

THE WELLFLEET WAVE

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

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VOLUME 2014-9 & 10

September/October 2014

GENERAL PHONE NUMBERS

508-349-2800 OR 349-0313

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WELLFLEET DINES OUT



Between Labor Day and Columbus Day you can enjoy dinner at your favorite Wellfleet restaurants and try a new one to benefit the Friends of the Wellfleet Council on Aging, too! Participating restaurants have chosen an evening when they will donate a percentage of their food sales to the Friends for our support of the COA's programs, services and other special needs of Wellfleet's seniors. Check the calendar pages and schedule your nights out & find a special insert inside this newsletter !!

WHEN PARTICIPATING, REMEMBER TO THANK THE RESTAURANTS FOR
SUPPORTING WELLFLEET DINES OUT!

Check the calendar pages & schedule your nights out for the following:

The Bookstore

Marconi Beach

The Pearl

Catch of the Day

Van Rensselaer's

Moby Dick's

Winslow's Tavern

The Wicked Oyster

PJ's Family Restaurant

PB Boulangerie Bistro

and NEW this year.....Bob's Sub & Cone

DATES TO REMEMBER

Monday, September 1st ~ COA closed for Labor Day

Tuesday, September 9th ~ State Primary ~ voting from 7 AM – 8 PM at COA

Tuesday, September 9th ~ COA staff unavailable due to training from 11 AM – 4 PM

Wednesday, September 17th ~ no exercise classes

Monday, October 13th ~ COA closed for Columbus Day

** 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!



The Council on Aging is no longer providing names for private duty caregivers. If you have a need for home health care services, please call us and we will give you a list of agencies. If you chose to hire a private caregiver on your own, we have a sheet of suggested questions from the Consumer Assistance Council to assist you with the hiring process. Please call Linda Balch, Outreach Worker, if you have any questions or concerns ~ or if you need help navigating this process. Thank you!

♥ 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:** *on summer hiatus*

♥ **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. September 12, 26 and October 10, 24.

▶ 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 September 30th from 10:30 – 3:30. Space is limited ~ \$15 for AARP member, \$20 for non-AARP members. Call early to reserve your space for this informative class. Please bring a brown-bag lunch ~ we can provide refrigeration. 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, September 15 and Wednesday, October 15 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.

► FOR YOUR ASSISTANCE (cont.)

► **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. September 10, October 13.

► **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 ~ 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.

♣ **OUTER CAPE COMMUNITY COFFEE:** Coffee & Iris's fresh baked scones. Monday - Friday.

♣ **SOUP TO GO:** Available Monday for the week, starting in October. 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. September 3, 17 & October 1, 15, 29

★ **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, September 9 (in the Sea Babies classroom) and Tuesday, October 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.

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

★ FOR YOUR FUN AND ENTERTAINMENT (cont.)

★ **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. September 8 only due to Columbus Day.

★ **WELLFLEET WAVE BOOK CLUB: September 18th ~ 1:30 ~ Zoli by Colum McCann ~ "Zoli, a beautifully written novel, is loosely based on the life of the Polish Gypsy poet "Papusza," who lived through most of the 20th century. McCann's writing is so convincingly, quietly passionate that one can only imagine how he immersed himself in Roma culture while inventing a story of love and betrayal, exile and survival." ~ The Washington Post**

October 16th ~ 1:30 ~ The Lowland by Jhumpa Lahiri ~ "An engrossing family saga steeped in history: the story of two very different brothers bound by tragedy, a fiercely brilliant woman haunted by her past, a country torn apart by revolution, and a love that endures long past death. Moving from the 1960s to the present, and from India to America and across generations, this dazzling novel is Jhumpa Lahiri at the height of her considerable powers." ~ Amazon

☺ 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 AUGUST 18 - OCTOBER 8

NEXT SESSION OCTOBER 20 – DECEMBER 10

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 3rd through Friday, January 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 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

◆ 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. September 23 and October 28. For more information, call 508-775-5656, Hope Dementia & Alzheimer's Services, Hyannis.

◆ **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. September 2, 16 and October 7, 21.

**4th Annual Fall Food Festival****Tuesday, October 7, 2014 ~ 12:30**

Sponsored by the Council on Aging Board

- * Buffet lunch of soups, salads and pies
- * Booklet of recipes of featured foods

\$7.50 per person**tickets go on sale Tuesday, September 2nd &
must be purchased in advance ~ get your
tickets early ~ event always sells out!****MASS APPEAL PORK ROAST DINNER**

Saturday, October 11, 5 – 7 PM ~ Wellfleet COA

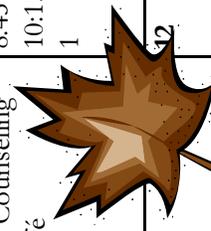
Adults ~ \$12, Children under 10 ~ \$6

Tickets may be purchased at: Mass Appeal, 2393 Rte. 6 ~Cove Corner, Wellfleet 508-349-1173

Monday, Wednesday or Friday from 9 AM – 12 Noon

All proceeds benefit Mass Appeal Programs. Please come enjoy a delicious dinner & great company to benefit a wonderful organization that takes care of local families!

