

WINDMILL WHISPERINGS



"Grist for Thought"

Eastham Council On Aging | Box 1203, 1405 Nauset Road | North Eastham, MA 02651 | www.eastham-ma.gov

Established in 1974, our mission is to promote the well-being and independence of adults 59 and older. The Eastham Senior Center provides multi-purpose programs (health, educational, social, and recreational), as well as supportive daycare, transportation, and outreach for this purpose. Our continuing goal as a community resource is to maintain and enhance a quality independent lifestyle for our senior population by meeting their current and future needs.



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SING ALONG WITH VICKY ANDERSON

Friday, January 8 & 22 10:30 AM

Join Vicky Anderson for a sing along as she plays the piano! Sing some of your favorite tunes while you enjoy some delicious food and drinks from our hostesses! Please RSVP to 508.255.6164.

FREE BREAD

Stop by any weekday to pickup bread and baked goods. It is donated by local grocers and delivered by our volunteers!

SENIOR CENTER STAFF

508.255.6164

EasthamCOADirector@comcast.net

Sandra Szedlak, Director

Dorothy Burritt, Secretary

Cindy Dunham, Outreach Coordinator

THE GATHERING PLACE STAFF

A Supportive Day Center

508.255.6734

LCADC@comcast.net

Jill Benelli, Director

Brianna LePage, Activities Director

Marianne Earley, ESCCI Program Aide

SPELLING BEE WITH 5TH GRADERS

Friday, February 5 10:30 AM

Our **Spelling Bee** with combined teams of Eastham Elementary School 5th graders and Eastham Seniors is back by popular demand! **WE NEED AT LEAST 15 VOLUNTEERS TO REPRESENT THE SENIOR CENTER. PLEASE CALL US TODAY TO VOLUNTEER AT 508.255.6164.** We will even provide you with a list of words ahead of time!

SOUP & SENTIMENTS

February 26 10:30 AM

Join Julie Charland as she sings popular love songs and plays beautiful melodies on her guitar. Following the program, we will serve clam chowder, dessert and beverages. Cost is \$2.00. RSVP and prepayment required by Friday, February 19th. Please call 508.255.6164.

BUSINESS SPONSORS

Eastham Discount Oil

Eastham Veterinary Hospital

Kerry Insurance

Seamen's Bank

OPPORTUNITIES / HELEN PETERSON PUZZLE

SPIN A STORY

Every Monday

2:00 pm

Do you knit? Crochet? Or use yarn to make things? Join this group of ladies and meet some friends while you chat and make beautiful things! Whether you're a beginner or an expert — all are welcome! Join us Mondays at 2:00 PM!



TAXES

AARP will offer tax preparation services at the Senior Center by appointment only. Appointments will begin in 2016 and run the 1st week of February through the 2nd week of April. For an appointment, please call 508.255.6164.

ALZHEIMER'S FAMILY SUPPORT CHOIR

2nd & 3rd

Wednesday

January 13, 20 / February 10, 17

Join us on these Wednesdays from 9:45-10:45 am. The chorus brings those with cognitive impairment and caregivers together to sing familiar songs!

INTERNET AND COMPUTER CLASS

Tuesdays

1:00 pm

January 5, 12, 19, 26 / February 2, 9, 10, 16, 23

We have a free computer center, with internet, open to the public weekdays from 8:00-3:30. Mindy Baransky offers PC computer sessions at 1:00 pm every Tuesday. Call to reserve a spot, 508.255.6164.

INCLEMENT WEATHER

When Nauset Public Schools are closed, Senior Center activities, medical transportation and *The Gathering Place* program are all cancelled. However, the staff will be working and available to assist you. If the Eastham Town Hall is closed, the Senior Center will not be open.

HELEN PETERSON PUZZLE

Directions: Fill in the blanks with three words, each containing the same four letters in different order.

A TIPSY TALE

Daisy loved to dance and _ _ _ _.

