

# THE WELLFLEET WAVE

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

## COA STAFF DIRECTORY

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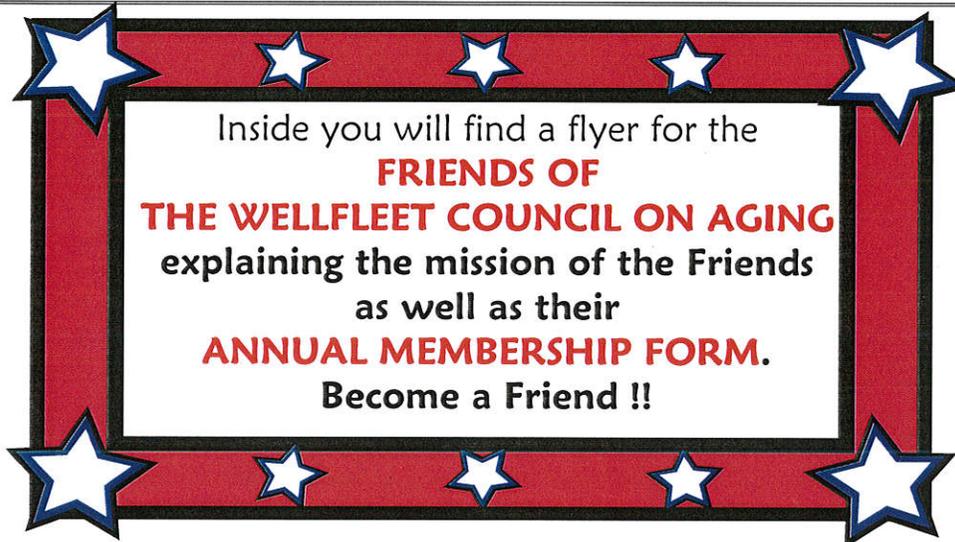
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July/August 2016

GENERAL PHONE NUMBERS

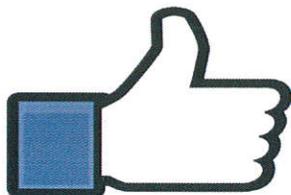
508-349-2800 OR 349-0313

FAX: 508-349-0319



- ❖ **WELLFLEET FOURTH OF JULY PARADE INFORMATION:** "Pirates & Mermaids" theme ~ antique car parade begins at 9 AM, followed by float parade at 10 AM. For more info. and/or to register, please call the Chamber of Commerce at (508)349-2510.
- ❖ **WELLFLEET HISTORICAL SOCIETY:** Strawberry festival (July 3), Annual House Tour (July 24) and a host of other great events. Call them at (508)349-9157 or check their events page at: <http://www.wellfleethistoricalsociety.org/events/>
- ❖ **WELLFLEET RECREATION DEPARTMENT:** Shakespeare and live music/concerts, square dancing and more ~ fun, family friendly events can be found at: <http://www.wellfleet-ma.gov/recreation>

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, helps us to get more grant money. **Congratulations to these "super-scanners" ~ they will be enjoying a complimentary Iris's Café luncheon! David Ricketts & Libby Hall**



**WE ARE ON FACEBOOK!**  
"Like" and follow the Wellfleet Council on Aging to stay up-to-date on senior center news and events!

## **DATES TO REMEMBER**

**Monday, July 4<sup>th</sup> ~ COA Closed**

**Thursday, July 21<sup>st</sup> ~ no mat class, no Iris's Café'**

**Monday, July 25<sup>th</sup> ~ no Iris's salad to go**

## **BUILDING TEMPERATURE**

Due to a variety of factors, is not easy to regulate our building temperature in the summer. The air conditioning will remain set at 72 degrees at all times. Please dress accordingly. Thank you.

