

THE WELLFLEET WAVE

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

COA STAFF DIRECTORY

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May/June 2016

GENERAL PHONE NUMBERS

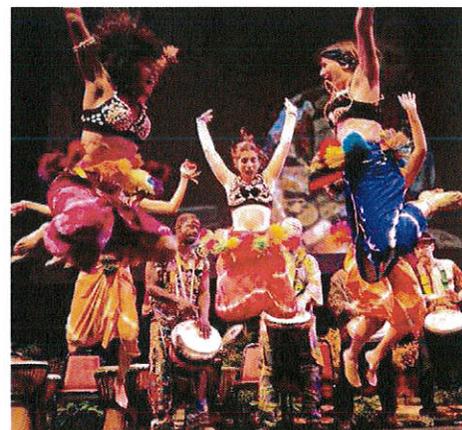
508-349-2800 OR 349-0313

FAX: 508-349-0319



We have two exciting events happening in May !
please see the enclosed flyer for information on:
“Try to Remember”, a vintage fashion show & tea,
Saturday, May 7th at 3 PM, sponsored by Vintage In
Vogue, presented by the Wellfleet Council on Aging Board
&

The Cape Cod African Dance &
Drum group & Kids Capoeira Besouro,
May 14th at 4:30. We will be “nourishing our
mind, body & spirit” during this wonderful,
memorable program. Funded by the Wellfleet
Cultural Council.



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!** **Helen Davidson & Curtis Lippincott**



On behalf of the Friends of the COA, a big **THANK YOU** for a successful fish fry fundraiser in April! Thanks to Carol Parlante, the staff at The Bookstore and to all who supported the fundraiser, enjoyed the delicious food & donated baked goods.

DATES TO REMEMBER

Town Elections ~ May 2nd ~ VOTE 12 – 7 PM
(no exercise classes)

Thursday, May 12th ~ Green Burial Presentation
Monday, May 30th ~ Memorial Day ~ COA closed

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 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. May 13, 27 & June 10, 24.

► **FOR YOUR ASSISTANCE**

► **ARE YOU READY FOR MEDICARE?** Deb Ford of New York Life will be hosting Medicare Review Seminars on *Wednesday, May 18 and Wednesday, June 15 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.

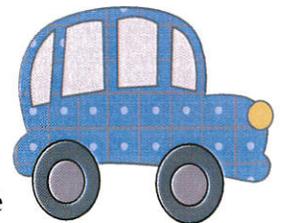
► **GOSNOLD COUNSELING:** By appointment at the Wellfleet COA ~ booked through the Gosnold Office in Provincetown 508-487-2449. **CONFIDENTIAL.**

► **GREEN BURIAL PRESENTATION:** *Thursday, May 12 at 3 PM ~ Judith Lorei of Green Burial Massachusetts will give a presentation and answer your questions about the growing movement for ecological (and much less expensive) ways to handle a body after death. Sponsored by the Friends of the COA. Please call to reserve your space.*

► **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 11, June 8.

► **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.

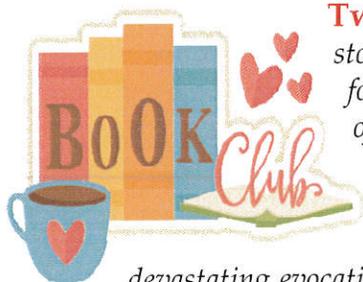


🍏 FOR YOUR DINING PLEASURE

- 🍏 **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.
- 🍏 **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.
- ★ **CAPE COD AFRICAN DANCE & DRUM GROUP & KIDS CAPOEIRA BESOURO, May 14th, 4:30 PM, FREE, funded by Wellfleet Cultural Council (SEE FLYER)**
- ★ **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 10 and Tuesday, June 7, 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. May 9, June 13.
- ★ **"TRY TO REMEMBER" VINTAGE FASHION SHOW, MAY 7th, 3 PM, \$10, sponsored by VINTAGE IN VOGUE (SEE FLYER)**
- ★ **WELLFLEET WAVE BOOK CLUB: May 19, 1:30 ~ The Garden of Evening Mists by Tan**



