

# EASTHAM SENIOR CENTER

## WINDMILL WHISPERINGS

“Grist for Thought”

September-October 2017 Issue



### IN THE SPOTLIGHT

#### SENIOR CENTER MONTH PARTY~ DANCING, PIZZA, MUSIC & MORE!

**September 15<sup>th</sup> 10:30 am**

September is National Senior Center Month and centers have been asked to showcase the theme “Masters in Aging.” In Eastham, we feel socialization, active living and fun are part of this theme. In celebration, we will host a **FREE** pizza party with a performance from Yesterday’s Country Band (featuring one of the performers from the Banjo Band)! So bring your dancing shoes to move and groove to tunes from master musicians such as Neil Diamond, The Beatles, The Beach Boys, Patsy Cline and more! Enjoy pizza, salad, Cosmo Mocktails and dessert! Thank you to the Red Barn Pizza for donating the pizzas! Reservations are required. RSVP to 508.255.6164.

#### LOBSTER ROLL LUNCHEON! ADULT DAY CENTER FUNDRAISER

**September 26<sup>th</sup> 4:30 pm**

Did you miss the lobster roll luncheons? Here’s another chance! On Tuesday, September 26<sup>th</sup> at 4:30 pm we will host another one as a fundraiser to benefit the our Adult Day Center~*The Gathering Place*. Our center offers a productive setting to help enhance the lives of mature adults with cognitive impairment and/or social isolation. Enjoy music from Brianna LePage and John Thomas and an Arnold’s lobster roll, coleslaw, Cape Cod potato chips, iced tea, and dessert for \$20.00! There will be silent auctions as well. Limited space available. RSVP to 508.255.6164.

#### ON-CALL PAID DRIVERS NEEDED

We are currently seeking on-call paid drivers to take seniors to medical appointments. If you would like to apply, please stop by Town Hall or call us at 508.255.6164.

### UPCOMING PROGRAMS

#### LOBSTER ROLL LUNCHEON-SOLD OUT!

**September 8<sup>th</sup> 11:30 am**

This event is **sold out**. Sorry! We DO NOT have room for anyone else to attend and just listen to the music as we are at capacity. For those that RSVP’d, lunch is at **11:30 AM** and is followed by the Banjo Band’s performance!

#### HEALTHY EATING

**Heather Bailey Cooking Classes. Cost is just \$5 per class. RSVP to 508.255.6164.**

**Thursday, September 21<sup>st</sup> 10:00 am**

**“Easy One Pot Meals”**

Learn how to make some simple and easy recipes that are designed to promote your optimal health!

**Thursday, October 26<sup>th</sup> 10:00 am**

**“Boost Your Immunity”**

Learn how to cook with high nutrient dense foods to boost your immune system, and address the needs of weakened immune systems due to chemotherapy or other ailments.

#### FLU SHOTS

**October 6<sup>th</sup> 9:00 am**

The VNA will offer the Quadrivalent Flu Shot (not the high-dose vaccine) by appointment only to Eastham residents on Friday, October 6<sup>th</sup> beginning at 9:00 am. To book your appointment, call 508.255.6164. Don’t forget to bring your insurance card and a valid photo ID.

**WHO'S YOUR AGENT?! 10:30 am**

**October 13<sup>th</sup> Part I: “Getting Started”**

**October 20<sup>th</sup> Part II: “Next Steps”**

Join Betsey Moehlich and Martha Byron for a two-part presentation on designating a health care agent and proxy. This program will take you through this process and help you begin talking to your family and loved ones about your health care wishes. The model presented is consistent with what is used at Cape Cod Health Care. Even if you already have a health care proxy, you will benefit from this class. There is limited space available. RSVP to 508.255.6164.

## THINGS TO DO & HELP YOU

For information or to RSVP, call 508.255.6164.

### COMPUTERS/CLASSES AVAILABLE

The computer lab is open! You can also sign up for our Thursday computer class by appointment.

### ELDER LAW ATTORNEY

**4<sup>th</sup> Wednesday 12:30 PM**

We have a pro bono Elder Law Attorney available once a month. Please call for an appointment.

