

# THE WELLFLEET WAVE

Newsletter of the Wellfleet Council on Aging  
715 Old King's Highway • Wellfleet • 02667

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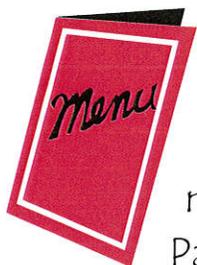
VOLUME 2015-9 & 10

September/October 2015

GENERAL PHONE NUMBERS

508-349-2800 OR 349-0313

FAX: 508-349-0319



## WELLFLEET DINES OUT

It's that time of year again.....Between Labor Day and Columbus Day you can enjoy dinner at your favorite Wellfleet restaurants and try a new one to benefit the Friends of the Wellfleet Council on Aging, too! Participating restaurants have chosen an evening when they will donate a percentage of their food sales to the Friends for our support of the COA's programs, services and other special needs of Wellfleet's seniors. Check the calendar pages and schedule your nights out & find a special insert inside this newsletter !!

**WHEN PARTICIPATING, REMEMBER TO THANK THE RESTAURANTS FOR SUPPORTING WELLFLEET DINES OUT!**

Check the calendar pages & schedule your nights out for the following:

\*The Bookstore

\*Moby Dick's

\*The Pearl

\*The Wicked Oyster

\*Marconi Beach

\*Catch of the Day

\*Bob's Sub & Cone

\*PJ's Family Restaurant

\*Van Rensselaer's

\*PB Boulangerie Bistro

\*Winslow's Tavern

Are you remembering to check-in to **MySeniorCenter**, when you enter the COA? The more you scan, the more you help to drive up the attendance numbers which, in turn, help us get more grant money. **Congratulations to these "super-scanners" ~ they will be enjoying a complimentary Iris's Café luncheon!** **LARRY MOODRY & DOROTHY DOLAN**

## DATES TO REMEMBER

**COA CLOSED**

**Monday, September 7<sup>th</sup> ~ Labor Day**

**Monday, October 12 ~ Columbus Day**

## LOOK INSIDE FOR A FLYER ABOUT:

\* Wellfleet Dines Out

\* Friends of the COA membership

TRIPS: We will bring you trip adventures again in November and December!

## ♥ FOR YOUR HEALTH

♥ **ASK THE NURSE** ~ Visiting Nurses Association of Cape Cod, offers FREE services every WEDNESDAY from **12:30 - 2:30 PM**:

- Blood pressure
- Glucose monitoring
- Weight monitoring
- Nutrition advice & counseling
- Medication questions
- Information on area services
- Information on common communicable diseases
- Information on common medical problems
- Health & wellness questions

**A HEALTH NOTE FROM DEE YEATER, VNA TOWN NURSE: Shingles Vaccine and Boosters**

~This question is often asked but the answer from the Center for Disease Control and Prevention is "No". A booster shot is not currently recommended. The vaccine cuts the risk of developing shingles by about half. Even more important, it reduces the odds of lingering nerve pain ("post herpetic neuralgia or PHN) by 59 percent. The vaccine's effectiveness begins to wane after five years, but it still lowers the risk of shingles by 21 percent and PHN risk by 35 percent after seven to 10 years. The vaccine is approved for people older than age 50, but the risk for PHN rises with age, so the Center for Disease Control and Prevention advises waiting until age 60 to be vaccinated.

♥ **DR. CAMPO, PODIATRIST:** For all foot care problems and routine care. NOTE: Most podiatry services are covered by Medicare & other insurance (prior approval needed for HMO's) ~ the balance of what insurance does not cover is patient's responsibility, including any co-payments mandated by your insurance carrier. Appointments must be booked through the COA. September 25 and October 9, 30.



## ▶ FOR YOUR ASSISTANCE

▶ **ARE YOU READY FOR MEDICARE?** Deb Ford of New York Life will be hosting Medicare Review Seminars on *Wednesday, September 16 and Wednesday, October 21 at 4 PM*. In this seminar, she will focus specifically on those individuals turning 65; however, all are welcome. Review of Medicare, the differences between Parts A and B, Medicare coverage and Part D prescription drug coverage. Call COA to reserve a spot for the Wednesday sessions or individual appointments are available for those unable to attend on above dates ~ call Deb Ford at 508-367-0061 to schedule.

