

WINDMILL WHISPERINGS

May – June 2011



EASTHAM SENIOR CENTER

Box 1203, 1405 Nauset Road, North Eastham, MA 02651

www.eastham-ma.gov

The Gathering Place 508.255.6734

Director: Kathy Gill

Email: LCADC@comcast.net

Eastham Senior Center 508.255.6164

Director: Sandra Szedlak

Email: EasthamCOADirector@comcast.net

SAVE THE DATES!!

ART, CONVERSATION, AND MUSIC

May 6 10:30 – 12:00

HEALTH, WELLNESS, and SAFETY FAIR

May 20 10:00 – 1:00

Alzheimer's Services of the Cape & Islands will be here to present a segment of their series which involves music in the arts. It is intended for the person affected by the disease, as well as caregivers, family, and anyone interested in this wonderful series. Please join us for this lively presentation!

Our fourth annual Health Fair will feature a variety of organizations providing a host of useful information for you, the consumer. The VNA will be available to provide blood pressure, cholesterol, glucose screening and bone density screenings. Information on Lyme disease will also be presented. There will also be a masseuse available (first come,

first served), and other fun things for you. Please drop in for these excellent resources. When you sign in you will receive a raffle ticket. At 12:30 we will have a light lunch available and at that time we will draw the raffle tickets.

CAPE COD TECH CULINARY ARTS
May 3, 2011 10:45

Join Ron Mantley and his students as they prepare an array of tasty dips to serve with crackers and refreshing beverages for those hot days ahead. This event will be held at "The Gathering Place."

THE CAPERING CANINES
June 24, 2011 10:30

The dancing dogs are back! The Capering Canines are here with another wonderful show for you. The dogs dance with style as they glide across the dance floor. Watch them as they perform with ease. Come, and bring your grandchildren also.

A 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.

The Prissy Pooch

There once was a dog with paws very busy.
As he tried to _ _ _ _ _ dust _ _ _ _ _ on his bed,
Many _ _ _ _ _ he rolled over 'til he was quite dizzy.
Now he sends out his sheets to be laundered instead.

The solution to last issue's puzzle titled **The Overzealous Gardener** is: As the gardener **hoes** his rows of seedlings, never stopping. / One wayward **shoe** sticks stubbornly in the mud. Annoyed, he reaches for his **hose** by one foot hopping, / And soon has less a garden than a flood. The following people called in the correct answers: Susan McDonald, Verna Moore, Pat Morrell, Roberta Kelleher, Jean Snow, Patricia Carroll, Mary Alice Cadmus, Bob Engle, Don Larson, Kaye Richardson, and Jane Nielsen.

EXERCISING EFFECTIVELY
THE F.I.T. PRINCIPLE
Janet Reinhart, Exercise Instructor

If you are not feeling results from your exercise, whether it is walking, stretching, rehab, or losing weight, look at the following factors.

Frequency - how often do you do your exercise?

Aerobic/cardio, etc.	3-7 days/week
Strength/weights	3 days/week
Stretching	3-7 days/week

Intensity - how much effort do you exert?

You should be working in the "fairly light, somewhat hard, to hard" zone. This depends upon your abilities.

Time - how long do you exercise?

Begin with 20 minutes a day. May be broken into 2-10 minute segments. Work your way up easily into 30-60 minutes a day.

In order to improve or change, you need to exercise 5-7 days a week. Maintenance is 3 days a week. So, if you are working on pain or disability, you need to do your particular exercises everyday, in order for it to change.

As with all advice...check with your doctor and use common sense.

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OUTREACH CORNER NEWS

Cindy Dunham, LPN	508.240.2327
Joann Armstrong	508.240.5966

THE WELCOME CHANGE

As most of us know, March may be the advent of spring, but truly we know here it's really starting in May! We noticed the hints of promise in the last month or so....but suddenly we're bathed in beautiful colors....yellow, violet, pinks, reds! The leaves are coming out and the trees seem alive once again! The songs of the birds charm us. Aah, but

listen closely near a pond or swampy area, and you just may hear those peepers once again. Hoping that you all get a chance to venture out on a warm day and enjoy the beauty we all cherish here on Cape Cod. We wish you all health and a bit of happiness in the coming days.

Please remember that our Outreach office personnel are available to try & help in various situations, some that may even seem to be insurmountable. If we do not know the answer to something, we will do our best to find it for you! This time of the year there are tasks that perhaps you always did, but just can't right now. We have a list of workers that may be able to help. You can reach us by calling the numbers above, or calling the Senior Center main line.