### MAH JONGG

**Monday & Wednesday 12:30 PM**

Are you an avid player? Join us for fun!

### NEEDLEPOINT

**Wednesday (begins October 11<sup>th</sup>) 1:15 PM**

Learn new techniques and methods (\$3 per class).

### OPEN BRIDGE

**Thursday 12:30 PM**

Are you an experienced player? Join us anytime!

### NEW~PAINT YOUR ART OUT

**Thursday 1:00 PM**

Bring your own materials and join us for this new painting club! Make new friends while you paint.

### RUG HOOKERS

**Monday 9:30 AM**

Bring your project and join us for rug hooking!

### RUMMIKUB

**Friday (see calendar insert for dates) 1:00 PM**

Stop by for Rummikub on Fridays at 1:00 pm!

### STROKE SUPPORT GROUP

**2<sup>nd</sup> Tuesday 2:30 PM**

Join survivors and loved ones at the support group.

### THE WORLD OF COLOR

**1<sup>st</sup> & 3<sup>rd</sup> Thursday 1:30 PM**

We have colored pencils, markers or try another medium to create art! Drop-ins always welcome!

### YARN CLUB

**Mondays 1:00 PM**

Do you knit? Crochet? Meet new friends. Experts and beginners are all welcome!

Don't forget to sign up for our mobile food pantry "Healthy Meals in Motion." Call Cindy in our Outreach Department at 508.240.2321.



## VOLUNTEER OPPORTUNITIES

### VOLUNTEER DRIVERS NEEDED

We are having a difficult time scheduling medical appointment rides for clients due to a lack of drivers. We are seeking volunteer drivers to help take seniors to medical appointments. If you would like to volunteer, please call us at 508.255.6164. We would like to thank our current volunteer drivers. We couldn't help so many seniors without all of your support and dedication. Thank you!

### THRIFT SHOP VOLUNTEERS NEEDED

If you can help please call us 508.255.6164! If you **volunteer just one day a month**, you could help raise funds for the FECOA which supports various programs at the Senior Center such as Lobster Roll Luncheons, Wicked Good Wednesday Lunches and Bingo, all special Friday and Outreach programs.

We would like to thank all our current volunteers. We appreciate all your hard work all year, but know how busy summer can be! All our current volunteers are invited to join us at the Senior Center on September 6<sup>th</sup> at 8:30 am for a special thank you breakfast! RSVP to 508.255.6164.

### VETERANS NEEDED FOR PARADE

Veterans Organizers would like to organize a Veterans' float for the 40<sup>th</sup> Eastham Windmill Weekend Parade on Sunday September 10<sup>th</sup>. Any interested Veterans, please contact Lou Andujar at 508.240.3005.

## HELEN PETERSON PUZZLE

Directions: Fill in the blanks with **three** words, each contains the same five letters in different order.

### THE EVOLUTION OF FALL

Gone are the days of no worries or \_ \_ \_ \_ \_  
as summer fades we try not to shed tears.

Time to trade beach plums and sand

for apples and pumpkins growing on \_ \_ \_ \_ \_ of land.

Trick-or-treaters may bring a little \_ \_ \_ \_ \_ or freight,  
but no need to worry the harvest moon will light the night.

The solution to last issue's puzzle *The Lady is a Special Writer*: Even while **miles** away, Helen sent her puzzles anyway. / With a journalist's mind and a great sense of style, Helen always greets everyone with a **smile**. / A long-standing member of our Humanities Club, who met in the room with the tree that refused to bear any **limes**, what a snub! / Helen will be part of our group without end, and we send our thanks to our dear friend.

The following people called in the correct answers: Sylvia Sullivan, Henriette Camp, Judy Kolbert, Jerry Hequembourg and Martha Hoffheimer.

