THE WELLFLEET WAVE

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

COA STAFF DIRECTORY
Suzanne Grout Thomas, Director ~Ext. 202 suzanne.thomas@wellfleet-ma.gov
Linda Rockwell Balch, Outreach Coordinator ~Ext. 201 linda.balch@wellfleet-ma.gov
Terri Frazier, Office Manager ~ Ext. 205 terri.frazier@wellfleet-ma.gov
Sally Largey, Office Assistant/Volunteer Coordinator ~ sally.largey@wellfleet-ma.gov

VOLUME 2018-1 & 2
January/February 2018

GENERAL PHONE NUMBERS
508-349-2800 OR 349-0313
FAX: 508-349-0319

Thank You

Thank you for all the beautiful & sentimental cards, flowers, baked goods and treats that were gifted to us during the holiday season!
We truly appreciated and enjoyed them!
Suzanne, Linda, Sally, Terri, Melissa & Maryann

It's that time of year again....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, INCLUDING TRANSPORTATION.** The COA will be open unless Wellfleet Town Hall is closed. Cancellations are broadcast on local radio and TV stations and will be posted on the COA Facebook page. 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.

DATES TO REMEMBER

Monday, January 1st ~ Closed ~ New Year's Day
WEEK OF JANUARY 1st ~ No exercise classes this week **EXCEPT** mat class on Thursday
Monday, January 8th ~ new 10-week exercise session begins
Monday, January 15th ~ Closed ~ Martin Luther King Jr. Day
Friday, January 19th ~ Free hearing clinic begins (see page 3)
Tuesday, February 13th ~ Coffee With A Cop (see page 7)
Monday, February 19th ~ closed for Presidents' Day

This Year

Hang on to your truth
and respect the truth of others

Choose to be happy

Forgive those that
you can forgive
and seek the forgiveness of
someone who deserves it

Do something outside
of your comfort zone

Be the voice for someone
who has no voice

Be quiet strength

Be the type of kindness
that is strength

Remember that love
is a verb

Choose healthy foods,
activities, and people.

Fall six times,
get up again seven,
persevere

Wish people a lovely day

Live honestly, truly,
and with integrity

♥ FOR YOUR HEALTH

♥ **ASK A NURSE**: Visiting Nurses Association of Cape Cod, offers FREE services every WEDNESDAY from 10 AM – 12 NOON. Come in and meet Charlie Altieri, R.N.:

- Blood pressure
- Weight monitoring
- Nutrition advice & counseling
- Medication questions
- Information on area services
- Information on common communicable diseases
- Information on common medical problems
- Health and 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. ***January 12, 26 & February 16. NEW SCHEDULING PROCEDURE FOR DR. CAMPO: There will be no scheduling of "floats". Patients must adhere to scheduled time, NO EXCEPTIONS. Emergency appointments are scheduled through the Boston office, not the COA. Thank you.***

Health Tips (Mayo Clinic) ~ Stopping A Nose Bleed

Most people experience a nose bleed at one time or another. Bleeding often results from a cold, a sinus infection, dry air (most common in the winter), a scab being dislodged or use of certain medications, such as nasal steroids. Most nosebleeds are easily treated with these simple steps:

- **Sit up-** This decreases the pressure in the veins of your nose, which slows the flow of blood. Leaning slightly forward will help you avoid swallowing blood.
- **Blow-** Very gently blow your nose once or twice to remove any clotted blood.
- **Pinch-**Pinch the front, soft part of your nose with your thumb and index finger and breathe through your mouth. Do this for about five minutes. The pressure should stop the blood flow. Repeat for ten minutes if needed.
- **Ice-** using an ice pack on the bridge of your nose helps constrict blood vessels for quicker clotting.

To keep the bleeding from starting again, don't pick or blow your nose for a few days, and don't strain or bend down for several hours. Seek prompt medical attention if bleeding resulted from a head injury or it doesn't stop after 30 minutes.

To help prevent future nose-bleeds, keep the interior lining of your nose moist. Regularly apply petroleum jelly inside your nose and use a humidifier to moisten the air in your home. If you have recurring nose-bleeds, talk to your doctor about steps you can take to avoid them, your doctor may want to take a closer look at your nasal passages or refer you to an ear, nose and throat specialist. If you're on a blood thinner, your doctor may want to adjust the dose.

Happy and Healthy New Year!

BE WELL! LIVE STRONG! LIVE LONG!

Charlie Altieri, RN, Public Health Nurse
Visiting Nurse Association of Cape Cod

▶ FOR YOUR ASSISTANCE

MONTHLY FREE HEARING CLINICS AT THE COA

Clean, check & repair your hearing aids, hearing screenings/tests ~ otoscopy and referrals to physicians, help with insurance, caption phones, etc. With Shawn Woodbrey, Massachusetts Hearing Instrument Specialist. Third Friday of the month from 10 AM – 12 PM. Walk-in visits. Jan. 19, Feb. 16.

▶**ARE YOU READY FOR MEDICARE?** Deb Ford of New York Life will be hosting Medicare Review Seminars on ***Wednesday, January 17 and Wednesday, February 21 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.

