

# THE WELLFLEET WAVE

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

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VOLUME 2016-3 & 4

March/April 2016

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508-349-2800 OR 349-0313

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celebrate Spring with the  
Friends of the Wellfleet Council on Aging  
**FUNDRAISING FISH FRY AT  
THE BOOKSTORE RESTAURANT**

(just like good old days!!!)

**Friday, April 8<sup>th</sup> from 5 – 7 PM**

Pay at the door ~ \$18

(\$12 for kids up to age 12)

**desserts donated by members of the Friends of the COA**

please call Sarah Multer at (508)349-9721 or

Sandy Wonders at (508)349-1872

to sign up for a dessert donation



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!** **Ted Northrup & Bea Scribner**

**NEW FLOOR:** Thank you for your patience while the new floor is being installed in the Great Pond Room during March ! It’s going to look beautiful!



## **DATES TO REMEMBER**

Monday, April 18<sup>th</sup> ~ Patriot’s Day ~ COA closed  
No exercise classes: March 1, April 28

## **UPCOMING EVENTS**

- \* Vintage Fashion at the COA ~ **May 7<sup>th</sup>**
- \* African drumming/dance and Capoeira demonstration ~ funded by the Wellfleet Cultural Council ~ **April date to be determined**

**LOOK INSIDE FOR AN INSERT WITH  
GREAT INFORMATION ABOUT A  
DRIVING ASSESSMENT PROGRAM !**

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.



**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 or delayed for Nauset, ALL OUR PROGRAMS WILL BE CANCELLED/DELAYED AS WELL, INCLUDING TRANSPORTATION.** The COA will be open unless Wellfleet Town Hall is closed. 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.

**ALSO: We have a list at the COA of people for hire to plow and shovel. Call us!**

### ♥ 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

♥ **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.

March 11, 25 & April 8, 22.

### ▶ FOR YOUR ASSISTANCE

▶ **ARE YOU READY FOR MEDICARE?** Deb Ford of New York Life will be hosting Medicare Review Seminars on *Wednesday, March 16 and Wednesday, April 20 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.

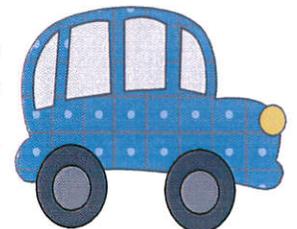
▶ **DR. MARLENE DENESSEN:** Counseling services at the COA on Mondays. She is a senior professional and can help with all kinds of life situations. Try a free session with no obligation. If you decide to continue, her services are insurance billable. Call 508-896-7790 for an appointment.

▶ **FUEL ASSISTANCE:** *Fuel assistance is available to income-eligible applicants. Confidential appointments available with Terri or Linda. Please call for more information regarding documents needed to file.*

▶ **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. March 9, April 13.

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



### ► FOR YOUR ASSISTANCE (cont.)

► **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. **NO LUNCHEON MARCH 16<sup>TH</sup>**

♣ **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 CAFÉ MARCH 17<sup>TH</sup>**

♣ **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 on Mondays, packed to travel, \$4.00/pint ~ menu on last page of The Wave.

### ★ 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, March 8 and Thursday, April 14, 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 Kip Detlef at (508)349-6805 for more information. March meeting off-site, April 11.

★ **WELLFLEET WAVE BOOK CLUB:** **March 17, 1:30 ~ The Narrow Road to the Deep**

**North by Richard Flanagan** ~ "It is the story of Dorrigo, as one man among many POWs in the Asian jungle, that is the beating heart of this book: an excruciating, terrifying, life-altering story that is an indelible fictional testament to the prisoners there." ~Michiko Kakutani, New York Times

**April 21, 1:30 ~ The Invisible Thread by Laura Schroff & Alex Tresniowski** ~ "If you have a beating heart - or if you fear you're suffering a hardening of the emotional arteries - you really ought to commit to this book at the earliest possible opportunity . . . read this book. And pass it on. And encourage the next reader to do the same." ~Jesse Kornbluth, Huffington Post

#### Book Club



*When you throw babies in the air, they laugh because they know you will catch them. That's **TRUST**. Every night we go to bed without any assurance of being alive the next morning, but still we set the alarm to wake up. That's **HOPE**. We plan big things for tomorrow in spite of zero knowledge of the future. That's **CONFIDENCE**. We see the world suffering, but we still get married and have children. That's **LOVE**. On a senior citizen's shirt was written a sentence....."I am not 80 years old ~ I am sweet 16 with 64 years of experience." That's **ATTITUDE**.*

