

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 2014-5 & 6

May/June 2014

GENERAL PHONE NUMBERS

508-349-2800 OR 349-0313

FAX: 508-349-0319

Town of Wellfleet Taxation Aid Program Elderly or Disabled Taxation Aid Fund

APPLICATION DEADLINE EXTENDED UNTIL MAY 30, 2014

Helping our fellow Wellfleet residents is the goal of the Taxation Aid Committee. At the April 2013 Annual Town Meeting, Wellfleet voters approved the establishment of the committee to assist our elderly and disabled low income residents with their property tax bills. The funding for this fund comes exclusively from voluntary contributions from property owners and anyone else who would like to help.

The committee comprised of: Lisa Benson, Chair, Manny Smith, Vice Chair, Susan Messina, Secretary, Diane Galvin and Dawn Rickman, created an application packet for potential recipients of this assistance. The requirements include income limits, e.g., total yearly household income, including Social Security, must be less than \$32,000 if single, or less than \$44,000 if married, and other considerations in the areas of residency, age and disability. Applications are available in several locations in Wellfleet: Town Hall, Senior Center, Public Library, and on the Town of Wellfleet Web Site (www.wellfleetma.org).

The application deadline for assistance for the 2015 fiscal year has been extended to 4:00pm on Friday, May 30, 2014 by mail or in person to: Town Treasurer, Wellfleet Town Hall, 300 Main Street, Wellfleet MA 02667.

Please encourage anyone you know who may benefit from this assistance to complete an application. The extended deadline for application submission is May 30, 2014.

*If you need assistance in completing the application
we will be happy to help you at the COA ~ please call !!*

DATES TO REMEMBER

Monday, May 5 ~ Annual Town Election ~ Poll hours 12 noon – 7 PM ~ Wellfleet COA

Thursday, May 22 ~ Wellfleet Elementary School Chorus performance before Iris's Café ~ 12:15

Monday, May 26 ~ COA closed ~ Memorial Day



♥ 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

♥ **DENTAL HEALTH ~ SMILE COUNSELOR:** *We are pleased to welcome JoAnn Marshall as a SMILE counselor. JoAnn is a dental hygienist and will provide dental education & information ~ including local resources for treatment & affordable care options including insurance & assistance programs ~ there is no clinical exam involved. Make your appointment to see JoAnn at the COA on June 13 and pick up a free toothbrush & dental care products.*

♥ **DR. CAMPO, PODIATRIST:** For all foot care problems, as well as 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. May 9, 23 and June 13, 27.

▶ FOR YOUR ASSISTANCE

▶ **ARE YOU READY FOR MEDICARE?** Deb Ford of New York Life will be hosting Medicare Review Seminars on **Wednesday, May 21 and Wednesday, June 18 at 4 PM.** In this seminar, she will focus specifically on those individuals turning 65; however, all are welcome. Deb 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. Call COA to reserve a spot at Wednesday sessions or individual appointments are available for those unable to attend on above dates ~ call Deb Ford at 508-367-0061 to schedule alternate dates.

▶ **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. May 14, June 11.

▶ **TRANSPORTATION:** For Wellfleet residents 60+. Call us for more information.

Monday – Wednesday: Medical appointments

Thursday: Wellfleet day

Friday: Orleans grocery shopping



**SEE THE LAST PAGE OF THE WAVE FOR EXCITING LOWER CAPE
TRANSPORTATION NEWS FROM THE CAPE COD REGIONAL TRANSIT
AUTHORITY!**

► FOR YOUR ASSISTANCE (cont.)

► **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 ~ these workers 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 Worker 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. Contact Deb at Ext. 207 for more information.

🍷 **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

★ **BINGO:** Every other Wednesday, 2-4 PM. Open to all, free, prizes. May 14, 28 & June 11, 25.

★ **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, May 13 and Tuesday, June 10, 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.

★ **SENTIMENTAL JOURNEY SWING BAND:** Public rehearsals every Monday ~ 11:30 - 1:30.

★ **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. May 12, June 9.

