

# WINDMILL WHISPERINGS

September - October 2011

“Grist for Thought”



## EASTHAM SENIOR CENTER

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

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The Gathering Place 508.255.6734

Director: Kathy Gill

Email: [LCADC@comcast.net](mailto:LCADC@comcast.net)

Eastham Senior Center 508.255.6164

Director: Sandra Szedlak

Email: [EasthamCOADirector@comcast.net](mailto:EasthamCOADirector@comcast.net)

### **BANJO BAND AND LOBSTER ROLL**

Friday, September 9 11:30

Join us at the Senior Center on Friday, **September 9<sup>th</sup>** for a great time. This band has been performing for us for over 11 years. It is the same band that plays at Cooks Brook Beach one weekend every year.

We are offering a delicious lobster roll served with coleslaw, chips, and a beverage at 11:30 (cost \$10). The Band will play from 12:30 to 1:30. Please call

508-255-6164 by September 7<sup>th</sup> to make your reservation.

### **CELLO – BRATION**

Wednesday, September 14 9:30

Thirzah Bendokas, Connecticut's star cellist will perform at the Senior Center. She will present a contemporary program on the cello showing its versatility. Please come and enjoy this marvelous performance.

## FRIDAY PROGRAMS BEGIN

### “Remembering, the Happy Time” presented by The Bluestone Group

October 7, 2011 10:30

This production, one of Cape Rep Theatre’s Outreach Programs, features Caitlin Mills and Troy Armand Barboza, vocalists, and Robert Wilder at the piano. This is a wonderful combination of musical numbers by Gershwin, Sondheim, Rodgers and Hammerstein, Porter and others. Join us for entertainment followed by refreshments.

### The Sisters’ Act (early this year!!)

October 21, 2011 10:30 am

“The Sisters’ Act” features our director, Sandra Szedlak and her sister, Gail Peters Kingsley. Gail, an attorney in her own practice (Libby, O’Brien, Kingsley, LLC), is an expert on legal and financial matters affecting seniors. Sandra is an expert on health insurance, claims filing, Medigap policies, and Medicare Part D. Come and hear the latest developments in tax law and medical insurance.

## EASTHAM PROPERTY TAX EXEMPTION - \$1000/YEAR

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 for an appointment.

For all the rest of you – please check to see if you qualify. Here are the guidelines:

- Age 65 or older by July 1, 2011.
- Massachusetts resident for 10 years, owner of a house in Massachusetts for 5 years
- If single, total income for the year 2010 is less than \$24,158, counting Social Security, and assets are less than \$40,000 on 7/1/11.
- If married, total income for the year 2010 is less than \$36,237, counting Social Security, and assets are less than \$55,000 on 7/1/11.

We have applications at the Center. Please call for an appointment and we will let you know what to bring with you.

## FUEL ASSISTANCE APPLICATIONS

For those of you who received a form in the mail to re-certify for Fuel Assistance, please call for an appointment soon! The program begins on November 1<sup>st</sup> and continues until May 2012; you want to be covered from the beginning of the program.

For those of you new to Fuel Assistance, please note the following yearly income guidelines.

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

Applications will be available at the Senior Center in late September. Please call for an appointment.

## 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.

### John the Talker

A man in London had a son named John,  
Who, his father said, would \_ \_ \_ \_ \_ on and on.  
But one night, with lighted \_ \_ \_ \_ \_ held high  
John shouted, “ \_ \_ \_ \_ \_ look here. I can fly!”  
Oops! He slipped and went splat. And spoke  
much less after that.

The solution to last issue’s puzzle titled **Tinsel Town** is: Twinkle, Twinkle little starlet,/ vamping every knave and varlet./ How she reaps her share of dealings,/ doesn’t spare her victim’s feelings./ Oscar lost, she pares ambition, and settles for a politician. The following people called in the correct answers: Henriette Camp, Irma Vincello, Mary Alice Cadmus, and Bob Engle.

## **BUSINESS SPONSORS**

**Eastham Discount Oil  
Kerry Insurance Agency  
Seamen's Bank**

## **OUTREACH CORNER NEWS**

Cindy Dunham, LPN      508.240.2327  
Joann Armstrong      508.240.5966

Autumn is Delightful !

Well, despite a couple of hot days, the summer was quite pleasant! Although most of us are sad to bid farewell to the warmth, we know the beautiful fall lies ahead of us. Everything in nature starts to change, with the expectation of winter a few short months from now.

Fall is a wonderful time! It would seem that, right before our very eyes, awesome, brilliant colored leaves burst forth on our trees and bushes. The animals seem to be pretty busy readying themselves for what lies ahead. For us, this is a kind of laid back time, as our population goes back down, and there is less activity on our highways and byways!