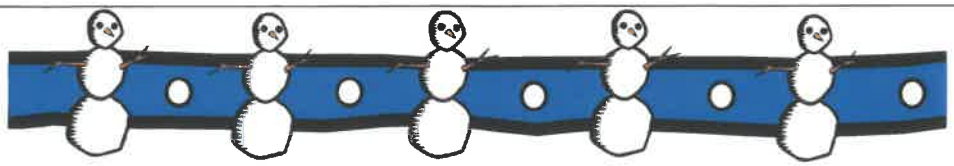
▶ ***FUEL ASSISTANCE: The COA is an intake site for income-eligible Wellfleet residents. Please call to schedule your confidential appointment and obtain a list of necessary filing documents.***

▶**GOSNOLD COUNSELING**: Sara Moran, MA and Dawn White, LCSW are Gosnold counselors available at the COA. Sara is available on Thursdays and Dawn on Tuesdays. They can provide therapy for various mental health issues such as anxiety, depression or substance use. Services are confidential and individualized to meet the needs of the specific client. Many health insurances can be billed for payment. Call the Gosnold office at 508-540-6550 for an appointment.

▶**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. January 10, ***NO FEBRUARY SESSION***.

▶**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

● **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.

● **OUTER CAPE COMMUNITY COFFEE:** Coffee & fresh baked scones. Monday - Friday.

● **SOUP/SALAD TO GO:** Maryann's homemade salad or soup, pint packed to travel, $4.00 ~ every Monday!

★ FOR YOUR FUN AND ENTERTAINMENT

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

★ **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.

★ **WELLFLEET WAVE BOOK CLUB:** **Thursday, January 18th at 1:30 ~ The Ninth Hour by Alice McDermott** ~ *"A magnificent new novel from one of America's finest writers—a powerfully affecting story spanning the twentieth century of a widow and her daughter and the nuns who serve their Irish-American community in Brooklyn." ~ Amazon*

Thursday, February 15th at 1:30 ~ The Life of Pi by Yann Martel ~ *"Life of Pi could renew your faith in the ability of novelists to invest even the most outrageous scenario with plausible life." – The New York Times Book Review*

☺ FOR YOUR WELL-BEING

Balance/General Exercise & Strength Training with Melissa Shantz

10-WEEK EXERCISE SESSION

******NO EXERCISE THE WEEK OF JANUARY 1st (except mat class)*****

Next session January 8th – March 16th

Mix & match your days/classes **~ FOR BALANCE/GENERAL EXERCISE AND/OR STRENGTH TRAINING CLASSES ONLY**

discounted rates for multiple sessions ~ *1X per week for $55, 2X per week $80, 3X per week $100, 4X per week $120*

Drop-ins welcome, $7 per class drop-in rate

mid-session drop-ins 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, *every day except Thursday*, 10:15 – 11:15 AM

☺ **STRENGTH TRAINING CLASS:** Low-impact aerobics/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.** **THERE WILL BE CLASS ON JANUARY 4th !**

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

♦ 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 ~ January 9, February 13. Call the COA or the Support Center for more information 508-737-7934

♦ **BEREAVEMENT SUPPORT GROUP:** Sponsored by VNA Hospice & Palliative Care of Cape Cod, facilitated by Nancy Higgins, LICSW. 2nd & 4th Thursdays, 10:30 – 12. 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 Nancy for more information at 508-957-7715. January 11, 25 & February 8, 22.

♦ **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. January 2, 16 & February 6, 20.

♦ ***FRIENDLY VISITOR PROGRAM: If you would be interested in being one of our Friendly Visitor volunteers or if you would like a Friendly Visitor, please contact Linda Balch, Outreach Coordinator***

♦ **WELLFLEET POLICE DEPARTMENT COUNCIL ON AGING LIAISON:** 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, just to chat. George has also left his business cards at the front desk of the COA should anyone like to contact him with any questions or concerns.

COFFEE WITH A COP ~ Join Officer Spirito in the Living Room for coffee on Tuesday, February 13 from 8:30 – 10:30 for coffee and conversation.

Social Security Appointments

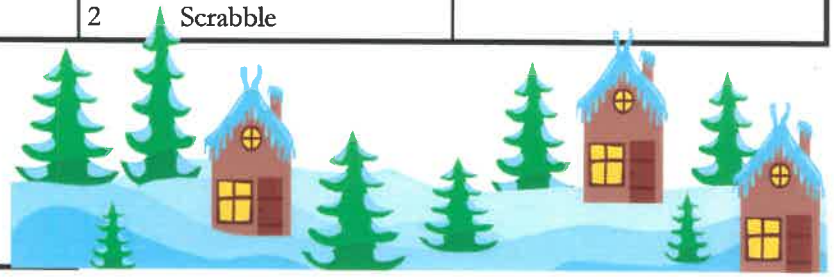
Residents of the Lower Cape can communicate with a live Social Security Representative using special Social Security video service at the Harwich Community Center. You can conference live with a Social Security staff member without waiting in line or driving to Hyannis. Available services include applying for benefits, reporting changes, asking questions, and more. Appointments are the 3rd Monday of each month. Call the Harwich Council on Aging at 508-430-7550 to schedule your Social Security appointment.

