

# THE WELLFLEET WAVE

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

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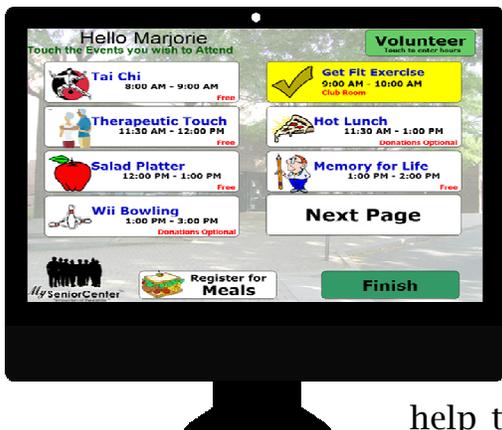
VOLUME 2014-11& 12

November/December 2014

GENERAL PHONE NUMBERS

508-349-2800 OR 349-0313

FAX: 508-349-0319



**MySeniorCenter**, a computer based, user-friendly senior center management and reporting system is now up and running at the Wellfleet COA! When you come in the front door at the COA, **you will now check in by scanning a key card** (similar to your Stop and Shop or CVS card) and touch the computer screen to select the activities you will be participating in. Staff members will be issuing key-chain cards over the next few months & available to help (even if you forget your card) as we all learn this process. MySeniorCenter is a system designed specifically for senior centers and is utilized in over 800 centers. The software can

help the center obtain grants by providing accurate statistics about who uses the center and why. **The bottom line is this: documenting attendance & activities will help us secure MORE FUNDING FOR PROGRAMS !!!** We will be gently nudging you when you first come in the door, reminding you to scan in EVERY TIME you come in the Center.

**PRIZE PATROL: At the end of each month, we will randomly draw the name of a person that has scanned in during the month ~ winner gets a FREE LUNCHEON AT IRIS'S CAFÉ !!**

Wellfleet Dines Out was the best ever! Thank you to the below-listed restaurants for donating a portion of their designated evening proceeds to the Friends of the COA. Thank you to all the people who participated by enjoying terrific meals at these establishments. Please continue to support our local businesses. With much appreciation and thanks to the diners and to the following restaurants:

The Bookstore Restaurant  
Winslow's Tavern  
Catch of the Day  
Van Rensselaer's

Moby Dick's  
The Pearl  
Mac's Shack  
Bob's Sub & Cone

Marconi Beach Restaurant  
The Wicked Oyster  
PJ's Family Restaurant  
PB Boulangerie Bistro

## DATES TO REMEMBER

**Tuesday, November 4<sup>th</sup>** ~ State Primary ~ voting from 7 AM – 8 PM at COA

**Tuesday, November 11<sup>th</sup>** ~ COA closed for Veteran's Day

**Thursday, November 27<sup>th</sup>** ~ COA closed for Thanksgiving

**Thursday, December 25<sup>th</sup> & Friday, December 26<sup>th</sup>** ~ COA closed for Christmas

**Thursday, January 1<sup>st</sup>** ~ COA closed for New Year

**NO EXERCISE CLASSES ON: Tuesday, Nov. 4 & Friday, Nov. 14**

### ♥ 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. November 14 and December 12.

♥ **MEMORY SCREENING:** *The Alzheimer's Family Support Center of Cape Cod will be conducting free Memory Screenings for individuals with memory concerns or other cognitive complaints. November 18, 1 – 3:30 PM at the COA. These screenings are not diagnostic for Alzheimer's or other dementia-related illnesses, but may indicate if further testing by medical professionals is in order. Exams take approximately 30 minutes to complete. Call the COA to book your appointment, call the Support Center for additional questions. Space is limited. (508) 737-7934, or (508) 737-9452.*

### ► FOR YOUR ASSISTANCE

► **ARE YOU READY FOR MEDICARE?** Deb Ford of New York Life will be hosting Medicare Review Seminars on **Wednesday, November 19 and Wednesday, December 17 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 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 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.

► **FUEL ASSISTANCE:** *Available to income-eligible Wellfleet residents ~ homeowners or renters. Applications taken BY APPOINTMENT ONLY. All applications are confidential. Call the front desk to make an appointment and obtain information on the necessary paperwork required to file. Please do not wait until you are low on fuel to apply!*

► **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. November 12, December 10.