She also loved the _ _ _ _ she downed.

She lurched against every _ _ _ _ she found.

And she soon disappeared. Poor, Daisy!

The solution to last issue's puzzle *An Italian Story* is: The **cats** creep all over Florence, performing **acts** of defiance./ Yelling **scat** to make them leave./ It's a mystery of science.

The following people called in the correct answers: Carolyn White, Jean Snow, Ann McLean, Henriette Camp, Sue Berenson, Dilys Smith, Julianne Civita, Kaye Richardson, Jerry Hequembourg and Irma Vincello.

ELDER LAW ATTORNEY

4th Wednesday January 27 / February 24

To schedule an appointment with our pro bono Elder Law Attorney Tom Kosman, call 508.255.6164.

PEDI-CARE

4th Tuesday

January 26 / February 23

Please arrive 5-10 minutes before your appointment and have checks made out ahead of time to "Pedi-Care." Cost is \$29, and home visits are available for \$50. For an appointment please call 508.255.6164.

DRIVER'S LICENSE RENEWAL

The Massachusetts Registry of Motor Vehicle seeks to decrease wait times at registry branches by encouraging the use of online transactions in community offices. If you need to renew your license you may be able to do so online at <https://www.massrmv.com/> or at your local AAA branch in Dennis. If you need assistance please call the Senior Center at 508.255.6164.

YOUR NEWSLETTER EMAILED?

Did you know we mail over 2,000 newsletters? Would you like to save us money and time? Please provide your email address and we'll email your newsletter! Stop by or call us at 508.255.6164 to provide your email address. Hard copies of the newsletter are always available at the Center. Thank you for your help.

IMPORTANT INFORMATION

SNOW REMOVAL HELP

Call now before a storm hits! Plowers with openings:*

- Earthtenders, 508.255.4077
- Grass Roots Landscaping, 508.255.3500, Jake
- M.A. Frazier, 508.349.7969
- NC Painting Inc., 774.353.8773, Nelio
- Ponderosa, 508.255.4773, Scott ext. 20
- Ted Skiba, 508.237.4108

**As a matter of public record, we make available this list of contractors who provide snowplowing services. This office does not endorse or recommend provider services. Services are offered on a first-come, first-served basis.*

THE GATHERING PLACE

Jillian Benelli, Director, 508.255.6734

Spend a day with us! We've got something for everyone...

- **Adventurers** enjoy outings to art galleries, museums, festivals, beaches and other local destinations.
- **Fitness Buffs** enjoy daily exercise routines including, dance, aerobics, nature walks, and more.
- **Intellectuals** enjoy movies, card games, puzzles, arts, history or some interesting trivia.
- **Foodies** enjoy a delicious breakfast and tasty lunch!

FUEL ASSISTANCE APPLICATIONS

This program runs until May 2016. For those new to Fuel Assistance, you qualify if you are below the following income guidelines.

1 person < than \$33,126 **2 persons** < than \$43,319
3 persons < than \$53,511 **4 persons** < than \$63,704

The following items must be brought with you to your appointment to complete your application:

- 2015 and latest 2016 social security statements, 1099, pension, earned interest/dividend statements
- 2014 Income tax return and all documents (if filed)
- Current real estate tax bill
- Current homeowner's insurance policy (if renter current copy of signed lease)
- Most up-to-date electric, gas/oil and phone bills

WINTER VOLUNTEERS NEEDED

Are you a year-round Eastham resident? Are you looking for a way to give back to the community? Join us and become an Eastham Senior Center volunteer! We need help all year, but specifically in the cooler months since many of our volunteers are away for the winter. We have many opportunities...front desk coverage for our secretary when she is away, bi-monthly newsletter mailing, servers/cooks for special Friday programs, Day Center volunteers, food deliveries, medical appointment rides and more! To volunteer, call us at 508.255.6164 or stop by the Senior Center to see how you might be able to help.

