

THE WELLFLEET WAVE

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

COA STAFF DIRECTORY

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GENERAL PHONE NUMBERS

508-349-2800 OR 349-0313

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“Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well.” ~Voltaire

*With thanks & appreciation to all the volunteers who help make the COA function more easily ~ the COA Board, the Friends of the COA, and those who provide assistance with the front desk, Iris's Café & transportation. **THANK YOU!***

TRIPS ~ The Council on Aging has partnered with Funtastic Getaways to offer trips. Coming in May & June, choose from these FIVE day trips:

- **Newport Playhouse “Cheaters”** ~ Wednesday, May 13th ~ \$100
- **The Boston Pops Play the Beatles** ~ Thursday, May 14th ~ \$115
- **New York Botanical Gardens** ~ Saturday, June 6th ~ \$125
- **Cirque de la Symphonie with the Boston Pops** ~ Saturday, June 13th ~ \$115
- **9/11 Memorial & Museum** ~ Saturday, June 27th ~ \$112

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 these “super-scanners” ~ they will be enjoying a complimentary Iris's Café luncheon!** February: **Eileen Golden** March: **Fred Nass**

DATES TO REMEMBER

Monday, May 4th ~ Town elections at the COA ~ **NO EXERCISE CLASSES**

Monday, May 25th ~ Closed for Memorial Day

After the long, cold, snowy winter, we invite you to try something new ~ step outside onto the lovely COA garden walking path and learn about walking meditation with Iris ~ more details on Page Four !!



♥ FOR YOUR HEALTH

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

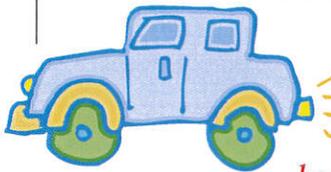
- Blood pressure
- Glucose monitoring
- Weight monitoring
- Nutrition advice & counseling
- Medication questions
- Information on area services
- Information on common communicable diseases
- Information on common medical problems
- Health & wellness questions

♥ **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. May 15, 29 and June 12, 26.



▶ FOR YOUR ASSISTANCE



AARP SMART DRIVER COURSE: *Learn proven strategies to help keep you safe while on the road. After taking the course, you may even be eligible for a discount on your insurance! The course teaches valuable defensive driving skills & provides a refresher of the rules of the road. Audio-visual instruction only, no affiliation with the Registry of Motor Vehicles, no testing. An AARP Smart Driver Course will take place at the Wellfleet COA on June 9th from 10AM - 2:30PM. Space is limited ~ \$15 for AARP member, \$20 for non-AARP members. Call early to reserve your space for this informative class. Lunch provided courtesy of Wellfleet Police. Visit www.aarp.org/drive for additional information. Reservations absolutely required!*

▶ **ARE YOU READY FOR MEDICARE?** Deb Ford of New York Life will be hosting Medicare Review Seminars on *Wednesday, May 20 and Wednesday, June 17 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.

▶ **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 13, June 10.

▶ **Town of Wellfleet Taxation Aid Program** ~ *Elderly or Disabled Taxation Aid Fund* Wellfleet voters approved the establishment of the committee to assist our elderly and disabled low income residents with their property tax bills. The funding comes exclusively from voluntary contributions from property owners and anyone else who would like to help. Applications are available in several locations in Wellfleet: Town Hall, Senior Center, Library, and on the Town of Wellfleet Web Site (www.wellfleet-ma.gov). The staff of the COA is available for assistance with this confidential process. **May 29, 2015 filing deadline.**

► FOR YOUR ASSISTANCE (cont.)

- **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:** 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. **NOTE: THE MAY 28TH LUNCHEON BEGINS AT 12 NOON DUE TO A SPECIAL PRE-LUNCHEON PERFORMANCE BY THE WELLFLEET ELEMENTARY SCHOOL CHORUS!**

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

MEALS ON WHEELS IS IN NEED OF VOLUNTEER DRIVERS!! *You can make a difference volunteering just one hour a week. Volunteers are needed to deliver meals to homebound seniors. Meals can be picked up between 9:30 and 10 AM at the Wellfleet Council on Aging. Total time commitment is 1-2 hours per week. Drivers are needed Monday - Friday. We are looking for individuals to "adopt a route" one day per week. Mileage reimbursement is available. Substitute drivers are welcome. Please contact Lisa Bergeron at 508-349-2800 ext 207.*



🍷 **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. **Last soup of the season is May 26th.**

🍷 **SUMMER SALADS TO GO:** *A variety of summer salads homemade by Iris, packed to travel, on Mondays. Beginning June 1st.*

★ FOR YOUR FUN AND ENTERTAINMENT

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

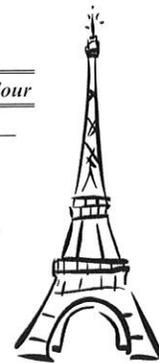
★ **DENYA LeVINE INTERGENERATIONAL MUSIC & MOVEMENT:** Join fiddler Denya LeVine and the SeaBabies for this fun, musical event. Great interactive activity for grandparents and their grandkids, ages infant - 4. Tuesday, May 12 and Thursday, June 11, 10:15 - 11:15.