Twan Eng ~ "The Garden of Evening Mists offers action-packed, end-of-empire storytelling in the vein of Tan's compatriot Tash Aw. His fictional garden cultivates formal harmony—but also undermines it. It unmaskes sophisticated artistry as a partner of pain and lies. This duality invests the novel with a climate of doubt; a mood—as with Aritomo's creation—of "tension and possibility". Its beauty never comes to rest." ~ The Independent

June 16, 1:30 ~ Our Souls At Night by Ken Haruf ~ "A delicate, sneakily devastating evocation of place and character. . . . Haruf's story accumulates resonance through carefully chosen details; the novel is quiet but never complacent." —The New Yorker

☺ 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 \$10per 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.



☺ FOR YOUR WELL-BEING (cont.)

Balance/General Exercise & Strength Training with Melissa Shantz

10-WEEK EXERCISE SESSIONS

Next session ~ June 6 – August 12

**NO CLASS
MAY 2nd**

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

☺ **VIBRANT HEALTH WITH DR. RHYS PRESTON ~ Dr. Rhys will be continuing his classes at the library. Please check the schedule at www.wellfleetlibrary.org for updates.**

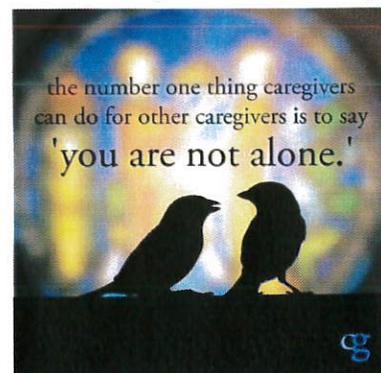
◆ FOR YOUR SUPPORT

◆ **BEREAVEMENT SUPPORT GROUP:** Sponsored by VNA Hospice & Palliative Care of Cape Cod, facilitated by Mary Cullity, LICSW. 2nd & 4th 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. May 12, 26 **NO SUPPORT GROUP IN JUNE, 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 ~ May 10, June 14. 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 1st and 3rd Tuesday of the month, from 10-11:30 AM. The meetings are free and all are welcome. May 3, 17 & June 7, 21.

◆ **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.



WANTED

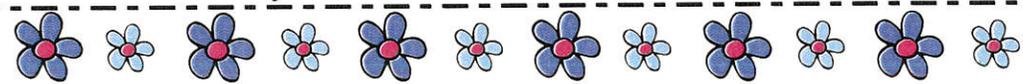
WELFLEET POLICE DEPARTMENT REASSURANCE PROGRAM PARTICIPANTS

Stop in at the COA
Wednesday, June 22
any time between 9 AM – 11 AM
to chat with Officer George Spirito
and learn more about this valuable program

Pastries provided by PB Boulangerie Bistro

AIM Thrift Shop is celebrating 50 years of giving! Over the last 3 years, they have donated over \$200,000 to Outer Cape Health Services & other local charities. AIM needs donations ~ seeking clean, usable clothes, household items, kitchen utensils, dishes, knickknacks, works of art, books, tools lamps & clean linens (no pillows). Tax receipts provided. Donation may be dropped of Tuesday – Saturday, 10 AM – 1 PM.
50TH YEAR CELEBRATION ~ JUNE 30, 5 - 7 PM AT PRESERVATION HALL.

Volunteers needed ~ Spring 2016 Cemetery Clean-up ~ Saturday, May 14, 9 – noon
Oakdale & Pleasant Hill cemeteries (behind Police Station, off Gross Hill Road)
The Fall 2015 clean up was a success ~ the work of the Commissioners, with the help of volunteers included landscaping, headstone restoration/repair, resulting in a more beautiful, well-maintained & preserved cemetery. We hope you will help again this Spring!
Thank you! Wellfleet Cemetery Commissioners