### ♥ FOR YOUR HEALTH

♥ **ASK A NURSE** ~ Visiting Nurses Association of Cape Cod, offers FREE services every WEDNESDAY from 12:30 - 2:30 PM:

- 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

### **IN SEPTEMBER, ASK A NURSE WILL BE CHANGING TO WEDNESDAY MORNINGS !!**

♥ **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. July 29 & August 12, 26. **NEW SCHEDULING PROCEDURE FOR DR. CAMPO: There will be no scheduling of "floats". Patients must adhere to scheduled time, NO EXCEPTIONS. Emergency appointments are scheduled through the Boston office, not the COA. Thank you.**

### ► FOR YOUR ASSISTANCE

► **ARE YOU READY FOR MEDICARE?** Deb Ford of New York Life will be hosting Medicare Review Seminars on *Wednesday, July 20 and Wednesday, August 17 at 4 PM.* Focus is 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.

► **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. July 13, August 10.



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

### **COMING IN SEPTEMBER ~ Save the date ~ September 27th AARP DRIVER REFRESHER COURSE**

► **WELLFLEET ALZHEIMER'S ASSOCIATION:** Serves the Lower Cape from Provincetown to Chatham by raising funds 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. All applications are confidential and are submitted by the Outreach worker at the COA in your town. 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. **NO LUNCH JULY 21.**

🍷 **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.

🍷 **SUMMER SALAD TO GO:** Available on Mondays, packed to travel, \$4.00/pint ~ menu varies based on what's fresh ~ always delicious! **NO SALAD WEEK OF JULY 25.**

### ★ 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, July 12 and Thursday, August 11, 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 WELFLEET 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 Kip Detlef at (508)349-6805 for more information. **NO JULY AND AUGUST MEETINGS**

★ **WELFLEET WAVE BOOK CLUB:** No summer meetings ~ selection for September: **September 15, 1:30 ~ The Blackfish Inheritance by Wellfleet's own Thomas Wolfson** ~ Copies of the book are available for purchase at the COA for a discounted rate of \$10 for book club participants. Tom will be joining the book club for discussion of his novel *The Blackfish Inheritance*, a fictionalized autobiography illuminating the struggle of a son to cast off the shadow of his charismatic father and make his own way in life. "A richly detailed, deftly written book ... a smooth read that succeeds as a case study of the failed promise of the baby boomers." - *Kirkus Reviews* Thomas Wolfson was raised in New York City during the '50s and '60s, spending his childhood summers at family property in Wellfleet on Cape Cod. In 1990 he moved permanently to Wellfleet with his wife and daughter, where he has been involved in acting and writing.

We have partnered with Funtastic Getaways in Falmouth to offer exciting travel opportunities. Day and overnight trips available. Please stop in at the COA to browse the Funtastic booklet.





## ☺ FOR YOUR WELL-BEING

**AQUA AEROBICS IS BACK!!! 10 week session at Great Pond, Tuesdays & Fridays, 10 AM – 11 AM, Tuesday, June 21 ~ Friday, August 26**

Fee schedule for 10 weeks ~ 1X week \$50, 2X per week \$70, drop-in's \$10 per class (mid-session drop-in's will not be pro-rated) ~ Please come to the COA to fill out your paperwork, pay and get your parking pass.

### Balance/General Exercise & Strength Training with Melissa Shantz 10-WEEK EXERCISE SESSIONS

**Next session ~ August 15 - October 21<sup>st</sup>**

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/low impact aerobics, optional end of class weight work, Thera-bands & weights available, every day **except Thursday**, 8:45 - 10 AM.

☺ **STRETCH AND STRENGTHEN MAT CLASS WITH MELISSA:** A little Pilates, core work, centering & meditation, arthritis friendly ~ Thursday mornings, 8:45-10 ~ **\$7.00 per class.**

**NO MAT CLASS ON THURSDAY, JULY 21<sup>ST</sup>**

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

## ◆ FOR YOUR SUPPORT

◆ **BEREAVEMENT SUPPORT GROUP:** Sponsored by VNA Hospice & Palliative Care of Cape Cod, facilitated by Mary Cullity, LICSW. 2<sup>nd</sup> & 4<sup>th</sup> Thursdays, 10 - 11:30 AM. This is an open, drop-in style group for anyone who is grieving the death of a loved one. Emotional support, coping skills & companionship in a safe, non-judgmental environment. Call Mary for more information at 508-237-6766. July 12, 26 **NO SUPPORT GROUP IN JULY & AUGUST**

