

WINDMILL WHISPERINGS



EASTHAM SENIOR CENTER TWENTY-FIFTH ANNIVERSARY MAY 2012

Our move from the building which houses Fairway Pizza to the basement of Town Hall took place in late June of 1980. We were given a small room at the bottom of the stairs, and additional space beside the boiler. As our activities began to grow, we expanded from the area surrounding the boiler to the large room under the auditorium. Discussions with the Selectmen were held continuously regarding the accessibility of Town Hall to our constituency.

The first meeting of The Friends of the Eastham Council on Aging, Inc., was held on March 13, 1980, with five people attending. On April 24, 1980, officers were elected: Clifford DeLory, President, Margaret Wright, Vice-President, Ralph Andrist, Treasurer, Vivian Andrist, Secretary. The first fund raiser was the Nauset Arts and Crafts Fair in August. By the following year, the Friends had a membership of 238.

On September 15, 1981, the Friends were asked by the Council on Aging to construct a Senior Center. What a daunting task for so small a group! However, they grabbed at the challenge. By the end of April, 1982, Jeanne Berkins was appointed chairperson of the Building Fund Drive. On May 28, 1982, Jeanne and George Pratt announced the kickoff of the pledge campaign to raise \$100,000.

A large sign depicting a thermometer was placed on the Windmill Green. Between July 1, 1982 and November 17, 1983, \$63,600 had been raised and was reflected on the sign. In addition to the pledge campaign aimed at both resident and non-resident taxpayers and applications for grant monies, the Friends held Crazy Whist parties, raffles, pancake breakfasts, appraisal days, barn sales, flea market sales, and "Luncheon is Served" luncheons. The original goal of \$100,000 was reached in June of 1984.

It soon became apparent, however, that these funds would not be enough. Thus, we revised the goal to \$286,000! Ardeth Sander and Jeanne Berkins developed the idea of a Thrift Shop to increase the funds. Within five months a site had been selected, negotiations with the owners had taken place, and the shop opened (December 8, 1984). The first day netted \$300. In just one year, the Thrift Shop collected almost \$17,000 in receipts; this was turned over to the Building Fund.

The brush was cleared on the Nauset Road lot by Nelson Field in the spring of 1984. At the Special Town Meeting on February 7, 1985, the voters approved a lease between the Friends and the Town for the construction of the Center. However, it was not until May 20, 1985, that the motion was made at the Friends meeting to begin the construction, even without all the needed funds. John Powers, elected President of the Friends in July, 1983, was the individual who directed the entire building project. His time was consumed with soliciting contractors to work for free or a reduced fee, rounding up volunteers to do a multitude of tasks, and personally working on the structure. His drive and persistence brought the entire project together.

Cape Associates was selected in the Fall of 1985 to construct the shell. It was agreed that the Friends would be able to complete any of the work that they were able to do. Cape Associates would do the rest. While the building was in progress, George Pratt and Wally Ruckert began the final solicitation drive. In less than a year they were able to raise the last \$100,000.

By the beginning of 1987, the finish work throughout the building was begun. The committee who had planned the furnishing and the decorating of the Center began to put together the final touches. Article 1 on the Special Town Meeting Warrant, May, 7, 1987, asked the Town to accept a deed of gift of the building built by the Friends of the Eastham Council on Aging, Inc. The vote was unanimous.

On May 25, 1987, the Council on Aging staff members were moved from the Town Hall basement to the new Senior Center. The FECOA held their Annual Meeting on Friday of the same week celebrating the monumental task which they had completed.

The Friends hard work and dedication never cease. This organization continues to provide support to the daily programming of the Senior Center. Without their assistance throughout the last 32 years, the COA would still be hugging the boiler!

From one who is eternally grateful,
Sandra Szedlak, Director

A SAMPLING OF MEMORIES RECORDED FOR THE TENTH ANNIVERSARY 1997

VERNA MOORE I for one, was a part of the whole. "I just painted things," she explains. "I don't have much creative imagination, but when people tell me what to do, I can do it. I painted wherever it was needed - The Great Hall - anywhere. And I did some soliciting for funds. Talk to Russ. He remembers details."