UPCOMING PROGRAMS & EVENTS

May 27 11:30 Jump Start the summer with Our Center Cook Off! Calling all chefs! Come to the Senior Center with an entrée type dish, summer salad, or dessert favorite that you especially like to make in the summer. Please also bring with you the recipe so that you may then swap recipes on the things you particularly like. It will be a great chance to get together with your friends & neighbors, and perhaps meet new people! Our other objective is to see who might like to have a cooking/baking day once a month. We could choose a theme a month and have a lot of fun!

June 3 11:00 Bayada Nursing "Nutrition and Hydration"

A representative of Bayada Nursing will be here to present the basics of the foods we need to eat for a healthy lifestyle, and to show us how to stay hydrated. This is very informative and great for us so that we can experience great days ahead!

June 10 11:00 AAA "Older & Wiser Driving"
This program shows us the changes we go through as we age, how it pertains to our driving, and what, if any, changes might we make in our lives pertaining to our own driving.

June 17 11:00 VNA Presents "Fall Prevention"
A representative from VNA of Cape Cod will be here to do a seminar on Fall Prevention. One of their knowledgeable Staff members from OT, PT, or Nursing will present the discussion. During this

educational seminar, you are encouraged to ask questions and relay experiences you may have had.

STRESS MANAGEMENT

2nd & 4th Thursdays of the month 1:30 – 3:00

Come & learn new ways to cope with stress! Everyone has it, whether it is good or "bad"! Relaxation exercises, guided imagery, simple chair yoga positioning, and breathing exercises will be offered. This will be held on the following dates:

May 12th & 26th June 9th & 23rd

NEW CAREGIVER'S GROUP

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

Our staff at the Eastham Senior Center wants you to know that we are very interested in making sure that a caregiver is equipped with "tools" to deal with their unique situation involving their loved one who has been diagnosed with Alzheimer's Disease. This group is facilitated by Alzheimer's Services of the Cape & Islands. In addition, there will be a meeting held simultaneously for the "Newly Diagnosed". This is a means to ask questions about the road ahead! Remember, a problem shared, is a problem half solved! It would be great if you called the Outreach office ahead & let us know you are coming so that there might be adequate materials for all on that day.

May 10th & June 14th

BLOOD PRESSURE CLINIC

2nd & 4th Thursdays 10:00am – 11:00am

May 12th & 26th June 9th & 23rd

If you need your blood pressure taken more often, or at a different time, please call Cindy Dunham LPN at 508.240.2327.

PARKINSON'S EXERCISE GROUP

The Parkinson's Exercise Group will be held on Tuesdays from 10:30 – 12:00. The exercise is facilitated by Jane McDonald & Gail Glanville. It does not, however, meet on the 2nd Tuesday of the month.

**May 3rd, 17th, 24th, 31st
June 7th, 21st, 28th**

FREE MOVIE FRIDAYS

The Senior Center is pleased to present the following movies for your viewing pleasure:

May 6 *Mad Money* Comedy
May 27 *Julie & Julia*
June 3 *The Rose* Musical
June 24 *Overboard* Comedy

VOLUNTEERS

Do you have a little time on your hands with which you might want to do something meaningful? We are always quite happy to know about people who may be able to donate time to our seniors in a variety of ways. It may be simply a visit to someone's home to chat, play a game, and perhaps share a cup of tea or coffee. Some seniors can no longer drive, and going for a ride by the harbor, through Nickerson State Park, just about anywhere on Cape would mean a lot to them! Mostly, I think we all want to know someone cares!!

Other opportunities include, but not limited to: driving someone to a Doctor's appointment, picking up their medications, covering the front desk....the possibilities for that warm feeling of having been there for someone are endless!! Please come in or call to let us know if you wish to participate in any of these volunteer opportunities!!

SIGHT LOSS SUPPORT GROUP FOR THE VISUALLY IMPAIRED

Meetings are held on the 2nd Friday from 10:00-noon at the Eastham Senior Center, 1405 Nauset Road. For more information please contact Sight Loss Services at 1.800.427.6842. Transportation to the meetings is provided by our driver, Tom Hawko.

May 13, 2011
June 10, 2011

HOMESTEAD PROTECTION

Effective March 16, 2011, the Homestead regulations have been revised. The Homestead protects your primary residence against attachment,

seizure, execution on judgment, or sale to satisfy debts. There now is an automatic homestead of \$125,000 **without filing**. If a Homestead document is filed, the protection is \$500,000. If both of the property owners are 62 or older and both sign the Homestead, the protection is \$1 million.