## ☺ FOR YOUR WELL-BEING

### Balance/General Exercise & Strength Training with Melissa Shantz

#### 10-WEEK EXERCISE SESSIONS

*Next session ~ March 21 - May 27*

**NO CLASS  
MARCH 1<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.

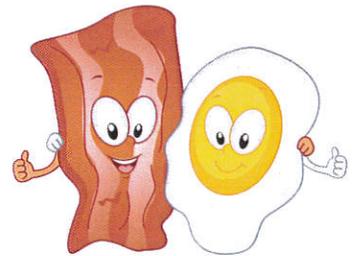
**(NOTE: No class on April 28<sup>th</sup>)**

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

☺ **VIBRANT HEALTH WITH DR. RHYS PRESTON** ~ Informative monthly workshops with Dr. Rhys Preston ~ chiropractor, certified personal trainer and nutrition counselor. Dr. Preston will provide you with practical applications to begin your journey of health and wellness, with a different informative topic to share, based on his philosophy that "healing is a journey not a destination".

**March 24, 1:45 - 3 PM ~ Balancing Female Hormones Naturally** ~ Are you suffering from symptoms such as hot flashes, low energy, food cravings, anxiety, depression, or irritability? These symptoms come from issues related to female hormones. Balancing female hormones is crucial because hormones provide vitality, stamina, and cognition. They also protect against heart disease, osteoporosis, and cancer.

**April 28, 1:45 - 3 PM ~ Dispelling the Myths of Cholesterol** ~ What is cholesterol? Where is it in your body and why is it there? Is high cholesterol really a cause of heart disease? Do you take medications such as Lipitor? In this workshop you will find out what raises so-called 'good' cholesterol and lowers so-called 'bad' cholesterol. Our goal is to learn how to treat high cholesterol holistically without medication.



**PLEASE CALL THE COA TO RESERVE YOUR SPOT FOR THESE FREE, INFORMATIVE WORKSHOPS!!**

## ◆ 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. March 10, 24 & April 14, 28.

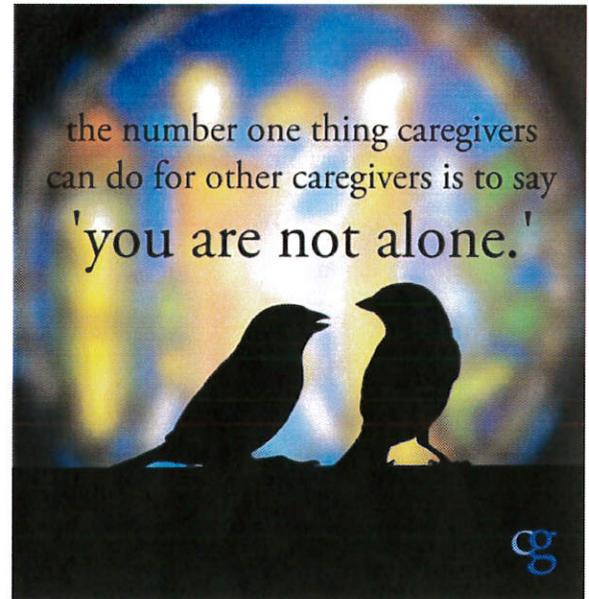
◆ **FOR YOUR SUPPORT** (cont.)

◆ **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 ~ March 8, April 12. Call the COA or the Support Center for more information 508-737-7934

◆ **CAREGIVER'S SUPPORT GROUP:** Are you a caregiver? Do you know of a caregiver? The COA sponsored support group can be a powerful tool ~ visit fellow caregivers and knowledgeable group leaders for information sharing and peer support. 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. March 1, 15 & April 5, 19.

◆ **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. George will also be contributing articles to the newsletter (**see below**).

◆ **WELLFLEET POLICE DEPARTMENT REASSURANCE PROGRAM:** This program provides daily contact with the Police Department to make sure that a person is doing well. You can start and stop the program on a temporary basis if you are away on vacation, or have family visiting. Please feel free to contact a dispatcher at the Wellfleet Police Department or a member of the COA if you have any questions or concerns.