RUSSELL MOORE was Vice President of The Friends of the Eastham Council on Aging when John Powers was President and the impetus for a new building was strong. "My most graphic memory is the variety of things we resorted to in order to raise the money. John (Powers) was a hard-working, driven, dedicated kind of guy. He ruffled a few feathers, but he got things done. He got the Selectmen to agree (one reluctantly) to lease us the Town-owned land for \$1.00. A great many people contributed a great deal of labor. We cleared the land and then realized we needed an architect. Charlie Deane contributed the job. The Town's trades people were generous. We paid for a lot, but they contributed a lot. We contracted with Cape Associates to have the building constructed, and when the firm finished, Les Langhans, Jr. (owner of the company) gave us a check for the difference between what we had paid and the actual cost. He said they had saved money by using our volunteer help. That was a pleasant surprise."

"John (Powers) was relentless. He was not bashful about asking people, "If we pay to have this done, will you throw in (something else)?" And mostly they did. The Town just rallied around and it got done.

"John appeared before the State Elevator Board which wanted us to install an expensive elevator. He talked them into letting us use a chair lift. Of course, when the trailer truck unloaded it in the lower parking lot, we had to uncrate it and set it up. It weighed as much as the Queen Mary. We used everything imaginable – ropes,

chains, block and tackle - everything. There was a chain hoist that had to be attached inside, but none of us were small enough to get up inside and hook it up. Then a little fellow we didn't know came along and said he thought he could do it. He was a powerful little guy, and he managed to do it. Somebody always came along and pulled "our chestnuts out of the fire."

"John died just before we turned the building over to the Town at Town Meeting. He deserves a lot of credit. But there are just a handful of people widely known to have contributed, and it's a shame we can't print the names of everybody who did things - baked cookies or sold things and gave the money. The townsfolk can be proud of the Senior Center."

LOIS POWERS, wife of the late John Powers: "I was a go-fer. John had lists of carpenters and electricians and such. He'd say, 'Get me two of this. Get me two of that.' And then he'd leave. He felt that nobody understood how much he was dedicated to building the Center. If he could hear 'up there' how many people say we wouldn't have this building if it hadn't been for John, he'd be really pleased. Of course, sometimes I'd get a little annoyed because I seemed to come in last. The building came first."

JEANNE BERKINS, Chairperson of the Building Fund: "I was new to the Town. We came in 1980. I was appalled to find that senior citizens had to climb down those awful stairs (at the old Town Hall) for the Council on Aging. I got involved in the bridge activities, and I offered my services to Ardeth (Sander), who was President of the Friends of the COA. I called everybody I'd met to come to the first meeting of the building fund committee, and 25 people showed up."

"I'd met Vi Pratt, and I asked her about her husband helping, so she said to talk to him. I did, and then he and I worked together for the next five years. He suggested that we apply to the Kelly-Bangs Foundation for matching funds. We did all kinds of things. For one, we decided to have an auction at Helen Whitten's barn on Hoffman Lane. People cleaned out their attics, and it was a huge success. We never dreamed so many people would show up. But nobody told us we had to have a policeman to direct traffic, and it was all tied up until the police came and straightened it out. We had the auction a couple of years. Helen put up with a lot. Ardeth and I talked to each other a lot on the phone, and we both had the same brainstorm at the same time - a thrift shop. It is still a main money-maker for the Friends."

GEORGE PRATT "With Jeanne, I was largely responsible for raising money. I'd give her advice. We'd keep track of how much was raised every week and I'd tell Gene (Gieringer) so he could paint it onto the thermometer sign on the green across from Town Hall. We raised about \$180,000, and then Wally Ruckert took over and raised about \$100,000. After the building was built, the guy who sharpens knives (Jim Hayes) at the COA said to me one day that it is 'the best senior center on the Cape.' I agreed."

JESSIE GIERINGER "Vi Pratt was in charge of decorating. We had lots of meetings at her house - she was such a good cook, you know. Mary Mountain and I chose the flooring and the colors for the rooms. Edna Pease and Janet Judd chose the living room furniture. Bob Pease spent his days stirring and mixing paints. He was in what is now the secretary's office, and there were paint pots all over the place. We were doing painting, too. Bill Smith painted the ceiling in the Great Hall, and there were miles of baseboards. It was a wonderful experience. We had a good time. It was fun getting to know so many people."