ARE YOU ABLE TO CHECK OFF EACH OF THESE BOXES?

- ☐ Health Care Proxy
- ☐ HIPAA Authorization
- ☐ Will with guardianship and conservatorship clause
- ☐ Durable Power of Attorney
- ☐ Declaration of Homestead
- ☐ "Organizer" completed

2016 MEDICARE RATES/DEDUCTIBLES

Medicare Premium Amounts

Part A: Free (for most persons)

Part B: \$121.80 for most*

Part D (RX): Range \$18.40-\$127.60/month*

***Higher if income > \$85,000 single; \$170,000 married**

Medicare Deductibles and Coinsurance Amounts

Part A (Hospital): \$1288 deductible per benefit period (60 days between services)

Nursing Facility: \$161 a day for the 21st-100th day each benefit period

Part B (Medical): \$166 per year deductible
20% co-insurance after deductible

Foreign Travel: Medicare pays nothing

MEDICAL TRANSPORTATION

Medical transportation, follow the below minimum payment schedule. However, for those that may afford a little more, donations are appreciated to help fund the program. Please schedule your appointments at least one week prior.

Eastham/Wellfleet/Orleans/Brewster line	\$ 5.00	Chatham/Harwich/Brewster	\$ 8.00
Centerville/Marston Mills	\$15.00	Dennis/Hyannis/Provincetown/Truro/Yarmouth	\$10.00
Sandwich/Bourne	\$25.00	Wareham	\$30.00
Falmouth/Mashpee	\$35.00	Plymouth	\$40.00

OUTREACH CORNER NEWS

HAPPY NEW YEAR!!

Cindy Dunham LPN, 508.240.2327

Wow, the New Year has arrived after such a busy 2015! We had our share of excitement and are looking forward to this new year, a blank slate, ready for anything! Now we'll settle in for the thick of the winter, which we hearty New Englanders manage well. I enjoy seeing a blanket of snow occasionally when I wake up in the morning, birds at our feeders, and some small animals scurrying about in the yard. But we know there can be issues when the snow arrives...

This leads to the question we must ultimately ask ourselves, Am I prepared? Does the oil tank need to be filled for example. Will there be a person to shovel or plow in the event of a snowstorm? Are there sufficient flashlights, candles, non perishable foods and other needed items in the event of a power outage?

Our Senior Center personnel are here if you need any help. We especially want you to be aware that we have Fuel Assistance applications here. In addition we have SNAP applications to help you get food. All are welcome to fill out applications, but we ask that you call and make an appointment.

For convenience sake, we have a dry goods pantry on premises. We feel that no one should go hungry or be cold and we'll work hard to help you!

Below is a listing of Outreach programs. Most start at 11 am on Fridays. All are welcome! However, we ask that you call to let us know if you are attending so that the presenters have enough materials. **** denotes a different time/day.**

SPECIAL OUTREACH PROGRAMS ~ REFRESHMENTS SERVED!