Here's wishing you a wonderful fall replete with serenity aplenty!

## **SOME HELPFUL REMINDERS**

- Have you had your chimney and/or oil burner checked/cleaned? Good thing to do now! Don't wait until the first cold days come!
- Do you have someone to help around your home as some tasks have become too difficult? If you do not, please call Outreach, and we will do our best to serve you! Don't forget, we offer a grocery shopping van every Tuesday, and our Center has drivers that will get you to doctors' appointments for a nominal fee.

## **FRIDAY PRESENTATIONS**

**September 2 10:30 "Be Safe at Home"**  
Mark Foley of the Eastham Fire Department will be here to talk about home safety from his point of reference. Elaine Phillips, from Medical Alarms

USA, will be here to speak of the safety benefits derived from possessing a medical alarm necklace or bracelet. Kristen Young, from C.O.R.D. will join us as well, telling us of C.O.R.D. services that are geared towards staying at home to live our lives.

### **September 16 11:00 "Energy Awareness"**

We will have representatives from both N-Star & Cape Light Compact on hand to bring us up to speed on how to save money on our electrical bills.

### **September 23 11:00 "Safe Driving As We Age"**

This program will be presented by Michelle Ellicks of the Massachusetts RMV. She will bring a lot of informative materials that are beneficial to us as we continue to drive or are seriously considering not driving!

### **September 30 11:00 "The Role of Physical & Occupational Therapy in Your Recovery"**

Sherry Williams of the VNA will be here to impart useful information, as well as try and answer any questions you may have.

### **October 14 10:30 "Alzheimer's & the Arts"**

This is a wonderful presentation by a young woman from the "Alzheimer's Services of the Cape & Islands". This particular presentation will be a music venue. This is great for anyone, but geared towards the Alzheimer client and their family/caregivers.

### **October 28 11:00 "Safe Use of Medication & Other Substances"**

Gosnold's, Ray Tamasi will present this poignant subject! There are so many things that most people do not know when it comes to new medications, how to take them, etc. Please come! Be informed!!

## **GROUPS OF INTEREST**

### **NEW FOR YOU**

#### **WALKING BEREAVEMENT GROUP**

Group starts Thursday September 15, 2011

Time: 9:30am – 11:00am

Thursdays in October: 6<sup>th</sup> & 20<sup>th</sup>

This group will provide those who have experienced the loss of a loved one with an opportunity to "walk and talk" with others going through a similar situation. If there's a rainy day, we will meet in the Eastham COA library room.

This group is facilitated by Nancy Higgins, LICSW and Rick Bickford, LICSW, Bereavement Coordinators from the VNA Hospice. There is no charge for the group, but pre-registration is required. Please call Nancy Higgins at 508.957.7715 to register and for additional information.

**CAREGIVER'S GROUP 2<sup>ND</sup> TUESDAY**  
**SEPTEMBER 13<sup>TH</sup> OCTOBER 11<sup>TH</sup>**  
**10:30AM – NOON**

Are you a caregiver of a loved one or friend? Do you sometimes feel, "this is just too much", "I'm not sure if I'm doing this right". Our staff is well aware of this huge undertaking. We would like you to have the "tools" to deal with your unique situation involving a loved one 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" as well! Remember, a problem shared is a problem half solved!

It would be great if you called the Senior Center to let us know if you plan to attend. It is important to know how many are coming so that there will be adequate materials for all!! If you are in need of your loved one to be supervised and kept safe during your attendance at the meeting, our Social Day Center called "The Gathering Place", on premises, would be happy to assist!

**BLOOD PRESSURE CLINIC**

2<sup>nd</sup> & 4<sup>th</sup> Thursdays of each month  
10:00AM – 11:00AM

September 8<sup>th</sup> & 22<sup>nd</sup> October 13<sup>th</sup> & 27<sup>th</sup>

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**

Tuesdays 10:30 - 12:00  
September 6<sup>th</sup>, 20<sup>th</sup>, and 27<sup>th</sup>  
October 4<sup>th</sup>, 18<sup>th</sup>, and 25<sup>th</sup>

This is a wonderful group facilitated by Jane McDonald & Gail Glanville. It is such an exciting group fueled by Jane & Gail's enthusiasm as well as great music! We do hope you join us! The dates given are exclusive of the second Tuesday of the month when they do not meet here!