◆ **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, 3 - 4:30 PM ~ July 12, August 9. Call the COA or the Support Center for more information 508-737-7934

◆ **CAREGIVER'S SUPPORT GROUP:** **NEW: Beginning July 5, CAREGIVER EDUCATIONAL SERIES ~ learn valuable information to assist you in giving your loved one care, including: connecting to services, obtaining referrals, peer support and much more. NO ONE CAN DO IT ALONE!!** Meetings are held at the COA on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month, from 10-11:30 AM. The meetings are free and all are welcome. July 5, 19 & August 2, 16.



**◆ FOR YOUR SUPPORT (cont.)**

◆ **WELLFLEET POLICE DEPARTMENT COUNCIL ON AGING LIASON:** Wellfleet Police Officer George Spirito has been designated as a liaison to the Council on Aging. You will see George around the center frequently, stopping in to visit, for coffee, Iris's Café, etc., just to chat. He has also left his business cards at the front desk of the COA should anyone like to contact him with any questions or concerns.

## Wellfleet Senior Center Emergency/Hospital Go Bag



**provided by the Wellfleet Police Department**

### Why do you need a bag?

- Be prepared for an unexpected medical trip**
- Have important documents and medication ready**
- Help those who are helping you know vital information**

Bags will be provided by the Wellfleet Police Department.

Sign up for your bag today at the Wellfleet Police Department or contact Officer George Spirito at the Wellfleet Police Department. (508)349-3702 or contact the COA at (508)349-2800.

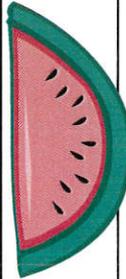
**A meeting will be held on  
Wednesday August 24<sup>th</sup> from 10 – 12 noon at the COA  
to deliver bags as well as go over  
a checklist of what you should keep inside.**

*Please let us know if you will be attending or  
would like a bag so we order the proper number.*

**Be prepared for the situations that you can't prepare for!**

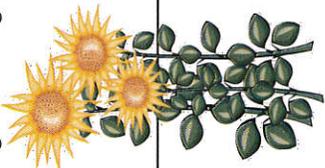
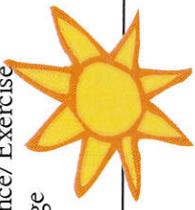
# July 2016 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>GREAT POND ARTIST OF THE MONTH</b> Nancy Nicol</p> 				
<p>4 <b>CLOSED TODAY</b> </p> <p>8:45 Strength Training 10:15 Balance/Exercise</p>	<p>5 8:45 Strength Training 10 Caregiver's Support Grp.</p>	<p>6 8:45 Strength Training 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse</p>	<p>7 8:45 Stretch &amp; Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble</p>	<p>8 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge</p>
<p>11 8:45 Strength Training 10:15 Balance/Exercise</p>	<p>12 8:45 Strength Training 10:15 Denya LeVine &amp; SeaBabies 3 Alzheimer's/Dementia Caregiver's Support Grp.</p>	<p>13 8:45 Strength Training 10 Legal Aid 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 4 Friends of the COA</p>	<p>14 8:45 Stretch &amp; Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble</p>	<p>15 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge</p>
<p>18 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise</p>	<p>19 8:45 Strength Training 10 Caregiver's Support Grp.</p> 	<p>20 8:45 Strength Training 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 4 Are You Ready for Medicare?</p>	<p>21 <b>NO STRETCH CLASS TODAY</b> 11:30 Gosnold Counseling 1 Quilting 2 Scrabble</p>	<p>22 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge</p>
<p>25 8:45 Strength Training 10:15 Balance/Exercise</p>	<p>26 8:45 Strength Training</p>	<p>27 8:45 Strength Training 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse</p>	<p>28 8:45 Stretch &amp; Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble</p>	<p>29 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge</p>