EUGENE GIERINGER, on COA Board since 1982 and for the three years during which the money for the building was raised by the FEEOA, he was Chairman of the COA Board. "Many of the elderly couldn't negotiate the stairs to the basement. We decided we had to have a one-story Center. The town could not give us the money, so we asked the Friends to raise it. Nothing like it has ever been done, and the Friends did it all. "We got help when we needed it from the Senior Citizens Association - \$7500. Cliff DeLory was President." "When it was being built, Bill Smith was the only one who would get on the scaffolding to paint the ceiling in the Great Hall."

CLIFFORD DELORY: "Yes, I remember that. I worked on the building too, you know. One thing I remember especially - they needed two new windows in the basement, and I framed them."

ROBERT PEASE, long a member of the FECOA Board and the leader of the painting crew for the building, while his wife, Edna, served on the decorating committee. "Yes, I had some good helpers - like Cliff DeLory, Bob Ames. Bob gave me tips on what kind of paint to use. I would clean the brushes at the end of the day, too. I was a sort of fall guy - anything John wanted done, I did!"

ARDETH SANDER, President of the FECOA during its early years, well recalls the office "right next to the furnace" in Town Hall. Ardeth enlisted Jeanne Berkins' aid in the drive to raise money. "The solicitations were met with enthusiasm and the estimated five-year goal was realized in three."

JANET JUDD, Secretary of the COA, vividly remembers the barn sales at Helen Whitten's. "The Selectmen stopped them because of the traffic. Ardeth and Jeanne arranged with Virginia and Donald Delaney for rent-free space in the old antique shop for a Thrift Shop to raise money. The hiking club was a source of volunteers for the painting and the wiring and so on. Norma Sullivan was coordinator for the Thrift Shop operation."

WALLACE RUCKERT, Solicitation chairman for the final phase of the building campaign. "I never saw anything like the volunteers. One day we needed 20 people to help with clerical work and 40 showed up."



May 11, 2012 11:00 am
25th Anniversary Celebration of the
Senior Center

It has been 25 years since the Eastham community completed the monumental tasks of raising the money, of building, and of moving into the Eastham Senior Center. Our special celebration will feature a luncheon catered by Van Rensselaer's, opening of a time capsule sealed 25 years ago, and other special events. We would particularly like to honor those persons who were a part of this endeavor. All are welcome. Please call for a reservation 508.255.6164.

TRY SOME FRESH AIR FOR YOUR
HEALTH
Janet Reinhart

Now that Spring is in the air, get out and enjoy it!
Some advantages to being outdoors:

1. Vitamin D Exposure, the sunshine vitamin!
2. Sensory awareness is increased. You'll use more your sense of hearing, touch and smell more than you do inside.
3. Uneven ground will help you with practicing balance.
4. Expands your capacity. Getting into a different place challenges the brain.
5. Exercising with Nature lets us feel a part of the bigger picture.
6. Meet new people. Get out of the house!

Buddy up with a friend and use the bike path or Seashore walks. Come to Senior Fitness classes and learn how to use weights and increase your walking benefits.

Tuesdays and Thursdays 12:00-1:00

FRIENDSHIP CLUB

So many seniors are unable to get out to socialize. Perhaps they are in failing health, or they no longer drive, or they don't have the funds it would take for outings. As a friendly visitor you would be assigned a homebound senior that you could visit on a regular basis. The Friendship Club meets once a month, the third Wednesday of the month, where

visits are discussed and experiences and information are shared with other friendly visitors. Please consider joining this club in need of some new participants! Call us at 508.255.6164 to volunteer.

HELEN PETERSON PUZZLE

Directions: Fill in the blanks with three words, each containing the same five letters in different order. Answers will be in the next issue, or may be called in for instant verification.

Poultry Pun

Very _____ in the dewy morn,
Under a _____ of sky, not yet sunny,
The hens ran to the coop where they were born.
They called it a "_____ - _____." How punny!

The solution to last issue's puzzle titled **Medical Musing** is: A doctor cannot cater to a patient's every whim, / but still must show no trace of cold authority. / And a doctor can react by telling her or him that to care is a doctor's first priority. The following people called in the correct answers: Jean Snow, Kaye Richardson, Irma Vincello, Jane Nielsen, Verna Moore, Mary Alice Cadmus, Bob Engle, and Henriette Camp.