A home held in trust can now receive homestead protection. The Trustee of the trust should declare the homestead on behalf of the trust beneficiaries. The cost for the filing at the Barnstable Registry of Deeds is \$36.00.

FEDERAL ESTATE TAX EXEMPTION

For 2011 and 2012, the federal estate tax exemption will be \$5 million and the estate tax rate for estates valued over this amount will be 35%. The estate tax has also become unified with federal gift and generation-skipping transfer taxes such that the gift tax exemption and generation-skipping transfer tax exemption will be \$5 million each and the tax rate for both of these taxes will also be 35%. The MA estate tax exemption remains at \$1 million.

NEIGHBORHOOD WATCH

The next meeting of the Neighborhood Watch group is June 7th at 10:00 am at the Eastham Town Hall – Earle Mountain room. There are a number of areas in Town that are not currently served by a Block Captain. With the rise in crime throughout the Cape, we must be vigilant in taking care of our neighborhoods. Please join us for an informative discussion and camaraderie.

Larry DiBona and Dot Reid are in their office at the Senior Center every Monday from 9:00 until noon. Please join them for questions about the program.

THEY NEED YOU!!

**OUTDATED AND UNUSED
MEDICATION**
Drop off at the Eastham Police Station

**April 30, 2011
10:00 – 2:00**

F.E.C.O.A. MEMBERSHIP APPLICATION JULY 1, 2010-JUNE 30, 2011 [F11]

NAME(S)

_____ \$2/PP (annual) or \$25/PP (lifetime) \$ _____
 ___new ___renewal
 _____ \$2/PP (annual) or \$25/PP (lifetime) \$ _____
 ___new ___renewal **Donation** \$ _____

MAKE CHECKS PAYABLE TO: FEEOA **TOTAL** \$ _____

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

Day & Overnight Trips

May 14, 2011 One FAN-tastic Day (Fenway Park and Sports Museum Tours, lunch) \$99/pp
 May 17, 2011 Arnold Arboretum's Lilac Lovers \$60/pp
 May 26, 2011 Connecticut Maritime History Tour (Mystic Seaport) \$70/pp
 May 31, 2011 Salem Sampler \$80/pp
 June 9 -12, 2011 Brandywine Valley Mansions & Gardens \$499/pp, double occupancy
 June 17, 2011 World Flower Show in Boston \$70
 June 16-24, 2011 7-night Alaska Cruise on Celebrity Millennium (price TBA)
 June 21, 2011 Down-easter Rail & Sail \$82
 June 30, 2011 Blackstone River Valley Adventure \$92
 July 4, 2011 Turn-around cruise -USS Constitution
 July 17, 2011 Tanglewood - Boston Pops
 July 29, 2011 Cirque de Soliel - Providence
 August 16, 2011 Block Island
 August 21, 2011 Canal Cruise

Advance Notice: Northern National Parks featuring Jackson, Wyoming, Yellowstone National Park and the Grand Tetons - **June 8 to 15, 2012**. Double \$2,169, includes air from Logan, air taxes and fees, insurance and hotel transfers, 7 breakfasts and 4 dinners.

Fliers are available at the Travel Information Center in the large hall at the Senior Center. For more information and reservations, call Jeannette Marcucci at 508.240.1354. Early booking is recommended.

Extended and Overseas Trips

October 3-11, 2010 The Best of Ireland featuring Ring of Kerry, Dingle Peninsula, Cliffs of Moher, Killarney, Blarney, Waterford, Dublin, Galway and so much more. \$1949 (plus air taxes and fees) Includes airfare, lodging, all breakfasts, 6 dinners.

For more information and reservations, call Trudy Novotny at 508.255.0513 for details and reservations. If paying by credit card, there will be an extra charge.

**FECOIA ANNUAL MEETING AND POTLUCK LUNCHEON
MAY 13, 2011
11:00**

Don Cornish, President of The Friends of the Eastham Council on Aging, Inc. and his Board of Directors invite all of you to attend their annual meeting. The meeting will begin at 11:00 followed by a potluck meal. Please bring your favorite dish to pass – enjoy the favorite dishes of others and the camaraderie this type of event engenders. There is a sign-up sheet in the office. See you there.



The address label on this newsletter indicates when your FECOA membership expires. If it says LF you are a life member. If it says FY10 or earlier, your membership has expired. The new fiscal year FY11 began July 1, 2010. Please renew your membership at your earliest convenience.

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

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