 1 Bridge
26 8:45 Strength Training 10:15 Balance/Exercise 12:30 Arthritis Exercise	27 8:45 Strength Training	28 8:45 Strength Training 9 Gosnold Counseling 9:30 COA Board 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 12:30 Arthritis Exercise	29 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	30 8:45 Strength Training 9:45 Walking Meditation 10:15 Balance/Exercise 1 Bridge


HAPPY NEW YEAR


COA CLOSED
TODAY
NEW YEAR'S DAY



February 2015 ~ COA Activities



Monday	Tuesday	Wednesday	Thursday	Friday
2 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise 12:30 Arthritis Exercise	3 8:45 Strength Training 10 Caregiver's Support Grp.	4 8:45 Strength Training 9 Gosnold Counseling 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 12:30 Arthritis Exercise	5 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble	6 8:45 Strength Training 9:45 Walking Meditation 10:15 Balance/Exercise 1 Bridge
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16 COA CLOSED TODAY FOR PRESIDENTS DAY 	17 8:45 Strength Training 10 Caregiver's Support Grp.	18 8:45 Strength Training 9 Gosnold Counseling 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 12:30 Arthritis Exercise 4 Are You Ready for Medicare	19 11 Vibrant Health 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 1:30 Book Club ~ <i>The Handmaid's Tale</i> 2 Scrabble	20 8:45 Strength Training 9:45 Walking Meditation 10:15 Balance/Exercise 1 Bridge
23 8:45 Strength Training 10:15 Balance/Exercise 12:30 Arthritis Exercise	24 8:45 Strength Training	25 8:45 Strength Training 9 Gosnold Counseling 9:30 COA Board 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 12:30 Arthritis Exercise	26 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	27 8:45 Dr. Campo 8:45 Strength Training 9:45 Walking Meditation 10:15 Balance/Exercise 1 Bridge

**FEBRUARY ARTIST
OF THE MONTH ~
Annie Dew**



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

COA Board Members:

Carol Magenau ~ Chair
Evelyn Sheffres ~ Vice-Chair
Patricia Shannon ~ Secretary
Ernie Bauer
Sarah Multer
Brian Quigley
Dian Reynolds
Evelyn Savage
Maureen Schraut ~FCOA Liason
Robin Slack

Friends of the COA:

Maureen Schraut ~ President/COA Board Liaison
Carol Parlante ~ Vice President
Sylvia Smith ~ Treasurer
Sandy Wonders ~ Clerk
Peter Hall
Sarah Multer
Marge Piercy
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 8th	Baked stuffed pasta shells with artichokes, spinach & feta, green salad
January 15th	Sweet and sour pork, noodles, vegetables
January 22nd	Vegetarian stuffed cabbage rolls, lemon & ginger carrots
January 29th	Sweet potato & chicken curry, rice with peas
February 5th	Cod & mashed potato casserole with kale, garlicky green beans
February 12th	Roast turkey breast, mashed potato, vegetable
February 19th	Mixed seafood and rice casserole, green salad
February 26th	Meatloaf, mashed potatoes, peas

IRIS'S SOUP TO GO

Prepared on Monday, packed to travel ~ \$4.00 pint

Jan. 5th	Chicken with rice	Feb. 2nd	Tomato, sausage & white bean
Jan. 12th	Cream of mushroom with spinach	Feb. 9th	Pureed broccoli
Jan. 20th	Portuguese kale <i>(Tuesday due to holiday)</i>	Feb. 17th	Italian meatball <i>(Tuesday due to holiday)</i>
Jan. 26th	Green split pea w/carrots & potatoes	Feb. 23rd	Minestrone