OUTREACH CORNER NEWS

Cindy Dunham, LPN 508.240.2327

CHANGE IS IN THE AIR!

As most of us know, March may be the advent of spring, but truly we know here, it's really in full swing as we enter the month of May! Recently we have noticed that indeed, spring is coming! Then ...all of a sudden we are surrounded by magnificent shades of colors - yellow, violet, pinks, and reds! The leaves are coming out and the trees seem alive once again! Nature's sounds surround us, the alluring song of the birds and the chorus of the peepers near our ponds and swampy areas. The Earth has awoken once more!

Hoping that you all get a chance to venture out and enjoy the beauty we all cherish here on Cape Cod. Wishing you all health and happiness in the coming

days. Please feel free to give us a call with any inquiry. We'll do our best to serve you! We realize that there are many things that you may have previously done in the spring, perhaps to prepare your lawn, take out patio furniture, etc., and are now unable to at this time. We have a list of workers that may be able to help.

UPCOMING PROGRAMS

May 4 10:00 am – 2:00 pm

“Skill Building for Caregivers” with Darlene Perkins from the Community Action Committee of Cape Cod and the Islands. Approximately half way through, she will be serving chicken soup.

May 18 10:00 am – 1:00 pm

It is the **5th Annual Health, Wellness, and Safety Fair!!!** Come join us for some great information! Whether it's your intention to stay in your home or perhaps seek assisted living, there are many possibilities connected to your choice! The Fair encompasses many things! Come check it out for yourself. A light lunch will be brought out after noon. A door prize drawing takes place at approximately the same time.

May 25 11:00 am

“Maintaining the Brain” will be presented by Maureen Bradley of the “Royal Health Group”. It is a talk focused on the disease of Alzheimer's. Please come! Very informative!

June 1 10:00 am – 2:30pm

AARP's Ernie Bauer Senior Driver Instructor will be here! The tuition is paid for by the Cape Cod Five Cents Savings Bank. In addition, a box lunch will be provided. The lunch is paid for by the Eastham Police Department. You must reserve your place by calling 508.255.6164.

June 8 11:00 am

Deidra, from the Barnstable County Health Department will be here to do a presentation about **ticks and Lyme's Disease**. This is a program you won't want to miss! Be informed!!

June 15 11:00 am

Susan Roarke from Comfort Keepers will present **“When Love is not Enough”**.

June 29 11:00 am

VNA Hospice presentation **“Aroma Therapy”**.

Please refer to our calendar insert for regular programming, which includes:

BLOOD PRESSURE CLINIC

2nd & 4th Thursdays of the month 10 – 11

PARKINSON'S EXERCISE GROUP

1st, 3rd, & 4th Tuesdays 10:30 – 12:00

STRESS MANAGEMENT

2nd & 4th Thursdays 1:30 – 3:00

CAREGIVER'S GROUP

2nd Tuesday of the month 10:30 – 12:00

FREE MOVIE FRIDAY

May 25, June 8, 15, 22, and 29 start at 12:30

Calling each and every one of you volunteers!! You are needed, more than you think!! There is always a variety of things one could do to lift the spirits of your “neighbor”! You could go visit a homebound person, bring them a beverage & snack to share, play a game, perhaps engage in a hobby they may have! Maybe they can go out, if you are able to take them for a drive. Possibilities abound!!

We sometimes can use volunteers at the Senior Center and “The Gathering Place”. Think about it, and see where you feel that you fit in! We'll be excited to have you on board!

CHAIR YOGA FOR MANAGING STRESS GET FIT WHERE YOU SIT

Judi Pregot MSW, LCSW

May 10 2:30-3:30 June 14, 28 1:30-3:00

Learn a new way to manage stress. Chair Yoga adapts yoga positions to a chair, and is a more gentle fitness program than traditional yoga on a mat. It reduces stress, promotes well-being and helps improve flexibility. As part of each session, other relaxation exercises will be included.