**AAA: John Paul, AAA's "Car Doctor" talks about advanced vehicle safety & technology. Bring your car and questions! Learn about the latest in traffic safety, car repairs and best cars for seniors.	Friday	February 19	10:30
**ALZHEIMER'S FAMILY CAREGIVER SUPPORT GROUP: Facilitated by Molly Perdue of The Alzheimer's Family Caregiver Support Center. This group is open to all. Families are welcome!	1st & 3rd Thursday	January 7, 21 February 4, 18	10:30
**ALZHEIMER'S FAMILY SUPPORT CENTER COMMUNITY CHORUS: Join Brianna LePage, as she leads this chorus and brings together people with cognitive impairment and caregivers to sing.	2nd & 3rd Wednesday	January 13, 20 February 10, 17	9:45
**BARNSTABLE COUNTY PUBLIC HEALTH NURSES: FREE Preventative health screenings with the Barnstable County Public Health Nurses, directed by Deirdre Arvidson. Screenings to include cholesterol, skin analysis, HDL, glucose, bone density, blood pressure!	Friday	January 29	10:00-12:00
**BLOOD PRESSURE READINGS: Available during business hours. Appointments recommended. Call for availability, 508.240.2327	M-F	Daily	8:00-4:00
**HOPE HEALTH: "What is Independence at Home?" This is a new program through HOPE Health presented by Melissa Weidman, Director of Community Relations and Outreach of HOPE Health.	Friday	February 12	10:30
**KENNEDY DONOVAN CENTER: Support group for families of individuals with developmental delays. It is facilitated by Dan Small.	4th Tuesday	January 26 February 23	10:30
**WICKED GOOD WEDNESDAY LUNCH: Join us after "Sit and Be Fit" class on the 4 th Wednesday of each month for a delicious lunch! A new meal will be featured each month. Call for menu and pricing. RSVP is required.	4th Wednesday	January 27 February 24	12:00
ROYAL HEALTH GROUP: Maureen Bradley presents, "Are You Concerned about a Loved One's Forgetfulness?" Learn signs and strategies to help!	Friday	January 15	11:00
**MOVIE FRIDAY: Join us for FREE Movie Fridays! Movie dates are listed and on the enclosed calendar. Enjoy snacks and a fun day!	Friday	January 15, 29 February 12, 19	12:30

JANUARY 2016

JANUARY HAPPENINGS

Jan. 8th ~ Vicky Anderson Sing Along (RSVP) ~ 10:30 am
Jan. 15th ~ Royal Health Group Memory Program ~ 11:00 am
Jan. 27th ~ Wicked Good Wednesday Lunch ~ 12:00 pm
Jan. 22nd ~ Vicky Anderson Sing Along (RSVP) ~ 10:30 am
Jan. 29th ~ FREE Health Screenings ~ 10 am-12 pm

FRIDAY

1

NEW YEAR'S
CENTER
CLOSED

MONDAY

4

9:00 Rug
 Hooking
9:00 Chair Yoga
11:00 Sit/Be Fit
12:30 Mah Jongg
2:00 Yarn Club

TUESDAY

5

8:30 Yoga
8:30 Market Van
12:00 Senior Exercise
1:00 Computer Class

WEDNESDAY

6

11:00 Sit/Be Fit
12:30 Mah Jongg
1:15 Needlepoint

THURSDAY

7

8:00 Yoga
9:30 T'ai Chi
10:30 Alzheimer's
 Family Support
12:00 Senior
 Exercise
12:30 Open Bridge

FRIDAY

8

10:30 Sing Along
with Vicky RSVP

10:00 Sight Loss
Support Group

11

9:00 Rug
 Hooking
9:00 Chair Yoga
11:00 Sit/Be Fit
12:30 Mah Jongg
2:00 Yarn Club

12

8:30 Yoga
8:30 Market Van
12:00 Senior Exercise
1:00 Computer Class

13

9:45 Family
 Support
 Community
 Chorus
11:00 Sit/Be Fit
12:30 Mah Jongg
1:15 Needlepoint

14

8:00 Yoga
9:30 T'ai Chi
12:00 Senior
 Exercise
12:30 Open Bridge

15

11:00 Royal
Health Group
Memory Program

12:30 Free Movie

18

MLK DAY

CENTER

CLOSED

19

8:30 Yoga
8:30 Market Van
12:00 Senior Exercise
1:00 Computer Class

20

9:45 Family
 Support
 Community
 Chorus
11:00 Sit/Be Fit
12:30 Mah Jongg
1:15 Needlepoint

21

8:00 Yoga
9:30 T'ai Chi
10:30 Alzheimer's
 Family Support
12:00 Senior
 Exercise
12:30 Open Bridge