★ **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 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 Kit Detlef at (508)349-6805 for more information. May 11 and June 8.





★ FOR YOUR FUN AND ENTERTAINMENT (cont.)

★ **WELLFLEET WAVE BOOK CLUB:** For May 21st ~ 1:30 ~ **The Paris Wife by Paula McLain** ~ "A deeply evocative story of ambition & betrayal. The Paris Wife captures a remarkable period of time and a love affair between two unforgettable people: Ernest Hemingway & his wife Hadley" ~ *the Harcourt edition*

For June 18th ~ 1:30 ~ **A Moveable Feast by Ernest Hemingway** ~ "A memoir of his years in Paris with Hadley and their son Bumby, published posthumously, A Moveable Feast remains one of Hemingway's most beloved works. ...it brilliantly evokes the exuberant mood of Paris after WW I and unbridled creativity and unquenchable enthusiasm that Hemingway himself epitomized from the description of the restored edition" ~ *Ed*

**NO CLASSES
ON MAY 4TH
DUE TO TOWN
ELECTIONS**

☺ 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 May 6th - June 26th** ~ 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. **Arthritis class is NOT part of Melissa's mix and match priced program.**

For Balance/General Exercise & Strength Training

NEW 10-WEEK EXERCISE SESSION ~ Monday, June 1st through Friday, August 7th

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.

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

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



☺ **WALKING MEDITATION ~ Beginning Friday, May 15, join Iris at the new COA garden walkway from 9:45 -10:15. Learn how to coordinate your breath with your footsteps to experience calm. Every Friday as long as it is not raining. FREE.**

☺ FOR YOUR WELL-BEING (cont.)

☺ **VIBRANT HEALTH WORKSHOPS 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. *New time ~ fourth Thursday of every month from 1:45 - 3 PM*, with a different informative topic to share, based on his philosophy that "healing is a journey not a destination". **May 28th ~ Adrenal Fatigue** ~ Do you crave coffee and sweets in the afternoon? Do you have symptoms of fatigue, weight gain around the middle? Sluggish energy? Anxiety? Nervousness? Adrenal glands are known as the 'stress handling glands'. They deal with physical, emotional and biochemical stress. Anything from infections (colds, flu), divorce, fight with the boss, traffic jams, blood sugar imbalance, and nutritional deficiencies as well as hormonal imbalances. Dr. Preston will provide you with solutions and practical applications in preventing and or dealing with adrenal fatigue. **June 25th ~ Balancing Female Hormones Naturally** ~ Anybody confused about female hormones? Do you have symptoms such as hot flashes, low energy, uncontrollable sweet & carb cravings? Do you experience anxiety, depression, irritability? Believe it or not most female hormone problems are fixable and treatable by correcting nutritional deficiencies and or food sensitivities. Female hormones provide vitality, stamina, cognition and memory. They are protective against heart disease, osteoporosis and cancer. **PLEASE CALL THE COA TO RESERVE YOUR SPOT FOR THESE FREE, INFORMATIVE WORKSHOPS !!**

◆ 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, 3 - 4:30 PM ~ May 12, June 9. 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. May 5, 19 & June 2, 16.

STEP UP TO THE PLATE

Iris's Café seeks a volunteer to help with dish washing after luncheon, approximately 12 - 2 PM. Some lifting required, free meal ~ guaranteed laughter & good time.

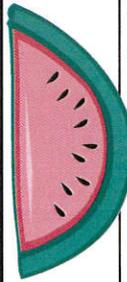
Contact the COA if interested.

May be eligible for Wellfleet Senior Tax Work-off.