## **OUTREACH OFFERINGS**

### **FALL IS HERE!**

**Cindy Dunham LPN, 508.240.2327**

Alas, the lazy days of summer rife with abundant sunshine, fishing, beaching, laying in the shade of a large tree, are winding down. The summer was an interesting mix of hot humid days and cool cloudy ones. Cooler, more temperate weather is easing in! Fall is upon us. As the cooler temps arrive, we are treated to an array of colorful leaves adorning our trees and if we watch carefully we can see small animals and birds make their preparations for the winter months to come! People decorate their homes with a variety of pumpkins and gourds for the celebration of fall, traditionally harvest time, and of course, Halloween. Time to dig out jackets and sweaters to prepare for brisk mornings ahead!

Fall is also a time of preparations we must make for the upcoming and most inevitable ... winter. Does your oil burner need to be cleaned? Do you need oil? Do you have a person to 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? These are examples of things we should be aware of for our own safety and wellbeing.

If you need a little extra help, or you are not familiar with Senior Center offerings...call Cindy at 508.240.2327 to ask about such programs as:

- Appointments to complete SNAP and Fuel Assistance applications
- Brown Bag food - 1<sup>st</sup> Friday of the month
- Mobile Pantry - 1<sup>st</sup> Wednesday of the month
- Dry goods pantry and daily bread deliveries
- Reassurance line for elders that live alone
- Our Social Adult Day Center

### **FUEL ASSISTANCE**

For those who received a form in the mail to re-certify for fuel assistance, please call for an appointment! The program runs from November 1<sup>st</sup> through May 2017; you want to be covered from the beginning. For those of you new to Fuel Assistance, applications will be available starting in October. For appointments, call 508.240.2327.

### **PROPERTY TAX EXEMPTION**

The Assessing Department has mailed applications to those persons who qualified for the \$500-\$1000 property tax exemption last year. We will gladly assist you with the completion of this form as the letter stated. Please call us for an appointment.

## **MEDICARE D ENROLLMENT PERIOD**

**October 15<sup>th</sup> – December 7<sup>th</sup>**

The Part D open enrollment period is the time to review plan choices and enroll in a new drug plan if necessary. If you are currently enrolled in a plan, you will be receiving mail from your provider regarding upcoming changes. There will also be information in the news and in the mail from other insurance companies as they undertake marketing efforts for 2018. Let us help you! Make an appointment with a counselor at the Senior Center, call 508.255.6164. Please also bring your current plan information, Medicare card, mail you have received regarding plan changes and a list of your prescription drugs to the appointment.

### **BLOOD PRESSURE & NOTARY**

Blood pressure checks and Notary service available. Please call ahead for availability, 508.240.2327.

### **FREE MOVIE**

**Fridays, September 22<sup>nd</sup>/ October 13<sup>th</sup> 12:30 pm**

Relax, enjoy a movie and treat yourself to delicious snacks! Call for movie titles or to request a movie.

### **MEN'S BREAKFAST!**

**September 29 / October 27 9:00 am**

A chance for men in our community to join each other for good food and conversation! RSVP, 508.255.6164.

### **WICKED GOOD LUNCH AND BINGO!]**

**12:00 PM~Lunch 12:30 PM~Bingo**

**September 27<sup>th</sup> / American Chop Suey**

**October 25<sup>th</sup> / Chef Kathy's Choice**

After "Sit & Be Fit" class, enjoy an entrée, dessert and drink – just \$3! Call us to RSVP for lunch, 508.255.6164. Or just stop by for BINGO at 12:30!

### **FALL PREVENTION PROGRAM**

**Friday, September 29<sup>th</sup> 11:00 am**

Barnstable County Nurses will present a program on "Fall Prevention." Learn how to keep your living area free of obstacles so you can remain safe in your home.

### **AARP SAFE DRIVING COURSE**

**Friday, October 20<sup>th</sup> 10:00 am – 3:00 pm**

Sign up for the AARP Smart Driving Course. Tuition will be paid for up to 15 people by Seamen's Bank. Lunch will be provided by the Eastham Police Department. RSVP required. Call us at 508.255.6164.