★ **WELLFLEET WAVE BOOK CLUB:** May 15th, 1:30 ~ *Someone* by Alice McDermott ~ "A fully realized portrait of one woman's life in all its complexity. Scattered recollections—of childhood, adolescence, motherhood, old age—come together in this transformative narrative, stitched into a vibrant whole by McDermott's deft, lyrical voice." —Amazon.com June 19th, 1:30 ~ *Cambridge* by Susanna Kaysen ~ "In Cambridge, an astute young girl observes the adults and events in her life, trying to make sense of how she might fit in—or whether she wants to . . . Carol Brill, New York Journal of Books"



☺ 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 ~ April 28 – June 20.** Gentle class will be geared towards osteoarthritis, 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.*

NEW 10-WEEK EXERCISE SESSION

For Balance/General Exercise & Strength Training

Monday, June 16th through Friday, August 22nd

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:** Every Thursday from 8:45 – 10 AM. \$7 per class. *Note ~ this is on-going class, not part of Melissa's mix & match priced program.* Abdominal workout, gentle stretching, core work, ending with deep breathing & relaxation. Mats provided.

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

◆ FOR YOUR SUPPORT

◆ **HOPE DEMENTIA & ALZHEIMER'S SERVICES ~ DEMENTIA CAREGIVER SUPPORT GROUP (CARES PROGRAM):** For dementia caregivers and those they care for ~ these are simultaneous groups providing education, support and respite. All are welcome. Support groups meet the 4th Tuesday of each month, from 10 AM – 11:30 AM. May 27 and June 24. For more information, call 508-775-5656.

◆ **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. May 6, 20 and June 3, 17.

CAPE COD'S PUBLIC BUS SYSTEM

You Asked,
We
Listened!



The Cape Cod Regional Transit Authority *Dial-A-Ride Service From Provincetown to Orleans*

The CCRTA has increased its capacity in the lower and outer Cape by providing more DART service between Orleans and Provincetown. Customers in these areas will be able to schedule a ride between 9:00 a.m.-6:00p.m.

DART service is door-to-door shared ride transportation service that will allow you to travel anywhere for the purpose of a medical appointments, shopping, social activities, or to visit a friend, etc.



Cape Cod Regional Transit Authority

For more information visit www.capecodrta.org or call 800-352-7155

We're Going Your Way!



360 Merrimack St., Bldg. 5, Lawrence, MA 01843
800-892-0890 • www.masmp.org

Protect Yourself From Medicare Fraud!

A Free Informational Medicare Workshop Presented for the Residents of Provincetown, Wellfleet and Truro

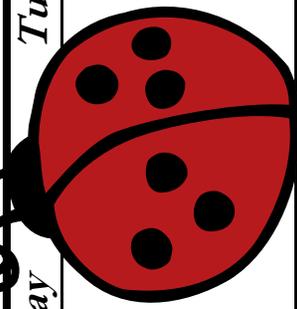
Thursday, May 29, 2014
1:30 p.m. to 2:30 p.m

Join us at this free workshop when a representative of the Massachusetts Senior Medicare Patrol Program provides us with tools to become better educated and engaged health care consumers to help protect ourselves and our loved ones from Medicare fraud and deceptive marketing tactics.

Truro Council on Aging
7 Standish Way ~ North Truro

Healthcare errors cost consumers and Medicare *billions* of dollars annually! **For more details about this workshop call toll-free Massachusetts Senior Medicare Patrol Program 800-892-0890 x 1337**