**OPPORTUNITIES FOR HELPING YOUR FELLOW PEOPLE!**

You need not go far to find a wonderful opportunity to help your "neighbors". We here at the Eastham Senior Center are always looking for individuals that could volunteer from time to time. There are a variety of ways this may be done. The following are examples:

- ❖ take someone to a Doctor's appointment
- ❖ pick up someone's groceries/medications
- ❖ if the client is able, take them for a ride to one of the many harbors, perhaps to a beach, or a ride through Nickerson State Park
- ❖ go for a cup of coffee/ watch a sunset

Opportunities abound!! Please call us here at the Senior Center if you could help! The "returns" are huge! Most get a feeling of happiness & peace, a "warm fuzzy" feeling! I can attest to the fact that there's nothing quite as satisfying as helping another human being!

**CHAIR YOGA FOR MANAGING STRESS: GET FIT WHERE YOU SIT**

**Judi Pregot MSW, LCSW**

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 to improve flexibility. As part of each session, other relaxation exercises will be included.

**1:30 – 3:00** September 22<sup>nd</sup>  
October 13<sup>th</sup> and 27<sup>th</sup>  
November 10<sup>th</sup>  
Dec 8<sup>th</sup> and Dec 22<sup>nd</sup>

**Sight Loss Support Group for the Visually Impaired**

Meetings are held on the 2nd Friday from 10:00-noon at the Eastham Senior Center, September-June. For more information please contact Sight Loss Services at 800.427.6842 or 508.394.3904.

**NEIGHBORHOOD WATCH**

The next meeting of the Neighborhood Watch group is September 13, 2011 at 10:00 am at the Eastham Town Hall – Earle Mountain room. The

speaker will be Jackson T. Zee, Executive Director of WILD CARE.

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.



## **MEDICARE'S OPEN ENROLLMENT PERIOD IS CHANGING!**

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

Sonja Brewer, Regional Director, Cape & Islands SHINE Program

The annual Medicare Open Enrollment period is the time to review your Medicare plan choices. During this time you can enroll in a plan or change your Medicare coverage for 2012. *Note that this is an earlier timeframe than in previous years!*

If you are already enrolled in a plan, you will be receiving mail from your current provider regarding any upcoming changes for 2012. This is very important information so be sure to keep it in a safe place. There will also be a lot of information in the news and in the mail from many insurance companies as they undertake marketing efforts for 2012.

Avoid confusion! Contact the Senior Center if you would like assistance from Tess McAlpine, a State Certified SHINE Counselor to help make your plan choices for 2012. She is available on Fridays.

Our Senior Center Director, Sandra Szedlak, is also available to assist with determining which Medicare Part D will fit your needs for 2012. She is available Monday – Thursday mornings.

## **Heating Oil Tanks Need Protective Devices**

By September 30, 2011, your heating system must have an oil-safety valve or a protective sleeve on the oil supply line if the line is in contact with the floor (MA Homeowner Heating Safety Law). Make sure that you are in compliance.

## **RATE OF PERCEIVED EXERTION (RPE)**

**Janet Reinhart, Exercise Instructor**

The RPE scale identifies how hard you are exercising. Aerobic fitness improves only when you increase your exertion. Below is a simplified version:

1	Very, very light	“I’m breathing normal, let’s go.”
2	Very light	“I feel super, hardly working.”
3	Fairly light	“I feel like I could go forever.”
4	Light	“I can tell I’m exercising.”
5	<b>Somewhat Hard</b>	<b>“I’m starting to sweat.”</b>
6	<b>Moderately Hard</b>	<b>“I’m getting a workout.”</b>
7	<b>Hard</b>	<b>“This workout is hard, but I’m OK.”</b>
8	Very Hard	“This is difficult, I’m breathing hard.”
9	Very Very Hard	“I’m uncomfortable, slow down.”
10	Extremely Hard	“I’m exhausted. I must stop.”

Seniors should work in the 5-7 range. Exercises 6 days a week! Start slowly. Consult with your doctor.

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

## Day & Overnight Trips

September 5-9, 2011	Red Sox in Toronto & Niagara Falls \$699, double occupancy/ \$203 single
September 10, 2011	Strawberry Banke Museum \$102 (bus, admission, lunch, cruise)
September 20, 2011	Downeaster Rail & Sail \$82 (bus, admission, harbor cruise)
September 21, 2011	Providence Culinary & Culture \$89 (bus, admission, lunch)
October 2, 2011	Simple Pleasures of NH \$79 (bus, brunch, shopping, photos)
October 21, 2011	Haunted Salem \$115 (bus, admission, tour, museum, show, dinner)
October 23, 2011	A Day in Pompeii at Boston's Museum of Science \$75 (bus, admission)
October 25-28, 2011	Chateau Frontenac & Quebec City \$625, double occupancy/ \$320 single

**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, 2011 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, and 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 FECOA membership expires. If it says LF you are a life member. If it says FY11 or earlier, your membership has expired. The new fiscal year FY12 began July 1, 2011. Please renew your membership at your earliest convenience.

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

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