BUSINESS SPONSORS

Eastham Discount Oil

Kerry Insurance Agency

FORT KNOX MEMBERS

Were you married in 1962 or earlier? We are always anxious to add to our growing list of members who have been married 50 years or more. We have added Joan and Ron Burns, Phyllis and David Olson, Betty and George Reinhart, and Ann and Harmon Diers since our last newsletter. There are currently 233 Eastham couples who have joined this "Club". Please call Dorothy at 508.255.6164 to register. We look forward to hearing from you. You will be honored at our 25th Anniversary Celebration on May 11th.



PRESCRIPTION ADVANTAGE

Tess McAlpine, our Certified SHINE counselor is available for appointments to assist you in applying for Prescription Advantage. This is a state-run program which helps many seniors pay for their prescription drugs when they reach the "donut hole". There is no charge for joining Prescription Advantage if you have an annual income at or less than \$33,510 for a single person and \$45,390 for a married couple. *(There is no asset limit!)* You must still have a Medicare Part D plan.

FECOIA THRIFT SHOP

The Thrift Shop is in need of four people to assist on Wednesday mornings from 9:00 – 11:00. Duties would include pricing and straightening out the clothing. Call Suzanne Carlson at 508.255.9549. The Thrift Shop at the corner of Oak and Massasoit Roads continues to provide funds for use of the Senior Center 28 years after its founding. Please volunteer your talents.

It is time once again to show your support for The Friends of the Eastham Council on Aging, Inc. with your membership renewal. This organization provides needed financial support to the Senior Center throughout the year.

F.E.C.O.A. MEMBERSHIP APPLICATION JULY 1, 2012 - JUNE 30, 2013 (F13)

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 _____

TRAVEL EXPERIENCES SPONSORED BY FRIENDS OF EASTHAM COUNCIL ON AGING, INC.

2012 DAY TRIPS

<i>COASTAL MAINE CULINARY GETAWAY</i> Motor coach, cooking class at Stonewall Kitchen, lunch, Shipyard Brewing tour & stop in Portland.	Tuesday, June 5	\$92
<i>NEW YORK CITY WITH NATIONAL 9/11 MEMORIAL MUSEUM</i> Motor coach, admission to 9/11 Memorial Site & free time in the city.	Sunday, June 10	\$75
<i>NEWPORT RAIL & SAIL</i> Motor coach, railway trip, lunch, cruise, vineyard tour/tasting souvenir glass & stop in Newport.	Thursday, June 14	\$119

2012 OVERNIGHT TRIPS

<i>ROCHESTER LILAC FESTIVAL</i> Motor coach; 3 nights' accommodations; 3 breakfasts; baggage; box lunch; NY State wine-tasting; Rochester Lilac Festival; Erie Canal lock cruise; tours of vineyard, Strong Museum, Garden Factory, Sonnenberg Mansion, George Eastman House and Gardens.	Thursday-Sunday, May 17-20	\$595
<i>NOVA SCOTIA, PRINCE EDWARD ISLAND, CAPE BRETON & CABOT TRAIL</i> Motor coach; 8 nights' accommodations; 8 breakfasts; 2 lunches; 5 dinners; driver/guide gratuities; all tours, ferry rides, and park fees at Hopewell Rocks, Green Gables, Mahone Bay, Peggy's Cove, Lunenburg, PEI Park, Grand Pre Historic Site, Fundy Trail, Alexander Bell Historic Site.	Thursday to Friday, June 28-July 6	\$1,625

Fliers available at travel information center in large hall at Senior Center.

For information & reservations, call Jeannette Marcucci at 508.240.1354. Early booking is recommended.

2012 EXTENDED & OVERSEAS TRIPS

<i>SWITZERLAND, AUSTRIA & BAVARIA WITH COLLETTE VACATIONS</i> Bern, Lucerne-Swiss "Paradise of the Lake", Innsbruck, "Capital of Tyrol", Oberammergau, and Salzburg; 4 nights in Bern, Switzerland and 4 nights in Austria, Innsbruck; 8 breakfasts, 5 dinners, <u>land fare, airfare, taxes/transfers included.</u> \$100 early booking discount; groups of 10 + include transportation to/from Logan Airport.	Wednesday to Friday Sept. 26-Oct. 5	\$3,299
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NOTE: PRICES ABOVE REFLECT PER PERSON/DOUBLE OCCUPANCY

For more information & reservations, call Russ Moehlich at 508.255.7076.

The Friends of the Eastham Council on Aging, Inc.
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