► **MEDICARE OPEN ENROLLMENT:** *During Medicare Open Enrollment, which ends December 7, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, please call COA Outreach Coordinator Linda Balch for free, confidential counseling on all Medicare and related health insurance programs.*

► **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:** 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 to 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 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. (*Dec. 18<sup>th</sup> lunch is 11:45*)

♣ **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 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. November 12, 26 & December 10, 24.

★ **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, November 4 and Tuesday, December 9, 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 Deirdre Poole, the "Queen Mum" at 860-655-1410 for more information. November 10 and December 8.

★ **WELLFLEET WAVE BOOK CLUB:** *November 20<sup>th</sup> ~ 1:30 ~ We Are Water by Wally Lamb ~ "Wally Lamb delivers a powerful and engaging novel filled with complexities and intricacies of human nature and family dysfunction. . . this is a book not to be missed." (The Advocate)*  
*December 18<sup>th</sup> ~ 1:30 ~ Love Anthony Lisa Genova ~ "Writing with deep empathy and insight, Genova has created an engaging story that fearlessly asks the big questions." (Booklist)*

## ☺ 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 October 20 – December 10~ DROP IN SESSIONS FOR REMAINDER OF DECEMBER, THEN NEXT SESSION BEGINS JANUARY 5<sup>th</sup>.*

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. *Not part of Melissa's mix and match priced program.*

### NEW 10-WEEK EXERCISE SESSION

*For Balance/General Exercise & Strength Training  
Monday, November 3<sup>rd</sup> through Friday, January 9<sup>th</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 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: ON HIATUS**

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

☺ **VIBRANT HEALTH: 10 STEPS TO ANTI-AGING:** *Do you wake up stiff and achy in the morning? Wake up tired, no motivation to get things accomplished in your day? Need that cup of coffee and sweet treat in the afternoon to keep going? This workshop will provide you with 10 easy steps on how to have vibrant energy and health. Come and learn about the #1 chemical that speeds the aging process more than any other chemical. This chemical is also related to many degenerative diseases such as osteoporosis and heart conditions, which will ultimately speed the aging process. Our bodies were designed to be regenerating faster than degenerating. Dr. Rhys Preston will provide you with cost effective solutions to vibrant health. Please call the COA to reserve your spot ~ Tuesday, November 18, 1 – 2:30.*



### ◆ FOR YOUR SUPPORT

◆ **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 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. November 4, 18 and December 2, 16.

The greatest gift of the garden is the restoration of the five senses. ~ Hanna Rion

Join Iris for **WALKING MEDITATION** at the new COA garden walkway.

Learn to coordinate your breath with your footsteps to experience calm.

Fridays, beginning November 7<sup>th</sup> ~  
9:45 – 10:15, dry days

Participate in all or part of the session.

Free. Wear comfortable shoes, dress accordingly.

### HOUSING REHABILITATION PROGRAM

- to correct code, health/safety failures & increase overall energy efficiency for income eligible, owner-occupied, year-round residences
  - to create new affordable rental units to house year-round tenants

Declining, deferred loans of up to \$35,000 ~ 15 year term, no interest, no payments

Pre-applications available at the COA. For further details or information, call:

Pamela Speciale, Program Manager ~ Harwich Ecumenical Council for Housing ~

508-432-0015 Ext. 107 ~ [pamela@hech.org](mailto:pamela@hech.org) ~ [www.hech.org](http://www.hech.org)

### **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 for Nauset, ALL OUR PROGRAMS WILL BE CANCELLED AS WELL!***

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.

