

WINDMILL WHISPERINGS

January – February 2011



EASTHAM SENIOR CENTER

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www.eastham-ma.gov

The Gathering Place 508.255.6734

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Eastham Senior Center 508.255.6164

Director: Sandra Szedlak

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SPECIAL FRIDAY PROGRAMS

January 7 2011 10:30 am

Kate Alpert – Historical Eastham

Kate Alpert, Eastham native will speak on the history of Eastham. Kate was born in the Moore House, ca. 1846 in the Eastham Historic District. Her parents were Maurice & Katherine Moore, and on her father's side the Moore family has been in Eastham since the founding of Eastham in 1651. She is knowledgeable about the town, its founding fathers, early residents and houses in the Historic District.

January 21, 2011 10:30 am

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 4, 2011 10:30 am

Spelling Bee with 5th Graders

Our **Spelling Bee** with combined teams of Eastham Elementary School 5th graders and Eastham Seniors is back by popular demand. **We must have at least 15 volunteers to represent the Senior Center. Please call today 508.255.6164.** We even provide you with a list of words so that you can study ahead of time!

February 18, 2011 12:00 noon

Tea Social

Join us for a Tea Social at high noon. We will have finger sandwiches, other goodies, and an assortment of teas to choose from. There is no cost for this social! We will be showing *An American in Paris* immediately following tea so bring a friend or two and join us for a fun afternoon! No reservations are necessary.

A HELEN PETERSON PUZZLE

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

THE CON MAN

A _____ of lies to gain peoples trust,
He used sad stories to spring his sting.
Now he _____ the _____, since his scam went
bust.
And he is never _____ about anything.

The solution to last issue's puzzle titled **A Warning for Spring** is: Be alert as you sit in your deck chair, my friend./ For the woodchuck may come and your garden upend./ He will alter your plan/ So don't let him do it./ Or later in the season you will certainly rue it. The following people called in the correct answers: Henriette Camp, Jean Snow, Patricia Carroll, Pat Morrell, Roberta Kelleher, Jean Reilly, Verna Moore, Pat Regal, Mary Alice Cadmus, Bob Engle, and Jane Nielsen.

THE NEW YEAR, AGAIN Janet Reinhart, Exercise Instructor

New Year's Resolutions are not about making unrealistic changes in your life, but rather practicing small, simple acts that improve your quality of life. New Year's is traditionally a time of reflection with the intention to create who you want to be.

Challenge yourself to:

Eat more vegetables

Walk more

Do yoga

Smile, forgive someone

Save money

Stretch when you wake up

Hug your kids, husband, wife, mom, etc.

Volunteer

Give more and take less

Tell someone you love them

Read a book on health and exercise

Sleep 7 - 8 hours a night

Think about it – have you smiled at a stranger today? Did you take a walk? Did you eat something green? Simplicity is what creates success, and there is no better time to become a new you than NOW.

WHAT? YOU HAVEN'T DONE IT YET!

- ❖ If 1946 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 866.467.0440, 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 a 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.

OUTREACH CORNER NEWS

Cindy Dunham, LPN 508.240.2327
 Joann Armstrong 508.240.5966

A VERY HAPPY NEW YEAR TO ALL!!!

Here we are once more in our wonderful winter season! Yes, most likely we will encounter some very bitter cold and dreary days, however sometimes the snow can cover our landscape with the utmost of glistening beauty! We can get outside and enjoy the crisp fresh air, knowing that we can anticipate the coziness of our warm homes.

The allure of winter is certainly not lost on me, but some struggle with the basics of every day living. We here at the Eastham Senior Center understand that it may be difficult to afford the current high fuel and food costs so we have some programs that might help! We have a Dry Goods Food Pantry on site that you may access just by giving us a call! All of us could use a helping hand at one time or another. Your visit will be kept confidential, so please do not go without what you may need. Give us a call!

The Senior Center also has Fuel Assistance Applications which we would be happy to help you fill out. Call to make an appointment. The guidelines are listed elsewhere in this newsletter.

Food Stamp applications are available as well. They resemble a credit card & are easy to use! Please don't let pride get in the way!! Everyone should be adequately fed and be warm!

UPCOMING PROGRAMS

January 14 Veteran's Program 11:00 am
 Ed Merigan will be here from the Veteran's Administration to speak about Veteran's benefits. Please come with any questions you may have.

January 20 Lighthouse Presentation 11:00 am
 Jim Walker will be here with us to speak about Cape Cod Lighthouses. It should prove to be an interesting & enlightening program.

February 25 Assisted Living 10-12 noon
 How much do you know about assisted living? We have arranged for you to come & meet a few representatives of facilities. You will hear from Maureen Gardner, Epoch of Brewster, Mark Doyle, Orleans Assisted Living apartments, and Carolyn Wass from the Victorian of Chatham.

STRESS MANAGEMENT

Come & learn new ways to cope with stress! Relaxation exercises, guided imagery, simple chair yoga positioning & breathing exercises will be offered.

Everyone will have the opportunity to share what's happening in their lives, if they choose. This will be facilitated by : Nancy Higgins LICSW Bereavement Coordinator VNA Hospice and Judi Pregot LCSW, VNA Hospice.