▶ **DR. MARLENE DENESSEN:** Counseling services at the COA on Mondays. She is a senior professional and can help with all kinds of life situations. Try a free session with no obligation. If you decide to continue, her services are insurance billable. Call 508-896-7790 for an appointment.

▶ **GOSNOLD COUNSELING:** By appointment at the Wellfleet COA ~ booked through the Gosnold Office in Provincetown 508-487-2449. **CONFIDENTIAL.**

▶ **LEGAL ASSISTANCE:** 60 years of age or older ~ By appointment on the second Wednesday of the month, from 10 - Noon. Conducted by Attorney Tom Kosman, of Legal Services for Cape Cod and the Islands. Free. September 9, October 14.

▶ **TRANSPORTATION:** For Wellfleet residents 60+. Call us for more information. Monday - Wednesday - medical appointments, Thursday - Wellfleet day, Friday - Orleans grocery shopping.

▶ **WELLFLEET ALZHEIMER'S ASSOCIATION:** Serves the Lower Cape from Provincetown to Chatham by raising funds to be used to alleviate the financial and emotional stress created by Alzheimer's disease or other memory deficiencies. The Association works with the Outreach staff of the Councils on Aging to identify patients and caregivers in need. All applications are confidential and are submitted by the Outreach worker at the COA in your town. Please call Wellfleet COA Outreach Coordinator Linda Balch for more information.

### 🍷 FOR YOUR DINING PLEASURE

🍷 **CONGREGATE LUNCHEON:** 60 years of age or older - every Wednesday at noon. Reservations required the day before by 11 AM ~ 508-349-2800, Ext. 207. Suggested voluntary donation. Brought to you by Elder Services of Cape Cod & the Islands.

🍷 **IRIS'S CAFÉ:** Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday. Menu on last page of The Wave.

🍷 **MASS APPEAL PORK ROAST DINNER ~ Saturday, October 10, 5 - 7 PM ~ Adults ~ \$12, Children under 10 ~ \$6 ~ Tickets may be purchased at: Mass Appeal, 2393 Rte. 6 ~Cove Corner, Wellfleet 508-349-1173~Monday, Wednesday or Friday from 9 AM - 12 Noon ~ All proceeds benefit Mass Appeal Programs. Please come enjoy a delicious dinner & great company to benefit a wonderful organization that takes care of local families!**

🍷 **MEALS ON WHEELS:** Sponsored by Elder Services, meal delivery to Wellfleet & Truro seniors.

🍷 **OUTER CAPE COMMUNITY COFFEE:** Coffee & Iris's fresh baked scones. Monday - Friday.

🍷 **SOUP TO GO:** *Beginning in October ~ menu on back page.*

🍷 **SUMMER SALADS TO GO:** *A variety of summer salads homemade by Iris, packed to travel, every Monday through September (may be soup depending on weather).*

### ★ FOR YOUR FUN AND ENTERTAINMENT

★ **BRIDGE:** Every Friday from 1-4. Beginners welcome. Non-competitive, casual & fun.

★ **DENYA LeVINE INTERGENERATIONAL MUSIC & MOVEMENT:** Join fiddler Denya LeVine and the SeaBabies for this fun, musical event. Great interactive activity for grandparents and their grandkids, ages infant - 4. Tuesday, September 8 and Tuesday, October 6, 10:15 - 11:15.

★ **QUILTING GROUP:** First and third Thursday, from 1-4 in our Conference Room.

★ **SCRABBLE:** Join other Scrabble enthusiasts, every Thursday immediately after Iris's Café.

★ **THE WELLFLEET RED "MAD HATTERS":** We would like to invite any ladies 50 years plus to join our "Tea Party" at 2 PM, the second Monday of every month. Please call Kip Detlef at (508)349-6805 for more information. Sept. 14 meeting off site. No October meeting due to holiday.