May 2014 ~ COA Activities



**MAY ARTIST OF THE MONTH:
DIANE GALVIN**

Monday	Tuesday	Wednesday	Thursday	Friday
5 12 - 7 Annual Town Election 8:45 Strength Training 10:15 Balance/Exercise 12:30 Arthritis Exercise	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 8:45 Mel's Mat Class 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	9 8:45 Strength Training 8:45 Dr. Campo 10:15 Balance/Exercise 1 Bridge
12 8:45 Strength Training 10:15 Balance/Exercise 12:30 Arthritis Exercise 2 Red Hat Society	13 8:45 Strength Training 10:15 Denya LeVine & SeaBabies	14 8:45 Strength Training 9 Gosnold Counseling 10 Legal Aid 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 2 Bingo 12:30 Arthritis Exercise 4 FCOA	15 8:45 Mel's Mat Class 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 1:30 Book Club ~ <u>Someone</u> 2 Scrabble	16 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
19 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise 12:30 Arthritis Exercise	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 8:45 Mel's Mat Class 11:30 Gosnold Counseling 12:15 Wellfleet Elementary School Chorus 12:30 Iris's Café 2 Scrabble	23 8:45 Strength Training 8:45 Dr. Campo 10:15 Balance/Exercise 1 Bridge
26 	27 8:45 Strength Training 10 HOPE Caregiver's	28 8:45 Strength Training 9 Gosnold Counseling 9:30 COA Board 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 2 Bingo 12:30 Arthritis Exercise	29 8:45 Mel's Mat Class 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	30 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge DEADLINE FOR TAX AID PROGRAM

June 2014 ~ 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 8:45 Mel's Mat Class 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble	6 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
9 8:45 Strength Training 10:15 Balance/Exercise 2 Red Hat Society 12:30 Arthritis Exercise	10 8:45 Strength Training 10:15 Denya LeVine & SeaBabies	11 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	12 8:45 Mel's Mat Class 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	13 8:45 Strength Training 9 SMILE Dental 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge
16 ***New 10-week exercise session begins this week*** 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise 12:30 Arthritis Exercise	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 8:45 Mel's Mat Class 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 1:30 Book Club ~ <u>Cambridge</u> 2 Scrabble	20 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
23 8:45 Strength Training 10:15 Balance/Exercise 12:30 Arthritis Exercise	24 8:45 Strength Training 10 HOPE Caregiver's	25 8:45 Strength Training 9 Gosnold Counseling COA Board 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 12:30 Arthritis Exercise	26 8:45 Mel's Mat Class 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	27 8:45 Dr. Campo 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge



**JUNE ARTIST OF THE MONTH ~
ANNIE DEW**

30 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise 12:30 Arthritis Exercise
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Wellfleet Council on Aging
715 Old King's Highway
Wellfleet, MA 02667

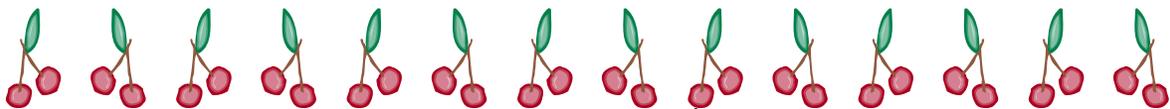
COA Board Members:

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

Friends of the COA:

Maureen Schraut ~ President/COA Board Liaison
Marge Piercy ~ Vice President
Lisa Thimas ~ Clerk/Treasurer
Peter Hall
Sarah Multer
Carol Parlante
Roger Putnam
Bonnie Shepard
Sandy Wonders

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**

- | | |
|-----------------------------|--|
| May 1st | Chicken and vegetable stir fry with coconut rice |
| May 8th | Baked stuffed shells with spinach & feta cheese, mixed green salad |
| May 15th | Pan seared pork tenderloin, sautéed cabbage, roast herbed potatoes |
| May 22nd | <u>WELLFLEET ELEMENTARY SCHOOL CHORUS PERFORMANCE AT 12:15</u>
~ MEMORIAL DAY ~ Cheeseburgers, potato salad, corn & tomato salad |
| May 29th | Linguine with roast fennel, arugula and lemon, mixed green salad |
| June 5th | Salmon teriyaki, sesame noodles, Asian slaw |
| June 12th | Eggplant parmesan, pasta, mixed green salad |
| June 19th | Roast chicken breast with mushroom sauce, herbed couscous, vegetable |
| June 26th | Mediterranean fish soup (clear broth, cod & vegetables), corn casserole |

IRIS'S SOUP TO GO

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

- | | |
|----------------------------|-------------------|
| May 5th | Portuguese kale |
| May 10th | Potato leek |
| May 17th | Chicken vegetable |

MEMORIAL DAY ~ END OF SOUP SEASON ~ RETURNING IN THE FALL

