

WINDMILL WHISPERINGS

January – February 2010



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

SPECIAL FRIDAY PROGRAMS

January 8, 2010 10:30 am

January 22, 2010 10:30 am

Keith Klinger – Antiques Road Show

Keith Klinger of Klinger & Company will conduct another one of his informative and entertaining antique appraisal days. You might have a treasure on display or packed away somewhere in your home. Come and have it checked out (limit of 2 items each).

Barbecue Time!!

Enjoy the guitar playing and singing of Paul Ashley. The program will be followed by our mid winter barbecue. The menu will include country ribs, coleslaw, baked beans and corn bread. Cost is \$ 8.00. Please call for a reservation today.

February 5, 2010 10:30 am

Derek Mann - *Love and Laughter*

Derek Mann has been involved in every area of show business beginning at the age of twelve. He has logged over a million miles of travel as a cruise director. Come and enjoy his unique professional presentation - songs and the funny side of what makes the world go round.

February 19, 2010 10:30 am

Ben Franklin – *Colonial Life in Ben’s Time*

This unique program, mixed with humor, is full of fascinating facts about Ben Franklin and colonial life. Colonial schooling, medicine, clothing and fantastic laws are some of the many topics covered by Dave Downs. Come join us and step back in time.

A HELEN PETERSON PUZZLE

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

A Holiday Treat

A shy chap named _____ arrived at the party,
A bit of a _____, not clever or arty.
He brought _____ fruit for the hostess, not
wine.
And each party guest had a clementine.

The solution to last issue’s puzzle titled **The Tail Of The Cod** is: Misled by the wind whistling in his ears,/ The first mate thought he heard the captain’s wish./ He smiled assent, although he had fears./ And slimed the deck with rotting scraps of fish. The only two people who figured out this VERY challenging puzzle were Eleanor Birch and Dilys Smith.

Several of the people who enthusiastically solve all of these puzzles thought it would be a good idea to recognize the fact the Helen has not used the same

three words in her puzzles since she’s been submitting them to our newsletter. Bravo!!

**STAY WARMER THIS WINTER
Janet Reinhart, Exercise Instructor**

Did you know that by staying active and exercising regularly you can increase your body metabolism and temperature?

- The thicker and stronger your muscles are, the more calories or energy is required to maintain your metabolism. Even sitting down!
- A good 45-60 minutes of an exercise class or brisk walk will maintain elevated body warmth for another hour or so.
- Movement gets circulation into your head, hands & feet, keeping you warmer.
- Breathing more deeply adds oxygen to warm you. Think of what happens when you add oxygen to a fire.
- A more active lifestyle, even just around the house, will keep you going.

To exercise safely this winter, please come inside to the Sit & Be Fit Class at the Senior Center, Wednesdays, 11:00-11:45, or Senior Exercise on Tuesdays and Thursdays, 12:00-1:00.

**WHAT? YOU HAVEN’T DONE IT
YET!**

- ❖ If 1945 is your birth year, you will be 65 this year. That is the magic age for qualifying for Medicare!! Many of you may not be collecting Social Security at this time. If that is the case, you must notify Social Security that it is time to sign up for Medicare (Hyannis office is 508.775.7501, Regional office 800.772.1213.)
- ❖ Health Care Proxy forms and HIPAA Authorization forms are available in the office. Every person over the age of 18 should execute these forms.
- ❖ Be sure that you have a will and a durable power of attorney in place. The power of attorney should include a guardianship and conservatorship clause.

- ❖ File a Declaration of Homestead for your primary residence. Upon filing, your home is protected against attachment, levy on execution or sale to satisfy debts to the extent of \$500,000 if single or \$1,000,000 if married and over 62 years of age.
- ❖ Sandra Szedlak, our Director is available Monday through Thursday and Tess McAlpine, a trained SHINE counselor, is available on Fridays. Feel free to call the office for an appointment – they will simplify your healthcare choices, decisions, and questions.
- ❖ Join Serve New England (508.349.1173) to purchase food packages at an extremely low price. Two hours of volunteer service is also required. Newsletter available in the office.