September 2014 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED FOR LABOR DAY	2 8:45 Strength Training 10 Caregiver's Support Grp.	3 8:45 Strength Training 9 Gosnold Counseling 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 12:30 Arthritis Exercise 2 Bingo	4 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble	5 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
8 DINE OUT AT THE BOOKSTORE 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise 12:30 Arthritis Exercise 2 Red Hat Society	9 7 AM - 8 PM STATE PRIMARY 8:45 Strength Training 10:15 Denya LeVine & SeaBabies 11 - 4 COA Staff at training	10 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	 11 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	12 DINE OUT AT THE PEARL 8:45 Strength Training 8:45 Dr. Campo 10:15 Balance/Exercise 1 Bridge
15 8:45 Strength Training 10:15 Balance/Exercise 12:30 Arthritis Exercise	16 8:45 Strength Training 10 Caregiver's Support Grp.	17 NO EXERCISE CLASSES TODAY 9 Gosnold Counseling 12 Congregate Luncheon 12:30 Ask A Nurse 2 Bingo 4 Are You Ready for Medicare?	18 DINE OUT AT MOBY DICK'S 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 1:30 Book Club 2 Scrabble	19 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
22 DINE OUT AT CATCH OF THE DAY 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise 12:30 Arthritis Exercise	23 8:45 Strength Training 10 HOPE Caregiver's	24 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	25 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	26 8:45 Strength Training 8:45 Dr. Campo 10:15 Balance/Exercise 1 Bridge
29 DINE OUT AT VAN RENSSELAER'S 8:45 Strength Training 10:15 Balance/Exercise 2 Arthritis Exercise	30 8:45 Strength Training 10:30 AARP Safe Driving	COA ARTIST OF THE MONTH ~ Robert Hammerquist		

SEPTEMBER WEEKEND DINE OUT DATES
PJ'S FAMILY RESTAURANT ~ Saturday, Sept. 13
THE WICKED OYSTER ~ Sunday, Sept. 21st

October 2014 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
OCTOBER WEEKEND DINE OUT DATE				
WINSLOW'S TAVERN ~ Sunday, Oct. 5				
COA ARTIST OF THE MONTH ~ Janice Ekman				
6 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise 12:30 Arthritis Exercise	7 8:45 Strength Training 10 Caregiver's Support Grp. 12:30 Fall Food Festival	8 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 2 Bingo	9 DINE OUT AT PB BOULANGERIE 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	10 8:45 Strength Training 8:45 Dr. Campo 10:15 Balance/Exercise 1 Bridge MASS APPEAL DINNER TOMORROW ~ SEE PG. 5
13 CLOSED FOR COLUMBUS DAY HOLIDAY	14 8:45 Strength Training 10:15 Denya LeVine & SeaBabies	15 8:45 Strength Training 9 Gosnold Counseling 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 12:30 Arthritis Exercise 2 Bingo 4 Are You Ready for Medicare?	16 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 1:30 Book Club 2 Scrabble	17 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
20 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise 12:30 Arthritis Exercise	21 8:45 Strength Training 12 Caregiver's Support Grp.	22 8:45 Strength Training 9 Gosnold 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 12:30 Arthritis Exercise	23 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	24 8:45 Strength Training 8:45 Dr. Campo 10:15 Balance/Exercise 1 Bridge
27 8:45 Strength Training 10:15 Balance/Exercise 12:30 Arthritis Exercise	28 8:45 Strength Training 10 Hope Caregiver's	29 8:45 Strength Training 9 Gosnold 9:30 COA Board 10:15 Balance/Exercise 12 Congregate Lunch 12:30 Ask A Nurse 2 Bingo 12:30 Arthritis Exercise	30 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	31 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge



Wellfleet Council on Aging
715 Old King's Highway
Wellfleet, MA 02667

COA Board Members:

Evelyn Sheffres ~ Chair
Carol Magenau ~ Vice-Chair
Brian Quigley ~ Secretary
Ernie Bauer
Sarah Multer
Fred Nass
Dian Reynolds
Evelyn Savage
Maureen Schraut ~FCOA Liason
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
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**

September 4th Chicken enchiladas, Spanish rice, corn, black bean & tomato salad
September 11th Fresh codfish cakes, cole slaw, baked bean casserole
September 18th Baked chicken breast with olives, tomatoes & feta cheese, roast potatoes, sautéed
Swiss chard with garlic & olive oil
September 25th Shrimp scampi with pasta, mixed green salad
October 2nd Pork & vegetable stir fry, coconut rice
October 9th Eggplant parmesan with pasta, mixed green salad
October 16th Baked chicken breast with lemon potatoes and green beans
October 23rd Baked orange maple salmon, mashed butternut squash, vegetable
October 30th Meatloaf, mashed potatoes and peas

Iris's Summer Selections: a variety of summer salads/sides/soups, etc. ~ packed to travel ~ \$4.00 pint, a different choice available every Monday throughout September.

IRIS'S SOUP TO GO

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

October 6th Mixed vegetable w/potatoes & green beans **October 20th** Portuguese Kale
October 13th Clam chowder **October 27th** Pureed butternut squash