“TRY TO REMEMBER”

vintage fashion show

to benefit Wellfleet Council on Aging

Saturday, May 7th

3 - 5 PM

at

Wellfleet

Council on Aging

715 Old King's Highway

clothing provided by

VINTAGE IN VOGUE

of Orleans & Provincetown
&

WELLFLEET HARBOR ACTORS THEATER

piano music
by David Wright

tea time
refreshments

Tickets \$10

Available at
Wellfleet Council on Aging
or at the door
(508)349-2800



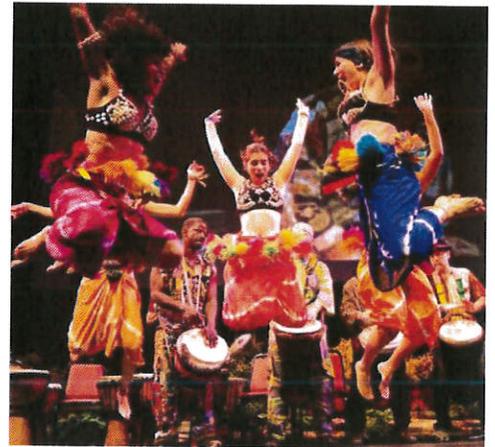


CATCH THE SPIRIT

Saturday, May 14th at 4:30

Wellfleet Council on Aging

Cape Cod African
Dance & Drum group
along with

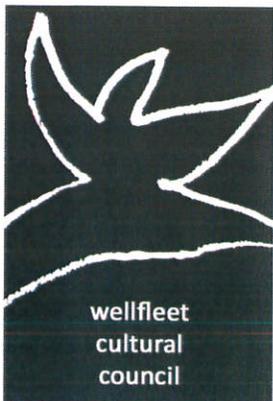


Kids Capoeira Besouro

Afro-Brazilian art form, combining dance, fight, rhythm
& movement with local instructor Andre Lima

BE PREPARED TO "BEAT THE DRUMS
TOGETHER AS WE NOURISH YOUR MIND, BODY &
SPIRIT" DURING THIS WONDERFUL FREE PROGRAM.

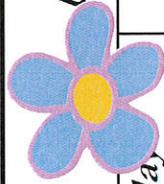
This program is supported in full by a grant from the Wellfleet Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



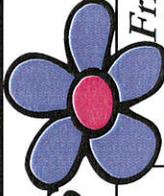
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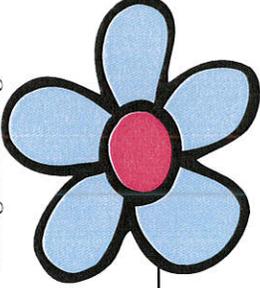


massculturalcouncil.org

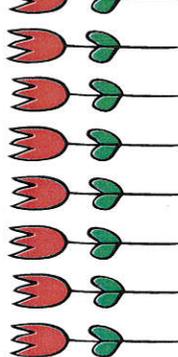
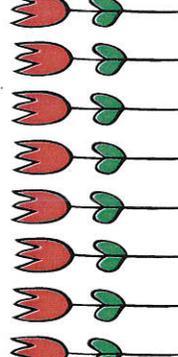
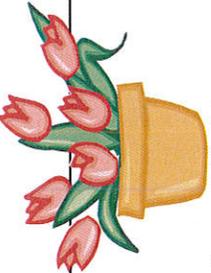
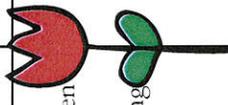