**From Officer Spirito:** The Wellfleet Police Department would like to raise awareness and look into the possibility of providing medical alert bracelets as well as caretaker bracelets for Wellfleet seniors. We feel it is important when we respond to calls that we are able to retrieve the most information possible to better assist our seniors. **Please come to the Senior Center on Tuesday, March 29 from 8:30 – 10:30 AM ~** Officer George Spirito, COA Liason, will have information on several different types of bracelets. If you are unable to attend that morning, you may contact George at the Police Department 508-349-3702. If you don't need bracelet information, please feel free to stop by and introduce yourself.



# March 2016 ~ COA Activities



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>MARCH ARTIST OF THE MONTH</b> <b>Frank Morgan</b></p> <p>7 8:45 Strength Training 10:15 Balance/Exercise</p>	<p>1 10 Caregiver's Support Grp. <b>PRESIDENTIAL PRIMARY</b> vote 7 AM - 8 PM</p> <p>8 8:45 Strength Training 10:15 Denya Le Vine &amp; SeaBabies 3 Alzheimer's/Dementia Caregiver's Support Grp.</p>	<p>2 8:45 Strength Training 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse</p> <p>9 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>3 8:45 Stretch &amp; Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble</p> <p>10 8:45 Stretch &amp; Strengthen 10 Bereavement Support 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble</p>	<p>4 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge</p> <p>11 8:45 Stretch &amp; Strengthen 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge</p>
<p>14 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise</p>	<p>15 8:45 Strength Training 10 Caregiver's Support Grp.</p>	<p>16 8:45 Strength Training 9 COA Board 10:15 Balance/Exercise <b>NO CONGREGATE LUNCH TODAY</b> 12:30 Ask A Nurse 4 Are You Ready for Medicare?</p>	<p>17 8:45 Stretch &amp; Strengthen 11:30 Gosnold Counseling <b>NO IRIS'S CAFÉ TODAY</b> 1 Quilting 1:30 Book Club - <i>The Narrow Road to the Deep North</i> 2 Scrabble</p>	<p>18 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge</p>
<p>21 <b>NEW 10 WEEK EXERCISE SESSION BEGINS THIS WEEK</b> 8:45 Strength Training 10:15 Balance/Exercise</p>	<p>22 8:45 Strength Training</p> 	<p>23 8:45 Strength Training 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse</p>	<p>24 8:45 Stretch &amp; Strengthen 10 Bereavement Support 11:30 Gosnold Counseling 12:30 Iris's Café 1:45 Vibrant Health 2 Scrabble</p>	<p>25 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge</p>
<p>28 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise</p>	<p>29 8:30 <b>Officer Spirito</b> 8:45 Strength Training</p>	<p>30 8:45 Strength Training 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse</p>	<p>31 8:45 Stretch &amp; Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble</p>	

# April 2016 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>GREAT POND ARTIST OF THE MONTH</b> <i>Robert Hammerquist</i></p>				
<p>4</p> <p>8:45 Strength Training 10:15 Balance/Exercise</p>	<p>5</p> <p>8:45 Strength Training 10 Caregiver's Support Grp.</p>	<p>6</p> <p>8:45 Strength Training 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse</p>	<p>7</p> <p>8:45 Stretch &amp; Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble</p>	<p>1</p> <p>8:45 Strength Training 10:15 Balance/Exercise 1 Bridge</p>
<p>11</p> <p>8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise 2 Red Hat Society</p>	<p>12</p> <p>8:45 Strength Training 3 Alzheimer's/Dementia Caregiver's Support Grp.</p>	<p>13</p> <p>8:45 Strength Training 10 Legal Aid 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse</p>	<p>14</p> <p>8:45 Stretch &amp; Strengthen 10 Bereavement Support 10:15 Denya LeVine &amp; SeaBabies 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble</p>	<p>15</p> <p>8:45 Strength Training 10:15 Balance/Exercise 1 Bridge</p>
<p><b>Closed for Patriot's Day</b></p>				
<p>18</p> <p>8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise <i>Town Meeting begins ~ 7 PM Wellfleet Elementary</i></p>	<p>19</p> <p>8:45 Strength Training 10 Caregiver's Support Grp.</p>  <p>8:45 Strength Training</p>	<p>20</p> <p>8:45 Strength Training 9 COA Board 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 4 Are You Ready for Medicare?</p>	<p>21</p> <p>8:45 Stretch &amp; Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 1:30 Book Club - <i>The Invisible Thread</i> 2 Scrabble</p>	<p>22</p> <p>8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge</p>
<p>25</p> <p>8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise <i>Town Meeting begins ~ 7 PM Wellfleet Elementary</i></p>	<p>26</p> <p>8:45 Strength Training</p>	<p>27</p> <p>8:45 Strength Training 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse</p>	<p>28</p> <p><b>NO STRETCH CLASS TODAY</b> 10 Bereavement Support 11:30 Gosnold Counseling 12:30 Iris's Café 1:45 Vibrant Health 2 Scrabble</p>	<p>29</p> <p>8:45 Strength Training 10:15 Balance/Exercise 1 Bridge</p>
<p><b>DON'T FORGET THE FRIENDS OF THE COA FISH FRY FUNDRAISER AT THE BOOKSTORE !!</b></p>				
<p><b>FISH FRY FUNDRAISER AT THE BOOKSTORE</b></p>				