# November 2014 ~ COA Activities



| Monday  | Tuesday  | Wednesday  | Thursday   |  |
|---|--|--|--|--|
| <b>3 NEW 10-WEEK SESSION FOR STRENGTH TRAINING &amp; BALANCE/EXERCISE</b><br>8:45 Strength Training<br>9 Marlene Denessen<br>10:15 Balance/Exercise<br>12:30 Arthritis Exercise | <b>4 STATE PRIMARY 7 AM - 8 PM</b><br><b>NO EXERCISE TODAY</b><br>10 Caregiver's Support Grp.<br>10:15 Denya LeVine & SeaBabies    | <b>5</b><br>8:45 Strength Training<br>9 Gosnold Counseling Balance/Exercise<br>10:15 Congregate Luncheon<br>12 Ask A Nurse<br>12:30 Arthritis Exercise<br><b>12</b> 8:45 Strength Training<br>9 Gosnold Counseling<br>10 Legal Aid Balance/Exercise<br>10:15 Congregate Luncheon<br>12 Ask A Nurse 2 Bingo<br>12:30 Arthritis Exercise<br>4 Friends of the COA | <b>6</b><br>11:30 Gosnold Counseling<br>12:30 Iris's Café<br>1 Quilting<br>2 Scrabble  | <b>7</b><br>8:45 Strength Training<br>9:45 Walking Meditation<br>10:15 Balance/Exercise<br>1 Bridge  |
| <b>10</b><br>8:45 Strength Training<br>10:15 Balance/Exercise<br>12:30 Arthritis Exercise<br>2 Red Hat Society  | <b>11</b><br><b>COA CLOSED TODAY FOR VETERAN'S DAY</b>   | <b>13</b><br>11:30 Gosnold Counseling<br>12:30 Iris's Café<br>2 Scrabble   | <b>14</b><br><b>NO EXERCISE TODAY</b><br>9:45 Walking Meditation<br>1 Bridge   | <b>14</b><br><b>NO EXERCISE TODAY</b>  |
| <b>17</b><br>8:45 Strength Training<br>9 Marlene Denessen<br>10:15 Balance/Exercise<br>12:30 Arthritis Exercise   | <b>18</b><br>8:45 Strength Training<br>10 Caregiver's Support Grp.<br>1 Vibrant Health with Dr. Rhys Preston<br>1 Memory Screening | <b>19</b><br>8:45 Strength Training<br>9 Gosnold Counseling Balance/Exercise<br>10:15 Congregate Luncheon<br>12 Ask A Nurse<br>12:30 Arthritis Exercise<br>4 Are You Ready for Medicare?   | <b>20</b><br>11:30 Gosnold Counseling<br>12:30 Iris's Café<br>1 Quilting<br>1:30 Book Club - <u>We Are Water</u><br>2 Scrabble | <b>21</b><br>8:45 Strength Training<br>9:45 Walking Meditation<br>10:15 Balance/Exercise<br>1 Bridge |
| <b>24</b><br>8:45 Strength Training<br>10:15 Balance/Exercise<br>12:30 Arthritis Exercise   | <b>25</b><br>8:45 Strength Training  | <b>26</b> 8:45 Strength Training<br>9:30 COA Board<br>9 Gosnold Counseling Balance/Exercise<br>10:15 Congregate Luncheon<br>12 Ask A Nurse 2 Bingo<br>12:30 Arthritis Exercise   | <b>27</b><br><b>COA CLOSED TODAY FOR THANKSGIVING</b>  | <b>28</b><br>8:45 Strength Training<br>9:45 Walking Meditation<br>10:15 Balance/Exercise<br>1 Bridge |

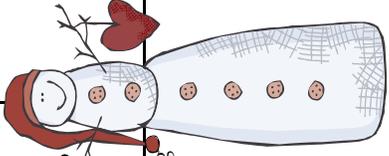
## November Great Pond Artist ~ Stephenie Ellsworth