# August 2016 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise	2 8:45 Strength Training 10 Caregiver's Support Grp.	3 8:45 Strength Training 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse	4 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble	5 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
8 8:45 Strength Training 10:15 Balance/Exercise	9 8:45 Strength Training 3 Alzheimer's/Dementia Caregiver's Support Grp.	10 8:45 Strength Training 10 Legal Aid 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse	11 8:45 Stretch & Strengthen 10:15 Denya LeVine Inter- generational Music 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	12 8:45 Strength Training 8:45 Dr. Campo 10:15 Balance/Exercise 1 Bridge
15 <i>NEW 10-week session of Strength Training &amp; Balance/Exercise starts today!</i> 8:45 Strength Training 9 Marlene Denessen	16 8:45 Strength Training 10 Caregiver's Support Grp.	17 8:45 Strength Training 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 4 Are You Ready for Medicare?	18 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble	19 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
22 8:45 Strength Training 10:15 Balance/Exercise	23 8:45 Strength Training	24 8:45 Strength Training <b>10 Wellfleet Police ~ Emergency Bags</b> 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse	25 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	26 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge
29 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise	30 8:45 Strength Training	31 8:45 Strength Training 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse		



**GREAT POND ARTIST OF THE  
MONTH**

**Maura Ghedini**



**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  
Paul Goetinck  
Sarah Multer  
Fred Nass  
Brian Quigley  
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  
Meredith Blakeley  
Greta Einig  
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**

- |                               |   |
|-------------------------------|---|
| <b>July 7<sup>th</sup></b>    | Chicken & orzo salad with cucumbers & lemon Dijon vinaigrette, corn and tomato salad                  |
| <b>July 14<sup>th</sup></b>   | Tomato basil quiche with brown rice crust, green bean salad   |
| <b>July 21<sup>st</sup></b>   | <b>NO LUNCH THIS WEEK</b>   |
| <b>July 28<sup>th</sup></b>   | Pasta with parsley pesto & peas, tomato, basil & mozzarella salad                                     |
| <b>August 4<sup>th</sup></b>  | Potato & shrimp salad with olives & Feta cheese, mixed green salad                                    |
| <b>August 11<sup>th</sup></b> | Chicken & rice salad with pineapple & mandarin oranges with orange sesame dressing, mixed green salad |
| <b>August 18<sup>th</sup></b> | Pan fried cod, potato salad and cole slaw   |
| <b>August 25<sup>th</sup></b> | Chick pea and pasta salad with sun dried tomato, Feta cheese and olives, cucumber salad               |



**IRIS'S SUMMER SALAD TO GO**

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

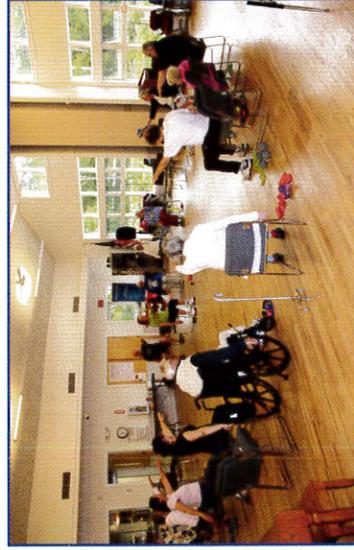
Cold salad, varies every week depending on available ingredients ~ always delicious!

**No salad week of Monday, July 25<sup>th</sup>**

## JOIN THE FRIENDS OF THE WELFLEET COUNCIL ON AGING TODAY!

Becoming a member of THE FRIENDS means that you are helping seniors in Wellfleet live an active, healthy and interesting lifestyle.

Your tax-deductible donations help provide activities, services and programs for local seniors.



### EVERY DOLLAR COUNTS!

JOIN TODAY AND HELP US OFFER NEEDED PROGRAMS, SERVICES AND ACTIVITIES!



The van we bought transports seniors to medical appointments, Orleans shopping and local errands.