22

10:30 Sing Along
with Vicky RSVP

25

9:00 Rug
 Hooking
9:00 Chair Yoga
11:00 Sit/Be Fit
12:30 Mah Jongg
2:00 Yarn Club

26

8:30 Yoga
8:30 Market Van
10:00 Pedicare
10:30 KDC
12:00 Senior Exercise
1:00 Computer Class

27

11:00 Sit/Be Fit
12:00 Wicked Good
 Wednesday
 Lunch
12:30 Elder Law
 Attorney
12:30 Mah Jongg

28

8:30 Yoga
9:30 T'ai Chi
12:00 Senior
 Exercise
12:30 Open Bridge

29

10:00-12:00
FREE Health
Screenings from
The Barnstable
County Nurses

12:30 Free Movie

FEBRUARY 2016

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
1 9:00 Rug Hooking 9:00 Chair Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 2:00 Yarn Club	2 8:30 Yoga 8:30 Market Van 12:00 Senior Exercise 1:00 Computer Class	3 11:00 Sit/Be Fit 12:30 Mah Jongg 1:15 Needlepoint	4 8:00 Yoga 9:30 T'ai Chi 10:30 Alzheimer's Family Support 12:00 Senior Exercise 12:30 Open Bridge	5 10:30 5 th Grade Spelling Bee VOLUNTEER SPELLERS NEEDED!
8 9:00 Rug Hooking 9:00 Chair Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 2:00 Yarn Club	9 8:30 Yoga 8:30 Market Van 12:00 Senior Exercise 1:00 Computer Class	10 9:45 Family Support Community Chorus 11:00 Sit/Be Fit 12:30 Mah Jongg 1:15 Needlepoint	11 8:00 Yoga 9:30 T'ai Chi 12:00 Senior Exercise 12:30 Open Bridge	12 10:30 HOPE Health Living Independently 10:00 Sight Loss Support Group 12:30 Free Movie
15 PRESIDENT'S DAY CENTER CLOSED	16 8:30 Yoga 8:30 Market Van 12:00 Senior Exercise 1:00 Computer Class	17 9:45 Family Support Community Chorus 11:00 Sit/Be Fit 12:30 Mah Jongg 1:15 Needlepoint	18 8:00 Yoga 10:30 Alzheimer's Family Support 12:00 Senior Exercise 12:30 Open Bridge	19 10:30 AAA's Car Doctor John Paul 12:30 Free Movie
22 9:00 Rug Hooking 9:00 Chair Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 2:00 Yarn Club	23 8:30 Yoga 8:30 Market Van 10:00 Pedicare 10:30 KDC 12:00 Senior Exercise 1:00 Computer Class	24 11:00 Sit/Be Fit 12:00 Wicked Good Wednesday Lunch 12:30 Mah Jongg 12:30 Elder Law Attorney	25 8:00 Yoga 12:00 Senior Exercise 12:30 Open Bridge	26 10:30 Soup & Sentiments with Julie Charland RSVP Required
29 9:00 Rug Hooking 9:00 Chair Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 2:00 Yarn Club	FEBRUARY HAPPENINGS Feb. 5 th ~ Fifth Grade Spelling Bee ~ 10:30 am Feb. ~ 12 th Hope Health Living Independently ~ 10:30 am Feb. 19 th ~ AAA's Car Doctor John Paul ~ 11:00 am Feb. 24 th ~ Wicked Good Wednesday Lunch ~ 12:00 pm Feb. 26 th ~ Soup & Sentiments with Julie Charland ~ 12:00 pm			

HEALTHY YOU

THE HEALTHY ART OF FRIENDSHIP

Janet Reinhart, Exercise Instructor

January is a solitary month. We tend to stay inside and home. This may cause feelings from boredom to loneliness, depression or anxiety. Support of friends, even just a phone call, can make you feel connected and loved. Friendship creates energy.