**Eastham Elks ~ free Thanksgiving Day meal, 12 Noon - 3 PM, take-out available. Reservations at 508-255-4258**

# December 2014 ~ COA Activities

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|---|--|--|---|---|
| <b>1</b><br>8:45 Strength Training<br>9 Marlene Denessen<br>10:15 Balance/Exercise<br>12:30 Arthritis Exercise  | <b>2</b><br>8:45 Strength Training<br>10 Caregiver's Support Grp.    | <b>3</b><br>8:45 Strength Training<br>9 Gosnold Counseling<br>10:15 Balance/Exercise<br>12 Congregate Luncheon<br>12:30 Ask A Nurse<br>12:30 Arthritis Exercise                                | <b>4</b><br>11:30 Gosnold Counseling<br>12:30 Iris's Café<br>1 Quilting<br>2 Scrabble   | <b>5</b><br>8:45 Strength Training<br>10:15 Balance/Exercise<br>1 Bridge                    |
| <b>8</b><br>8:45 Strength Training<br>10:15 Balance/Exercise<br>12:30 Arthritis Exercise<br>2 Red Hat Society   | <b>9</b><br>8:45 Strength Training<br>10:15 Denya LeVine & SeaBabies | <b>10</b> 8:45 Strength Training<br>9 Gosnold Counseling<br>10 Legal Aid<br>10:15 Balance/Exercise<br>12 Congregate Luncheon<br>12:30 Ask A Nurse<br>12:30 Arthritis Exercise<br>2 Bingo       | <b>11</b><br>11:30 Gosnold Counseling<br>12:30 Iris's Café<br>2 Scrabble  | <b>12</b><br>8:45 Strength Training<br>8:45 Dr. Campo<br>10:15 Balance/Exercise<br>1 Bridge |
| <b>15</b><br>8:45 Strength Training<br>9 Marlene Denessen<br>10:15 Balance/Exercise<br>12:30 Arthritis Exercise | <b>16</b><br>8:45 Strength Training<br>10 Caregiver's Support Grp.   | <b>17</b> 8:45 Strength Training<br>9 Gosnold Counseling<br>10:15 Balance/Exercise<br>12 Congregate Luncheon<br>12:30 Ask A Nurse<br>12:30 Arthritis Exercise<br>4 Are You Ready for Medicare? | <b>18</b><br>11:30 Gosnold Counseling<br>11:45 Iris's Café & Wellfleet Elementary School Chorus<br>1 Quilting<br>1:30 Book Club ~ <u>Love Anthony</u><br>2 Scrabble | <b>19</b><br>8:45 Strength Training<br>10:15 Balance/Exercise<br>1 Bridge                   |
| <b>22</b><br>8:45 Strength Training<br>10:15 Balance/Exercise<br>12:30 Arthritis Exercise                       | <b>23</b><br>8:45 Strength Training                                  | <b>24</b> 8:45 Strength Training<br>9 Gosnold Counseling<br>10:15 Balance/Exercise<br>12 Congregate Luncheon<br>12:30 Ask A Nurse<br>2 Bingo<br>12:30 Arthritis Exercise                       | <b>25</b><br><b>COA CLOSED FOR THE HOLIDAY</b>  | <b>26</b><br><b>COA CLOSED FOR THE HOLIDAY</b>  |
| <b>29</b><br>8:45 Strength Training<br>9 Marlene Denessen<br>10:15 Balance/Exercise<br>2 Arthritis Exercise     | <b>30</b><br>8:45 Strength Training                                  | <b>31</b> 8:45 Strength Training<br>9 Gosnold Counseling<br>9:30 COA Board<br>10:15 Balance/Exercise<br>12 Congregate Luncheon<br>12:30 Ask A Nurse<br>12:30 Arthritis Exercise                |    |   |



**COA ARTIST OF THE MONTH**  
**Beth Draper**

**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  
Brian Quigley  
Dian Reynolds  
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  
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.*

*\* Special insert in this edition of The Wave \**

**PAMPHLET FOR THE FRIENDS OF THE WELLFLEET COUNCIL ON AGING**

*Please complete and return the membership form ~ yearly dues keep your name on the newsletter list and help support the COA! Thank you! LAST NOTICE !*

**IRIS'S CAFÉ**

**Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday**

**November 6<sup>th</sup>** Vegetarian lasagna rolls, mixed green salad  
**November 13<sup>th</sup>** Curried chicken (mild curry), coconut rice, vegetable  
**November 20<sup>th</sup>** Thanksgiving dinner  
**December 4<sup>th</sup>** Pan fried cod, mashed sweet potato, vegetable  
**December 11<sup>th</sup>** Stuffed pork loin, mashed potatoes, vegetable  
**December 18<sup>th</sup>** **CHRISTMAS PARTY ~ TIME CHANGE: 11:45 TODAY!!!**  
**Wellfleet Elementary chorus performance before lunch**  
Greek shrimp scampi, rice pilaf, mixed green salad

**IRIS'S SOUP TO GO**

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

|                             |                                       |                             |                                      |
|-----------------------------|---------------------------------------|-----------------------------|--------------------------------------|
| <b>Nov. 3<sup>rd</sup></b>  | Chicken with rice                     | <b>Dec. 1<sup>st</sup></b>  | Corn chowder                         |
| <b>Nov. 10<sup>th</sup></b> | Pureed carrot with lemon ginger       | <b>Dec. 8<sup>th</sup></b>  | Chicken vegetable                    |
| <b>Nov. 17<sup>th</sup></b> | Lentil with vegetables                | <b>Dec. 15<sup>th</sup></b> | Pureed cauliflower w/spinach         |
| <b>Nov. 24<sup>th</sup></b> | Tomato w/white bean & Italian sausage | <b>Dec. 22<sup>nd</sup></b> | Yellow split pea w/carrots & spinach |
|                             |                                       | <b>Dec. 29<sup>th</sup></b> | Portuguese kale                      |