### **BURIED IN TREASURE**

**Friday, October 27<sup>th</sup> 11:00 am**

Join us for this informative program on hoarding. Learn what you can do to enhance your safety by keeping your home clutter free. Among others, Rachel Topal from the Eastham Fire Department will be one of the presenters.

## OTHER SUPPORT SERVICES

### WELLFLEET ALZHEIMER'S ASSOCIATION

This wonderful non-profit group serves the Lower Cape towns by raising funds to help alleviate financial and emotional stress created by Alzheimer's disease or other memory deficiencies. Applications are confidential and submitted through Outreach Coordinator, Cindy Dunham. For more information please call 508.240.2327.

### ALZHEIMER'S FAMILY SUPPORT CENTER OF CAPE COD (AFSCCC) OFFERINGS:

**Support Choir** Wednesday, September 13, 20 / October 11, 18 9:45-10:45 am

With the help of the Alzheimer's Family Support Center of Cape Cod, Brianna LePage and Eastham Elementary this chorus brings together people with cognitive impairment, caregivers and children. Join us!

**Caregiver Support Group** Thursday, September 7, 21 / October 5, 19 10:30 am

Facilitated by Molly Perdue from the Alzheimer's Family Support Center of Cape Cod. Open to all!

### PROGRAMS TO BENEFIT THE AFSCCC

All proceeds from below events benefit the Alzheimer's Family Support Center of Cape Cod, providing free services to families and individuals living with Alzheimer's and other dementia-related diseases.

#### Fine Arts Work Center, 24 Pearl St., Provincetown

- August 31<sup>st</sup>, 5 PM, Greg O'Brien, *On Pluto: Inside the Mind of Alzheimer's*. Also, photography exhibit displaying real images of people with cognitive disease.
- September 1<sup>st</sup>, 4-8 pm, Wine and Cheese Silent Auction! Bid on photography images of people with cognitive disease.

#### Provincetown Town Hall, Commercial Street

- October 15<sup>th</sup> 10 am – 12 pm "Cape Cod Walks the Walk." To register to walk or for more information please call, 508.896.5170. All individual donations will be matched dollar for dollar! Please help!

## HEALTHY YOU

**Janet Reinhart, Exercise Instructor**

### BACK TO SCHOOL

Company has left. Crowds are gone. Heat and humidity are replaced by September skies and lovely breezes. It's a good time to recommit to your healthy disciplines. Cut out the excessive food that may have come with dining with friends more often. Fewer desserts and bread will help get your numbers back and you'll feel better for it. Get back to walking and going outside. Don't forget warm ups and stretching: back, hips, calves and shoulders. If you need help and encouragement, come to the Senior Center classes. Walk and pick up your pace. Move your arms. Vary the stride. Have fun and dance a little. Sign up for a class at a library. All of our local libraries start having classes this time of year. Keep your brain sharp. Do new things. Take a few moments every day to spend quiet time with yourself. Remember the summer moments and also take stock of what you want and need this autumn. Take steps to make changes, if necessary. Close your eyes for a few moments. Breathe and relax your body and your mind.

#### EXERCISE CLASS SCHEDULE

All classes are \$5.00, except Sit & Be Fit, which is \$1.00. Drop-ins are welcome, but please be on time.

**EASY YOGA, MONDAY, 9-10 AM:** This is gentle yoga, using a chair while standing and holding on, or while sitting. Relaxing, meditative, energizing, like the others, just easier!

**SENIOR EXERCISES, TUESDAY/THURSDAY, 10-11 AM:** Enjoy light exercise and strengthening, using weights, walking and movement to increase your heart rate, bone density, muscles and agility. The last half of class is usually done with a chair, either sitting or holding on.

**SIT & BE FIT, MONDAY/WEDNESDAY, 11-11:45 AM:** Our most popular class-only \$1.00! All exercises are done sitting and using weights. It is good for stretching and getting you going. All levels of fitness attend because, depending upon the size of weights you use, you can go easily or break a sweat!

**YOGA TUESDAY/THURSDAY, 8:30-9:45 AM:** Relaxing and energizing, this class offers both standing postures and on the floor with a mat. Yoga is excellent for lowering blood pressure, anxiety and flexibility. Meditation, stretching and strengthening are included.

# SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>ARNOLD'S LOBSTER ROLL FUNDRAISER!</b>            Join us on September 26<sup>th</sup> at 4:30 pm for a fundraiser to benefit our Adult Social Day Center. To RSVP please call 508.255.6164.</p>				<p><b>1</b>            DRIVEWAY REPAIRS            NO PROGRAMS</p>
<p><b>4</b>            LABOR DAY CENTER CLOSED</p>	<p><b>5</b>            8:30 Yoga            8:30 Market Van            10:00 Life Exercise</p>	<p><b>6</b>            8:30 Thrift Shop Volunteer Coffee            9:15 Mass Rehab            11:00 Sit/Be Fit            12:30 Mah Jongg            12:30 Mobile Food Pantry and Ask A Nurse</p>	<p><b>7</b>            8:30 Yoga            10:00 Life Exercise            10:30 Alzheimer's Caregiver Support            12:30 Open Bridge            1:00 Computers            1:00 Painting Club            1:30 World of Color</p>	<p><b>8</b>            11:30 Lobster Roll Luncheon <u>SOLD OUT!</u></p>
<p><b>11</b>            9:30 Rug Hooking            9:00 Easy Yoga            11:00 Sit/Be Fit            12:30 Mah Jongg            1:00 Yarn Club            2:45 Tai Chi</p>	<p><b>12</b>            8:30 Yoga            8:30 Market Van            10:00 Life Exercise            2:30 Stroke Support Group</p>	<p><b>13</b>            9:15 Mass Rehab            9:45 Family Support Choir            11:00 Sit/Be Fit            12:30 Mah Jongg</p>	<p><b>14</b>            8:30 Yoga            10:00 Life Exercise            12:30 Open Bridge            1:00 Computers            1:00 Painting Club</p>	<p><b>15</b>            10:30 Senior Center Month Party RSVP            1:00 Rummikub</p>
<p><b>18</b>            9:30 Rug Hooking            9:00 Easy Yoga            11:00 Sit/Be Fit            12:30 Mah Jongg            1:00 Yarn Club            2:45 Tai Chi</p>	<p><b>19</b>            8:30 Yoga            8:30 Market Van            10:00 Life Exercise</p>	<p><b>20</b>            9:15 Mass Rehab            9:45 Family Support Choir            11:00 Sit/Be Fit            12:30 Mah Jongg</p>	<p><b>21</b>            8:30 Yoga            10:00 <b>Cooking Class RSVP</b>            10:00 Life Exercise            10:30 Alzheimer's Caregiver Support            12:30 Open Bridge            1:00 Computers            1:00 Painting Club            1:30 World of Color</p>	<p><b>22</b>            11:00 Memory Program            12:30 Free Movie            1:00 Rummikub</p>
<p><b>25</b>            9:30 Rug Hooking            9:00 Easy Yoga            11:00 Sit/Be Fit            12:30 Mah Jongg            1:00 Yarn Club            2:45 Tai Chi</p>	<p><b>26</b>            8:30 Yoga            8:30 Market Van            10:00 Life Exercise            4:30 Lobster Roll Day Center Fundraiser~ Please RSVP</p>	<p><b>27</b>            9:15 Mass Rehab            11:00 Sit/Be Fit            12:00 Wicked Good Wednesday Lunch RSVP            12:30 Bingo            12:30 Attorney</p>	<p><b>28</b>            8:30 Yoga            10:00 Life Exercise            10:00 Pedicare            12:30 Open Bridge            1:00 Computers            1:00 Painting Club</p>	<p><b>29</b>            9:00 Men's Breakfast RSVP            11:00 Fall Prevention Program            1:00 Rummikub</p>

# OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 9:30 Rug Hooking 9:00 Easy Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 1:00 Yarn Club 2:45 Tai Chi	<b>3</b> 8:30 Yoga 8:30 Market Van 10:00 Life Exercise	<b>4</b> 9:15 Mass Rehab 11:00 Sit/Be Fit 12:30 Mah Jongg 12:30 Mobile Food Pantry and Ask A Nurse	<b>5</b> 8:30 Yoga 10:00 Life Exercise 10:30 Alzheimer's Caregiver Support 12:30 Open Bridge 1:00 Computers 1:00 Painting Club 1:30 World of Color	<b>6</b> 9:00 Flu Shots <b>RSVP</b> 1:00 Rummikub
<b>9</b> <b>COLUMBUS            DAY            CENTER            CLOSED</b>	<b>10</b> 8:30 Yoga 8:30 Market Van 10:00 Life Exercise 2:30 Stroke Support Group	<b>11</b> 9:15 Mass Rehab 9:45 Family Support Choir 11:00 Sit/Be Fit 12:30 Mah Jongg 1:15 Needlepoint	<b>12</b> 8:30 Yoga 10:00 Life Exercise 12:30 Open Bridge 1:00 Computers 1:00 Painting Club	<b>13</b> 10:30 Health Agent I <b>RSVP</b> 12:30 Free Movie 1:00 Rummikub
<b>16</b> 9:30 Rug Hooking 9:00 Easy Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 1:00 Yarn Club 2:45 Tai Chi	<b>17</b> 8:30 Yoga 8:30 Market Van 10:00 Life Exercise	<b>18</b> 9:15 Mass Rehab 9:45 Family Support Choir 11:00 Sit/Be Fit 12:30 Mah Jongg 1:15 Needlepoint	<b>19</b> 8:30 Yoga 10:00 Life Exercise 10:30 Alzheimer's Caregiver Support 12:30 Open Bridge 1:30 World of Color 1:00 Computers 1:00 Painting Club	<b>20</b> 10:00 AARP <b>Smart            Driving            RSVP</b> 10:30 Health Agent II <b>RSVP</b>
<b>23</b> 9:30 Rug Hooking 9:00 Easy Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 1:00 Yarn Club 2:45 Tai Chi	<b>24</b> 8:30 Yoga 8:30 Market Van 10:00 Life Exercise	<b>25</b> 9:15 Mass Rehab 11:00 Sit/Be Fit 12:00 Wicked <b>Good Wednesday            Lunch RSVP</b> 12:30 Bingo 12:30 Mah Jongg 1:30 Attorney 1:15 Needlepoint	<b>26</b> 8:30 Yoga 10:00 Life Exercise 10:00 Pedicure 10:00 <b>Cooking            Class RSVP</b> 12:30 Open Bridge 1:00 Computers 1:00 Painting Club	<b>27</b> 9:00 Men's <b>Breakfast            RSVP</b> 11:00 Buried in <b>Treasure            RSVP</b> 1:00 Rummikub
<b>30</b> 9:30 Rug Hooking 9:00 Easy Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 1:00 Yarn Club 2:45 Tai Chi	<b>31</b> 8:30 Yoga 8:30 Market Van 10:00 Life Exercise	<b>ON-CALL PAID DRIVERS NEEDED!</b> <b>We need on-call paid drivers to take seniors to            medical appointments. If you can help, please            call us at 508.255.6164.</b>		

## FECOIA TRAVEL SECTION

Due to lack of response the domestic FECOA trip fundraiser program will no longer be running. We are sorry for any inconvenience. Future domestic and international cruises will still be listed. Thank you!

## FECOIA MEMBERSHIP APPLICATION JULY 1, 2017 - JUNE 30, 2018 (FY18)

Your address label indicates when your FECOA membership expired. If it says LF you are a life member. If it's FY17 or earlier, your membership has expired. The new fiscal year FY18 began on July 1, 2017. Please renew your membership at your earliest convenience (checks made payable to FECOA). To receive your membership card, please send a self-addressed stamped envelope or stop by.