You do have to take some risks to make friends, but not very big risks. Today, with transient lifestyles we may have fewer friends or more trouble making friends. We need to have the willingness to make friends and need to make a small effort. We may be lazy or fearful about going to a new place alone to be with company. Coming to the Eastham Council on Aging is a safe and comfortable venue. So is the library. Go for a walk at Salt Pond Visitor's Center. Take a day trip to Hyannis. Share rides, take the bus, or the Eastham Council on Aging van.

Be the first one to extend your hand. Compliment people. Tell them why you like them or what you admire about them and why you want to be closer friends with them. It's important that you update your experiences with them. If you're friends with someone through church, the library or exercises class then do something different with them. Go to a movie or go have coffee somewhere – change the experience.

FECOIA TRAVEL SECTION

RSVP to Jeanette Marcucci at 508.240.1354. Trips are an FECOA fundraiser and must be booked with Jeanette to receive credit. Pricing is per person/double occupancy. Trips include motor coach transportation (unless otherwise noted). Fliers are available at the Senior Center.

<i>RHODE ISLAND FLOWER SHOW:</i> Admission to RI Flower Show, behind the scenes tour and gratuities for tour director/driver.	February 19	\$65
<i>A GARDNER TEA PARTY:</i> Admission to and guided tour at Isabella Stewart Gardner Museum, afternoon tea at the Langham and gratuities for tea, tour director/driver.	February 22	\$137
<i>BOSTON LANDMARKS:</i> Tour of Trinity Church, tour of Boston Public Library, full lunch at Omni Parker House, and gratuities for lunch, tour director/driver.	February 25	\$118
<i>BOSTON FLOWER SHOW:</i> Admission to Boston Flower Show, behind the scenes tour and gratuities for tour director/driver.	March 19	\$68
<i>NYC "BEHIND THE SCENES":</i> 1 night accommodation at The Belvedere Hotel with baggage handling with full breakfast, NBC Studio tour, "Behind the emerald Curtains" tour, orchestra seating for 2:00 PM matinee for "Wicked," gratuities for tour director/driver.	February 26-27	\$479
<i>PHILADELPHIA FLOWER SHOW:</i> Two nights' accommodations at Holiday Inn Express Midtown with baggage handling, two expanded continental breakfasts, admission to the Philadelphia Flower Show, admission and tour at Longwood Gardens, gratuities for included meals, tour director/driver.	March 9-11	\$499
<i>11-DAY SOUTHERN CARIBBEAN WAYFARER CRUISE:</i> Flights, some airport transfers, cruise passage to Southern Caribbean including, St. Maarten, St. Lucia, Barbados, Martinique, St. Kitts/Nevis, USVI and Bahamas (7 ports of call).	February 8-19	\$2005.01- \$2205.01

The Friends of the Eastham Council on Aging, Inc.
Eastham Council on Aging
Box 1203
North Eastham, MA 02651

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Current Resident Or

The address label on this newsletter indicates when your FECOA (Friends) membership expires. If it says LF you are a life member. If it says FY15 or earlier, your membership has expired. The new fiscal year FY16 began on July 1, 2015. Please renew your membership at your earliest convenience.

F.E.C.O.A. MEMBERSHIP APPLICATION JULY 1, 2015 - JUNE 30, 2016 (FY16)

NAME(S)

_____ ☐ \$5/PP (annual) or ☐ \$25/PP (lifetime) \$_____

___new ___renewal

_____ ☐ \$5/PP (annual) or ☐ \$25/PP (lifetime) \$_____

___new ___renewal

Donation \$_____

MAKE CHECKS PAYABLE TO: FECOA

TOTAL \$_____

FOR OFFICE USE ONLY

___card given/sent

___cash/check#_____

check date_____

___Access input

MAILING ADDRESS _____

HOME ADDRESS _____

TELEPHONE _____

EMAIL _____

DOB _____

To receive your membership card, please send a self-addressed stamped envelope, or stop by the Center to pick it up.