Find us on Facebook

FIND AND "LIKE" THE WELLFLEET COA ON FACEBOOK FOR NEWS AND EVENTS!

January 2018 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED TODAY FOR HOLIDAY Happy New Year	**2** 8 Gosnold 10 Caregiver's Support Grp. *NO EXERCISE*	**3** 10 Ask A Nurse *NO EXERCISE*	**4** 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble	**5** 1 Bridge *NO EXERCISE*
8 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise *NEW 10 WEEK EXERCISE SESSION*	**9** 8 Gosnold 8:45 Strength Training 10:15 Balance/Exercise 3 Alzheimer's/Dementia Caregiver's Support Grp.	**10** 8:45 Strength Training 10 Legal Aid 10:15 Balance/Exercise 10 Ask A Nurse 4 Friends of the COA	**11** 8:45 Stretch & Strengthen 10:30 Bereavement Support 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	**12** 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge
15 CLOSED TODAY FOR HOLIDAY Martin Luther King Jr. Day	**16** 8:45 Strength Training 10:15 Balance/Exercise 10 Caregiver's Support Grp.	**17** 8:45 Strength Training 9 COA Board 10:15 Balance/Exercise 10 Ask A Nurse 4 Are You Ready for Medicare?	**18** 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 1:30 Book Club ~ *The Ninth Hour* 2 Scrabble	**19** 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
22 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise	**23** 8 Gosnold 8:45 Strength Training 10:15 Balance/Exercise	**24** 8:45 Strength Training 10:15 Balance/Exercise 10 Ask A Nurse	**25** 8:45 Stretch & Strengthen 10:30 Bereavement Support 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	**26** 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge
29 8:45 Strength Training 10:15 Balance/Exercise	**30** 8 Gosnold 8:45 Strength Training 10:15 Balance/Exercise	**31** 8:45 Strength Training 10:15 Balance/Exercise 10 Ask A Nurse		



February 2018 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
			1 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble	**2** 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
5 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise	**6** 8 Gosnold 8:45 Strength Training 10:15 Balance/Exercise 10 Caregiver's Support Grp.	**7** 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise	**8** 8:45 Stretch & Strengthen 10:30 Bereavement Support 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	**9** 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
12 8:45 Strength Training 10:15 Balance/Exercise	**13** 8 Gosnold *8:30 Coffee With A Cop* 8:45 Strength Training 10:15 Balance/Exercise 3 Alzheimer's/Dementia Caregiver's Support Grp.	**14** 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise	**15** 8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 1:30 Book Club ~ *The Life of Pi* 2 Scrabble	**16** 8:45 Strength Training 9 Dr. Campo *10 Hearing Clinic* 10:15 Balance/Exercise
19 **CLOSED TODAY FOR THE HOLIDAY President's Day**	**20** 8 Gosnold 8:45 Strength Training 10 Caregiver's Support Grp. 10:15 Balance/Exercise	**21** 8:45 Strength Training 9 COA Board 10 Ask A Nurse 10:15 Balance/Exercise 4 Are You Ready For Medicare ?	**22** 8:45 Stretch & Strengthen 10:30 Bereavement Support 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble	**23** 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge
26 8:45 Strength Training 10:15 Balance/Exercise	**27** 8 Gosnold 8:45 Strength Training 10:15 Balance/Exercise	**28** 8:45 Strength Training 10 Ask A Nurse 10:15 Balance/Exercise		

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

COA Board Members:
Patricia Shannon ~ Chair
Ernie Bauer ~ Vice Chair
Robin Slack ~ Secretary
Paul Goetinck
Sarah Multer ~ FCOA Liaison
Fred Nass
Dorothy Oberding
Brian Quigley
Dian Reynolds
Evelyn Savage
Maureen Schraut ~FCOA Liason

Friends of the COA:
Maureen Schraut ~ President/COA Board Liaison
Carol Parlante ~ Vice President
Sylvia Smith ~ Treasurer
Karen Kaminski ~ Secretary
Meredith Blakeley
Greta Einig
Sarah Multer

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

January 4th	Beef stew, Caesar salad with homemade croutons
January 11th	Spinach and mushroom manicotti, green salad
January 18th	Poached salmon with lemon herb butter, jasmine rice, green bean casserole
January 25th	Turkey pot pie, arugula salad with lemon vinaigrette and shredded Parmesan
February 1st	Meatloaf with mushroom gravy, mashed sweet potatoes and roasted vegetables
February 8th	Roast chicken with fruit compote, couscous and vegetable
February 15th	Cod Provençal with rosemary roasted potatoes and sautéed greens
February 22nd	Panko crusted seared tofu over Asian noodles and vegetables

MARYANN'S SALADS/SOUPS TO GO

A pint of salad or soup, depending on the weather ~ Packed to travel on Mondays ~ $4.00