NAME(S) _____	_____	\$5/PP (annual) or \$25/PP (lifetime)	\$ _____
DOB _____	DOB _____	\$5/PP (annual) or \$25/PP (lifetime)	\$ _____
New ___	Renewal ___	Donation	\$ _____
		TOTAL	\$ _____
MAILING ADDRESS _____	HOME ADDRESS _____		
TELEPHONE _____	EMAIL _____		

## OTHER OFFERINGS

### EASTHAM FIRE DEPARTMENT

The Fire Department is here to help seniors in need...home safety visits (non-summer months), installation of key lockbox (small fee for lockbox), check smoke detectors and put up house numbers to help locate homes (homeowner must pre-purchase numbers that are at least four inches in size). For more information call, 508.255.2324

### EASTHAM PUBLIC LIBRARY~SAVE THE DATE!

Monday September 25<sup>th</sup> at 4:30 pm. Atul Gawande – A Simucast and Watch Party at the Eastham Library.  
To RSVP, please call the library directly at 508.240.5950.

### EASTHAM POLICE DEPARTMENT, CITIZEN POLICE ACADEMY~SEPTEMBER 12<sup>TH</sup>

The EPD will offer its 8<sup>th</sup> Citizen Police Academy! Participants will be introduced to all phases the law. Space is limited.  
To register, please contact Detective Sergeant Adam Bohannon at abohannon@eastham-ma.gov or 508.255.0551.

### NEIGHBORHOOD BLOCK WATCH

Eastham has a very active Neighborhood Block Watch program made up of year-round residents. Kimberly Inman is the new Director of the program and can be reached at 480.201.0874. The program is always looking for new volunteers to help cover additional areas within the community. You must be a year-round resident and have a CORI check before joining the group.

### RECREATION AND BEACH, 508.240.5974

Fall programs are available. Please look online for details [www.eastham-ma.gov](http://www.eastham-ma.gov).

### VNA SOCIAL WORKER

The VNA is offering free mini-counseling sessions for seniors in need. Space is limited. Sessions will be offered on a first-come, first-served basis. To book an appointment, please call us at 508.255.6164.

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

Non-Profit  
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Orleans, MA 02653

## Current Resident Or



## EASTHAM SENIOR CENTER

1405 Nauset Road, PO BOX 1203, North Eastham, MA 02651

Senior Center: (508) 255-6164

Outreach: (508) 240-2327

Day Center: (508) 240-6734

COADirector@comcast.net

cindyoutreach@comcast.net

LCADC@comcast.net

### SENIOR CENTER/OUTREACH STAFF

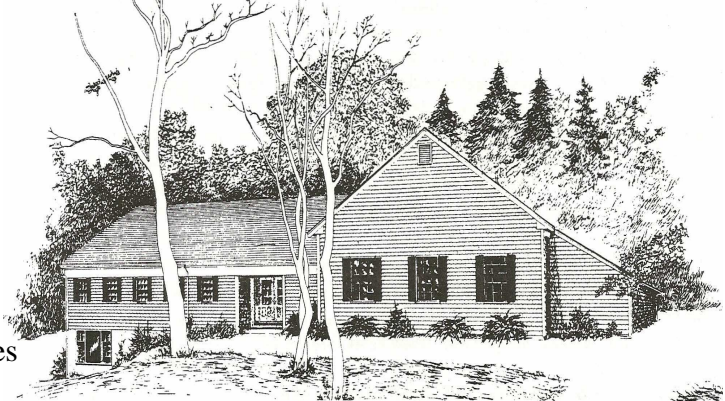
Dorothy Burritt..... Director  
Cindy Dunham..... Outreach Coordinator  
Monica Keefe-Hess..... Secretary

### DAY CENTER STAFF (co-located with Senior Center)

Brianna LePage..... Program Manager  
James Small..... Activities Director  
Frank Massa and Carole Roberts..... ESCCI Program Aides

### MEDICAL VAN DRIVERS

George Civita      Ron Edson      Paul Langlois      Bob Nazarian      Bill Salem



**Mission Statement:** 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 community resource is to maintain and enhance a quality independent lifestyle for our senior population by meeting their current and future needs.

## BUSINESS SPONSORS

Eastham Discount Oil      Eastham Veterinary Hospital      Kerry Insurance      Seamen's Bank