OUTREACH CORNER NEWS

Cindy Dunham, LPN 508.240.2327
Joann Armstrong 508.240.5966

HAPPY NEW YEAR!! Here's wishing you all the very best in this coming New Year!!

Well, winter is certainly upon us ... we have not escaped it! Yes, the snow & ice can be a nuisance, but let's not forget to look at the beauty of some of these seemingly dreary days. A new fallen snow seems to add a different twist to nature! We see kids building snowmen, perhaps clearing off ice on the pond to get in some long awaited ice skating. Some of us feel like the best part of this time of year is that we could possibly take that "long winter's nap" in front of a warm cozy fire ... aaah ... how wonderful.

That all sounds pretty good to me, however, we all need to take the time to get out and socialize! Both of us have put together a variety of activities that relate to aspects of our lives in which we need to engage: health, education, & fun! Generally, there is something for everyone. No one need ever be alone!! Come by & join us, for one event, or all!

REMEMBER: STRANGERS ARE FRIENDS WE HAVEN'T MET YET!!

HELP IS HERE!

Please keep in mind that there is never a reason to go without food or heat. We process applications for both Fuel Assistance & Food Stamps here. We can work with those long term solutions, as well as get immediate help if needed, (in most cases). We have a Food Pantry on premises that you can access most any time, Monday through Friday.

ONGOING ACTIVITY

Blood Pressure Clinic:

2nd & 4th Thursdays 10:00 – 11 am
January 14th & 28th
February 11th & 25th

Bereavement Group:

2nd & 4th Thursdays 2:30-4pm

Caregiver's Group:

Mondays 10:30 – 11:30
January 11th & 25th
February 8th & 22nd

This group is facilitated by Jackie Powers from Beacon Hospice. This meeting is for every type of caregiver. Inner healing seems to begin when we share with others. In helping ourselves, we are helping others!!

PRESENTATIONS

These presentations start at 11:00am on designated Fridays. Please call the Outreach Department to "claim your seat" for any or all of the programs!!

January 15, 2010 "911" Program

January 29, 2010 "Nutrition & Aging" with Maggie Davis

February 12, 2010 "Safe Use of Prescription Medication" by Ray Tomasi of Gosnold of Falmouth.

February 26, 2010 "Falls Prevention" with Louis Howe, Injury Prevention Coordinator, Department of Public Health.

Free Movie Fridays

The Senior Center, in collaboration with Blockbuster Movies, presents the following movies for your enjoyment:

January 8 *Four Christmases* Comedy

January 15 *Angels & Demons* Drama
 January 29 *Julie & Julia* Comedy
 February 5 *My Sister's Keeper*
 February 12 *Memoirs of A Geisha* Drama
 February 19 *My Life in Ruins* Comedy
 February 26 *The Taking Of Pelham 1 2 3*
 Drama/Action/Thriller/Suspense

FUEL ASSISTANCE

The Fuel Assistance Program began officially on November 1st. It continues until May. The yearly income guidelines are as follows:

- 1 person – less than \$29,126
- 2 persons – less than \$38,087
- 3 persons – less than \$47,049
- 4 persons – less than \$56,011

If you feel that you qualify under these guidelines, please call for an appointment. We will be happy to process the application.

VOLUNTEERS NEEDED

Many thanks to our volunteers!! We operate more smoothly & efficiently because of you!! We are always looking for men & women who may be able to help our seniors. It could be only an hour a month. They need you in a variety of ways. Please call to find out more. We need you!! **The Thrift Shop is also urgently requesting volunteers.** Please give us a ring 508.255.6164.