**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

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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**

- March 3<sup>rd</sup>** Summer squash & couscous casserole, Greek salad  
**March 10<sup>th</sup>** Baked chicken breast w/mushroom sauce, cauliflower gratin, vegetable  
**March 17<sup>th</sup>** **NO LUNCH TODAY DUE TO FLOOR INSTALLATION**  
**March 24<sup>th</sup>** **EASTER:** Baked cod w/lemon caper sauce, mashed sweet potato, asparagus  
**March 31<sup>st</sup>** Sweet & sour chicken, coconut rice with peas  
**April 7<sup>th</sup>** Eggplant parmesan with pasta, mixed green salad  
**April 14<sup>th</sup>** Turkey shepherd's pie, Caesar salad  
**April 21<sup>st</sup>** American chop suey, mixed green salad  
**April 28<sup>th</sup>** Vegetable quiche with brown rice pesto crust, chick pea salad, mixed green salad

**IRIS'S SOUP TO GO**

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

- |  |  |
|--|--|
| <b>March 7<sup>th</sup></b> Portuguese kale                | <b>April 4<sup>th</sup></b> Portuguese kale  |
| <b>March 14<sup>th</sup></b> Vegetarian chili              | <b>April 11<sup>th</sup></b> Chicken chili   |
| <b>March 21<sup>st</sup></b> Chicken w/rice                | <b>April 18<sup>th</sup></b> Pureed cauliflower w/coconut & curry<br><i>(Tuesday due to holiday)</i> |
| <b>March 28<sup>th</sup></b> Yellow split pea with spinach | <b>April 25<sup>th</sup></b> Turkey noodle with vegetables   |

**WANTED: Dishwasher for Iris's Café, beginning April 1<sup>st</sup>.  
Free lunch for volunteering....and good company!**

celebrate Spring with the  
Friends of the  
Wellfleet Council on Aging

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FISH FRY AT  
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RESTAURANT**

(just like good old days!!!)

**Friday, April 8<sup>th</sup>  
5 – 7 PM**

Pay at the door ~ \$18  
(\$12 for kids up to age 12)

**desserts donated by members  
of the Friends of the COA**

please call Sarah Multer at (508)349-9721

or

Sandy Wonders at (508)349-1872  
to sign up for a dessert donation



# **DRIVING ASSESSMENT PROGRAM**

Spaulding Outpatient Center in Sandwich offers driving evaluations for people experiencing functional changes due to trauma, surgery, a neurologic incident, or the aging process. It is an essential part of the assessment to address any deficits that may influence a driver's safety and independence behind the wheel. Medical conditions that may affect driving skills include stroke, Parkinson's disease, dementia, Alzheimer's disease, acquired or traumatic brain injury, macular degeneration, glaucoma, neuropathy, cardiac disease, arthritis and cerebral palsy. These conditions may affect vision, memory, attention, and ability to problem solve and react quickly. If you are unsure if your condition affects your driving abilities, or if you need a doctor's order to medically clear you to drive, you may benefit from a driving evaluation. If you are concerned about the driving abilities of a family member or friend, you may want to recommend that they participate in a driving assessment.

**Please call Spaulding's Sandwich facility directly**

**508-833-4141**

A Wellfleet resident offered this about Spaulding's program: "One of the great things about the program is that it takes the pressure off of the family & puts the evaluation process & results in the hands of professionals. The process & results are impartial and the recommendations are without emotion or conflict of interest. This removes much of the "bad guy" element from when family, friends or caregivers deliver the "you can't/shouldn't drive" message. "