NEW CAREGIVERS GROUP

The Alzheimer's Services of the Cape & Islands

We are happy to announce that we will have two people from the Alzheimer's Services here on Tuesday January 11th. One will head a group for caregivers, and the other will facilitate a group for the "Newly diagnosed" so that their questions about the disease process can be addressed. That day the

groups will be held from 10:30 – noon. Remember that a problem shared is a problem half solved!

BLOOD PRESSURE CLINICS

2nd and 4th Thursdays of the month 10 – 11 am

January 13th and 27th February 10th and 24th

FREE MOVIE FRIDAYS

The Senior Center presents the following movies for your enjoyment:

January 7	<i>My Fair Lady</i>
January 14	<i>Chicago</i>
January 28	<i>The Unsinkable Molly Brown</i>
February 4	<i>Pennies From Heaven</i>
February 11	<i>One True Thing</i>
February 18	<i>An American in Paris</i>
February 25	<i>Rear Window</i>

PARKINSON'S EXERCISE GROUP

The Parkinson's Exercise group will be held on Tuesdays from 10:30-noon. It is facilitated by Jane McDonald and Gail Glanville.

January 4, 18, 25 February 1, 15, 22

Please come join in the fun! The people, the music, the laughter..... you can't beat it!!!

FUEL ASSISTANCE APPLICATIONS

The Fuel Assistance program began on November 1st and continues until May 2011. For those of you new to Fuel Assistance, please note the following yearly income guidelines.

1 person – less than \$30,751
2 persons – less than \$40,213
3 persons – less than \$49,675
4 persons – less than \$59,137

The amount of assistance has been reduced this year to an amount between \$300 - \$500. Applications are available at the Senior Center. Please call for an appointment. There are a number of items you must bring with you; Katherine will provide you with the list when you call.

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 when they reopen in February.** Please give us a ring 508.255.6164.

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 Mesheau, 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. The crèches displayed in December were collected by Roberta and Donovan Cornish during their travels. Please call Katherine at 508.255.6164 to offer your collection for display.

BUSINESS SPONSORS

Eastham Discount Oil
Kerry Insurance Agency
Seamen's Bank

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, September - June. For more information please contact Sight Loss Services at

1.800.427.6842. Transportation to the meetings is provided.

NEW DRIVING LAW IN EFFECT

If you are 75 or older and facing the renewal of your MA driver's license, a new state law requires that you complete the renewal in-person at the Registry. Our nearest Registry is in South Yarmouth on Route 28.

This in-person renewal is to ensure that your driving vision is tested by RMV personnel. As an alternative, you may provide a vision screening certificate from an appropriate health care provider.

The new law, effective September 30, 2010, also says that doctors and other health care providers, along with the police, may report drivers they believe are not physically or mentally capable of driving safely due to "cognitive or functional impairment."

The RMV also asks that you complete an online application and take it with you at the time of your renewal visit. We would be happy to assist you with this application – please call the Center 508.255.6164 for an appointment.

“CRUSH IT, DON'T FLUSH IT”

There is a simple four-step process to safely dispose of unwanted or unused medications.

Step 1 – Pour the medication into a sealable plastic bag. If the medication is a solid, crush it or add water to dissolve it.

Step 2 - Add coffee grounds, cat litter, or sawdust to the plastic bag.

Step 3 – Seal the plastic bag and put it in the trash.

Step 4 – Remove and destroy all identifying personal information (the label) from all medication containers before recycling them or throwing them away.

If you have any questions regarding safe medication disposal, please contact the Hazardous Materials Program of Barnstable County at the Cape Cod Cooperative Extension.

508.375.6847 or 508.375.6699

AFTERNOON STROLL (02/03/1962)

Our Anonymous Poet

Hand in hand
along the beach we drew

lengthened shadows
of the years we knew;

heart to heart as always,
our walk now half-way done,

setting sun
and evening star

shall find us
still as one.

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** \$ _____

FOR OFFICE USE ONLY

___ card given/sent
___ cash/check# _____
___ check date _____
___ STAR input

MAILING ADDRESS _____

HOME ADDRESS _____

TELEPHONE _____

EMAIL _____

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

Day & Overnight Trips

February 14- 15, 2011	Foxwoods & Mohegan Sun	\$159/pp, double occupancy
February 17, 2011	Historic Landmarks of Boston	\$99/pp
February 26, 2011	Rhode Island Flower Show	\$55/pp
March 17-28, 2011	St. Augustine, FL & Myrtle Beach, SC	\$1749/pp double occupancy

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

Extended and Overseas Trips

May 1-15, 2011 Florence, Venice, and Rome: Also included, Siena, Assisi, Vatican City, and much more. Stay 4 nights in Montecatini and 3 nights in Rome. All breakfasts and dinners included. \$2199.00/pp plus air taxes, fees, and fuel charges.

September 1-9, 2011 Lake Como & Switzerland: Stay 7 nights in Lake Como. All breakfasts and dinners included. \$1959.00/pp plus air taxes, fees, and fuel charges.

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 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
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