P.A.C.E. NEWS

The Public Access Committee of Eastham works to improve conditions for the disabled of all ages through providing information and through monitoring access in all public places. The committee, authorized by the Board of Selectmen, is looking for new members as well as “Friends” to attend once-a-month meetings at the Town Hall. If you are interested in helping in this very important

area that affects all of our lives, please leave your name in the office with Katherine or call Grady Scholl at 508.240.0542.

FRIENDLY VISITOR PROGRAM

Pat Kochinak coordinates a small group of people who enjoy visiting with seniors who are not able to easily leave their homes. The relationships that are formed are most rewarding to both parties. If you would like to assist in this activity, please call Pat at 508.255.3139 or Katherine at 508.255.6164. We look forward to hearing from you.

CAPE LIGHT COMPACT ENERGY EFFICIENCY PROGRAM

Is there something you can do to reduce your monthly electric bill? Certainly! And it is absolutely free! Order an energy audit performed by Rise Engineering under the Cape Light Compact's Energy Efficiency program. These experts tell you how to reduce your electric bills.

There are several programs available:

- ❖ \$50-\$150 rebate on a new Energy Star refrigerator, depending upon income.
- ❖ Energy efficient light bulbs replaced throughout the home
- ❖ Energy Star thermostats \$25, limit 2/customer
- ❖ Weatherization of your home – depending upon income, free up to 25% of the cost.

All that is needed is to call 1.800.797.6699 and order an energy audit. These programs come to you courtesy of the Cape Light Compact. If there are questions, please call Fred Fenlon (508.240.3258) or email FredFJ@comcast.net.

THURSDAY BRIDGE GROUP 12:30 –3

This active group requests substitutes interested in playing. Please leave your name with Katherine in the office 508.255.6164

TRAVEL EXPERIENCES SPONSORED BY THE FRIENDS OF THE EASTHAM COUNCIL ON AGING

Day & Overnight Trips

February 15-16, 2010 Mohegan Sun & Foxwoods \$159/person, double occupancy (1 night accommodation, 3 buffets)

February 19, 2010 Rhode Island Flower Show \$55 (bus, admission)

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

June 17-24, 2010 South Dakota Black Hills and Badland National Park, Mt. Rushmore \$1899

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.

The address label on this newsletter indicates when your FEEOA membership expires. If it says LF you are a life member. If it says 09 or earlier, your membership has expired. The new fiscal year 10 began July 1, 2009. 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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F.E.C.O.A. MEMBERSHIP APPLICATION JULY 1, 2009 - JUNE 30, 2010 [F10]

NAME(S)	CHECK MEMBERSHIP TYPE	AMOUNT
_____	<input type="checkbox"/> \$2/PP (annual) or <input type="checkbox"/> \$25/PP (lifetime)	\$_____
__new __renewal		
_____	<input type="checkbox"/> \$2/PP (annual) or <input type="checkbox"/> \$25/PP (lifetime)	\$_____
__new __renewal		

Donation to help defray the cost of maintaining
The Eastham Senior Center

FOR OFFICE USE ONLY __ Card given/sent __ Cash/check# _____ Check date _____ __ STAR input

MAKE CHECKS PAYABLE TO: FEEOA TOTAL \$_____

MAILING ADDRESS _____

TELEPHONE _____

INCOME TAX PREPARATION

The Senior Center provides IRS trained tax consultants to help with filing your Federal and State income tax returns. Consultations are available on Tuesdays (Jean Snow) and Fridays (Paul Brown). Call the Senior Center for an appointment 508.255.6164. We are booking appointments now for February and March.

DISPLAY CASE

Katherine Mesheu, our secretary, wants to encourage those of you with a special collection to request that the collection be displayed in the large glass case in the hall. We currently have on display a variety of stones that were found at Nauset Light Beach by Ernie Cobb. Please call Katherine at 508.255.6164 to offer your collection for display later in the year.

<p>BUSINESS SPONSORS</p> <p>Eastham Discount Oil</p> <p>Kerry Insurance Agency</p> <p>Seamen's Bank</p>