May 2016 ~ COA Activities



Monday		Tuesday		Wednesday		Thursday		Friday	
2	NO EXERCISE TODAY ANNUAL TOWN ELECTION 12 NOON - 7 PM	3	8:45 Strength Training 10 Caregiver's Support Grp.	4	8:45 Strength Training 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse	5	8:45 Stretch & Strengthen 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 9 Marlene Denessen 10:15 Balance/Exercise 2 Red Hat Society	10	8:45 Strength Training 10:15 Denya LeVine & SeaBabies 3 Alzheimer's/Dementia Caregiver's Support Grp.	11	8:45 Strength Training 10 Legal Aid 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 4 Friends of the COA	12	8:45 Stretch & Strengthen 10 Bereavement Support 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble 3 Green Burial Presentation	13	8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge
16	8:45 Strength Training 10:15 Balance/Exercise	17	8:45 Strength Training 10 Caregiver's Support Grp.	18	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?	19	8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 1:30 Book Club ~ <i>The Garden of Evening Mists</i> 2 Scrabble	20	8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
23	8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise	24	8:45 Strength Training  8:45 Strength Training	25	8:45 Strength Training 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse	26	8:45 Stretch & Strengthen 10 Bereavement Support 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	27	8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge
30	CLOSED TODAY FOR MEMORIAL DAY	31	8:45 Strength Training	<p>MAY ARTIST OF THE MONTH ~ Stephenie Ellsworth May 7th ~ Vintage Fashion Show May 14th ~ African Drumming/Dance and Capoeira Besouro ~ funded by Wellfleet Cultural Council</p>					

June 2016 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p></p> <p>6 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise NEW 10 WEEK SESSION EXERCISE SESSION BEGINS TODAY</p>	<p></p> <p>7 8:45 Strength Training 10 Caregiver's Support Grp. 10:15 Denya Le Vine & SeaBabies</p>	<p>1 8:45 Strength Training 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse</p> <p>8 8:45 Strength Training 10 Legal Aid 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse</p>	<p>2 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble</p> <p>9 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble</p> <p>16 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 1:30 Book Club ~ <i>Our Souls At Night</i> 2 Scrabble</p> <p>23 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble</p> <p>30 8:45 Stretch & Strengthen 10 Aqua Aerobics 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble</p>	<p>3 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge</p> <p>10 8:45 Strength Training 8:45 Dr. Campo 10:15 Balance/Exercise 1 Bridge</p> <p>17 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge</p> <p>24 8:45 Strength Training 9 Dr. Campo 10 Aqua Aerobics 10:15 Balance/Exercise 1 Bridge</p>
<p>13 8:45 Strength Training 10:15 Balance/Exercise 2 Red Hat Society</p>	<p>14 8:45 Strength Training 3 Alzheimer's/Dementia Caregiver's Support Grp.</p>	<p>15 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>17 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge</p>	<p>20 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise</p>
<p>27 8:45 Strength Training 10:15 Balance/Exercise</p>	<p>21 8:45 Strength Training 10 Caregiver's Support Grp. 10 Aqua Aerobics BEGINS</p> <p></p> <p>28 8:45 Strength Training 10 Aqua Aerobics</p>	<p>22 8:45 Strength Training 9 Officer Spirito ~ Reassurance Program 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse</p> <p>29 8:45 Strength Training 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse</p>	<p>23 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble</p>	<p>24 8:45 Strength Training 9 Dr. Campo 10 Aqua Aerobics 10:15 Balance/Exercise 1 Bridge</p>
<p>JUNE ARTIST OF THE MONTH ~ Katy Rose</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

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**

- | | |
|-----------------------------|--|
| May 5th | Egg bow pasta w/spinach, sun dried tomato & pine nuts, green salad |
| May 12th | Cod fish cakes, cole slaw, bean casserole |
| May 19th | Cauliflower & chick pea curry, basmati rice, spinach salad w/maple Dijon vinaigrette |
| May 26th | Roast stuffed pork loin, mashed potato & vegetable |
| June 2nd | Swiss chard and ricotta pie, corn casserole, green salad |
| June 9th | Chicken salad with apples, walnuts & grapes, Dijon vinaigrette |
| June 16th | Kale & mushroom lasagna with white sauce, Greek salad |
| June 23rd | Roast chicken breast with lemon potatoes, green beans |
| June 30th | Poached salmon with yogurt dill sauce, vegetables |



IRIS'S SOUP TO GO

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

- | | |
|----------------------------|--|
| May 2nd | Chicken vegetable w/barley |
| May 9th | Potato leek |
| May 16th | Pureed carrot w/lemon & ginger |
| May 31st | Portuguese kale (Tuesday due to holiday) |

June
the "to go" choice will be soup **OR** salad,
depending on the weather