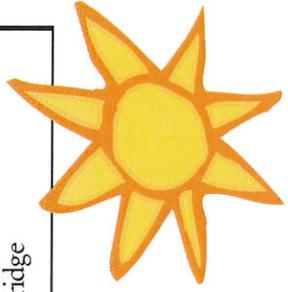
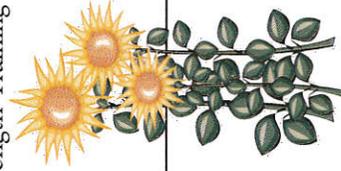
May 2015 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
GREAT POND ARTIST OF THE MONTH <i>Richard Swanson</i>				
NO CLASSES TODAY DUE TO TOWN ELECTIONS POLLS OPEN 12 NOON - 7 PM	5 8:45 Strength Training 10 Caregiver's Support Grp.	6 8:45 Strength Training 9 Gosnold Counseling 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 12:30 Arthritis Exercise ~ <i>new</i> <i>8 week session begins!</i>	7 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble	8 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
11 8:45 Strength Training 10:15 Balance/Exercise 12:30 Arthritis Exercise 2 Red Hat Society	12 8:45 Strength Training 10:15 Denya LeVine Inter-generational Music 3 Alzheimer's/Dementia Caregiver's Support Grp.	13 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 Friends of the COA	14 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	15 8:45 Strength Training 9 Dr. Campo 9:45 Walking Meditation 10:15 Balance/Exercise 1 Bridge
18 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise 12:30 Arthritis Exercise	19 8:45 Strength Training 10 Caregiver's Support Grp.	20 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?	21 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 1:30 Book Club - <i>The Paris Wife</i> 2 Scrabble	22 8:45 Strength Training 9:45 Walking Meditation 10:15 Balance/Exercise 1 Bridge
25 CLOSED TODAY FOR MEMORIAL DAY 	26 8:45 Strength Training	27 8:45 Strength Training 9 Gosnold Counseling 9:30 COA Board 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Arthritis Exercise 12:30 Ask A Nurse	28 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12 Wellfleet Elementary School Chorus & Iris's Café 1:45 Vibrant Health 2 Scrabble	29 8:45 Strength Training 9 Dr. Campo 9:45 Walking Meditation 10:15 Balance/Exercise 1 Bridge



June 2015 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 NEW 10-week session of Strength Training & Balance/Exercise starts today!</p> <p>8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise 12:30 Arthritis Exercise</p>	<p>2</p> <p>8:45 Strength Training 10 Caregiver's Support Grp.</p>	<p>3</p> <p>8:45 Strength Training 9 Gosnold Counseling 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 12:30 Arthritis Exercise</p>	<p>4</p> <p>8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble</p>	<p>5</p> <p>8:45 Strength Training 9:45 Walking Meditation 10:15 Balance/Exercise 1 Bridge</p>
<p>8</p> <p>8:45 Strength Training 10:15 Balance/Exercise 12:30 Arthritis Exercise 2 Red Hat Society</p>	<p>9</p> <p>8:45 Strength Training 10 AARP Safe Driver Alzheimer's/Dementia 3 Caregiver's Support Grp.</p>	<p>10</p> <p>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</p>	<p>11</p> <p>8:45 Stretch & Strengthen 10:15 Denya Le Vine Inter-generational Music 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble</p>	<p>12</p> <p>8:45 Strength Training 8:45 Dr. Campo 9:45 Walking Meditation 10:15 Balance/Exercise 1 Bridge</p>
<p>15</p> <p>8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise 12:30 Arthritis Exercise</p>	<p>16</p> <p>8:45 Strength Training 10 Caregiver's Support Grp.</p>	<p>17</p> <p>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?</p>	<p>18</p> <p>8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 1:30 Book Club ~ A Moveable Feast 2 Scrabble</p>	<p>19</p> <p>8:45 Strength Training 9:45 Walking Meditation 10:15 Balance/Exercise 1 Bridge</p>
<p>22</p> <p>8:45 Strength Training 10:15 Balance/Exercise 12:30 Arthritis Exercise</p>	<p>23</p> <p>8:45 Strength Training</p>	<p>24</p> <p>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</p>	<p>25</p> <p>8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1:45 Vibrant Health 2 Scrabble</p>	<p>26</p> <p>8:45 Strength Training 9 Dr. Campo 9:45 Walking Meditation 10:15 Balance/Exercise 1 Bridge</p>
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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
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 Eining
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

May 7th Swiss chard and ricotta pie, corn casserole, tomato salad
May 14th Spanish pasta with olives & ground beef, mixed green salad w/lemon vinaigrette
May 21st Spiced salmon with mustard sauce, sautéed spinach, marinated chickpea salad
May 28th **PLEASE BE HERE AT 12 NOON TODAY FOR A SPECIAL SPRING PERFORMANCE BY THE WELFLEET ELEMENTARY SCHOOL CHORUS !!**
Summer squash & couscous casserole, mixed green salad
June 4th Sweet potato & chicken curry, spinach salad with maple Dijon vinaigrette
June 11th Pasta with baby Bella mushroom sauce, Caesar salad
June 18th Herbed baked chicken breast with tomato, creamy parmesan orzo, vegetable
June 25th Eggplant parmesan with pasta, mixed green salad

IRIS'S SOUP TO GO ~ Prepared on Monday, packed to travel ~ \$4.00 pint

May 4th Portuguese kale
May 11th Corn chowder
May 18th Tomato and chickpea
May 26th New England clam chowder
(Tuesday due to holiday)

STARTING JUNE 1ST

The return of Iris's Summer Salads To Go
A variety of summer salads, packed to travel, \$4.00 per pint ~ a different choice available every Monday.