### WELFLEET SENIOR CENTER

715 Old King's Highway

Wellfleet, MA 02667

508-349-2800

[www.wellfleetma.org](http://www.wellfleetma.org)



THE WELFLEET COUNCIL ON AGING (COA) functions as a human services organization to enhance the quality of life for residents of Wellfleet.

The COA provides assistance, information on available resources, health services, transportation, referrals to community agencies, programs, and recreational activities for seniors, with particular emphasis on promoting healthy living.

# FRIENDS OF THE WELFLEET COUNCIL ON AGING



ANYONE OF ANY AGE  
CAN BE A FRIEND!

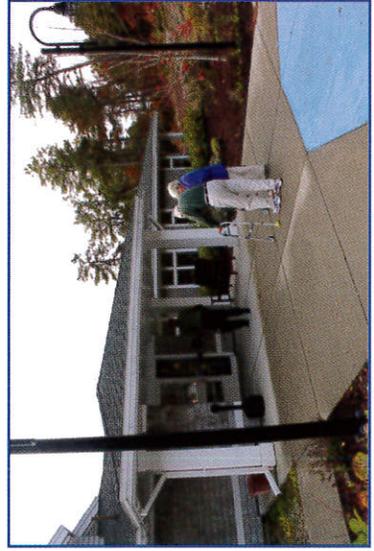
Post Office Box 306  
Wellfleet, MA 02667



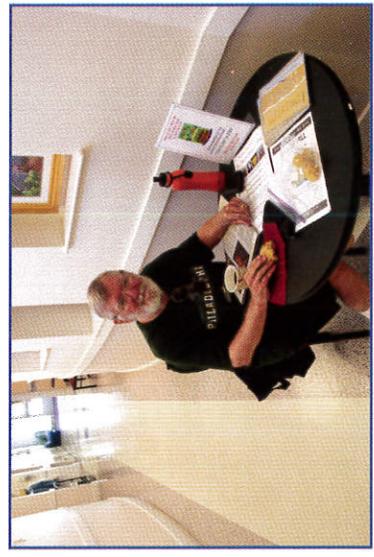
**THE FRIENDS OF THE WELLFLEET COUNCIL ON AGING** is a multipurpose organization whose principal mission is to raise funds to help support the services and activities of the **SENIOR CENTER**.

Using membership dues and generous individual donations and revenue from fundraising activities, **THE FRIENDS:**

- supports healthy living through exercise classes, health information and access to health care;
- promotes socialization through regular and special activities including games, music and other entertainment, and bus trips on and off Cape;



- supports the publication of the COA Newsletter, *The Wellfleet Wave*;
- contributes funds for the purchase and replacement of equipment;
- grants special funding requests; and
- collaborates with other senior-serving agencies.



**THE FRIENDS**, as an organization, has a strong commitment to Wellfleet's seniors. As the needs of the Senior Center and the community change, we are committed to responding with financial support to the best of our abilities.

*All photos in this brochure are by Peter Hall, except the cover photo which is by Richard Rosenthal.*

*All financial gifts made to **THE FRIENDS OF THE WELLFLEET COUNCIL ON AGING** are tax-exempt under Section 501(c)(3) of the IRS code, as amended. Please consult your tax advisor for more information.*

**BECOME A FRIEND OF THE WELLFLEET COA TODAY!**

*Please print clearly. Thank you!*

Name(s): \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Town: \_\_\_\_\_

State / ZIP: \_\_\_\_\_ / \_\_\_\_\_

Telephone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Winter Address, if different from above: \_\_\_\_\_

**Individual Annual Membership Dues July 1 – June 30: \$25 per Person**

Number of Persons: \_\_\_\_\_

*Additional tax-deductible donations are welcome.*

Total Enclosed: \$ \_\_\_\_\_

Please drop off your completed membership form and check, payable to **FRIENDS OF THE WELLFLEET COA**, at the Senior Center, or send it by mail to:

**FRIENDS OF THE WELLFLEET COA**  
PO Box 306, Wellfleet, MA 02667

**THANK YOU FOR YOUR SUPPORT!**



Dues-paying members will receive *The Wellfleet Wave* by mail.