★ **WELLFLEET WAVE BOOK CLUB:** **September 17<sup>th</sup>, 1:30 ~ The Bully Pulpit by Doris Kearns Goodwin** ~ "In her beautiful new account of the lives of Theodore Roosevelt and William Howard Taft, historian Doris Kearns Goodwin spins a tale so gripping that one questions the need for fiction when real life is so plump with drama and intrigue." (*Associated Press*) **October 15<sup>th</sup>, 1:30 ~ Everything I Never Told You by Celeste Ng** ~ "Excellent, an accomplished debut... heart-wrenching...Ng deftly pulls together the strands of this complex, multigenerational novel. An engaging work that casts a powerful light on the secrets that have kept an American family together – and that finally end up tearing it apart." (*Los Angeles Times*)

★ **SCRABBLE:** Every Thursday, immediately following Iris's Café.

### ☺ FOR YOUR WELL-BEING

#### EXERCISE CLASSES WITH MELISSA SHANTZ

☺ **ARTHRITIS FOUNDATION EXERCISE CLASS:** Monday & Wednesday,

**NEW 8-WEEK SESSION AND NEW TIME !! August 31<sup>st</sup> - October 23<sup>rd</sup> ~ 11:45-12:45 ~**  
Gentle class will be geared towards osteo-arthritis, rheumatoid arthritis, fibromyalgia and osteoporosis. Drop-in fee of \$7 or pay up front for full session/big savings (8 weeks, two times a week = 16 sessions) for \$70.

## ☺ FOR YOUR WELL-BEING

### For Balance/General Exercise & Strength Training with Melissa Shantz

#### **NEW 10-WEEK EXERCISE SESSION**

**Monday, October 19 – Wednesday, December 23**

**FEE SCHEDULE FOR CLASSES ~ Mix & match your days/classes:**

**FOR BALANCE/GENERAL EXERCISE AND/OR STRENGTH TRAINING**

**CLASSES ONLY** ~ discounted rates for multiple sessions ~ 1X per week for \$50, 2X per week \$70, 3X per week \$85, 4X per week \$100 ~ Drop-in's welcome, \$7 per class drop-in rate ~ mid-session drop-in's will NOT be pro-rated ~

☺ **BALANCE/GENERAL EXERCISE CLASS:** Basic exercise to help with balance & aid in stability, head to toe limbering, strengthening, seated & standing exercise, light weight work available ~ Mondays, Wednesdays & Fridays, 10:15 – 11:15 AM

☺ **STRENGTH TRAINING CLASS:** Low-impact aerobic/strengthening class, 1 hour of isolations, stretching, strengthening/low impact aerobics, optional end of class weight work, Thera-bands & weights available, every day except Thursday, 8:45 – 10 AM.

☺ **STRETCH AND STRENGTHEN MAT CLASS WITH MELISSA:** A little Pilates, core work, centering & meditation, arthritis friendly ~ Thursday mornings 8:45-10 ~ **\$7.00 per class.**

*Note: Physician's approval absolutely required for all exercise classes*

☺ **WALKING MEDITATION ~ Resuming September 18<sup>th</sup>** ~ Join Iris at the new COA garden walkway from 9:45 -10:15. Learn how to coordinate your breath with your footsteps to experience calm. Every Friday as long as it is not raining. FREE.

☺ **VIBRANT HEALTH WITH DR. RHYS PRESTON** ~ Informative monthly workshops with Dr. Rhys Preston ~ chiropractor, certified personal trainer and nutrition counselor. Dr. Preston will provide you with practical applications to begin your journey of health and wellness. **New time ~ fourth Thursday of every month from 1:45 – 3 PM**, with a different informative topic to share, based on his philosophy that "healing is a journey not a destination". **September 24<sup>th</sup> ~ Disease starts in the 'Gut'**. Acid-stopping medications (of the "purple pill" variety) work by interfering with the proton pump and stopping the production of hydrochloric acid in stomach cells. Diseases associated with low gastric acidity include: asthma, celiac, eczema, and many others. Dr. Preston will provide you with practical applications and solutions that will prevent disease and create everlasting health.

**October 22<sup>nd</sup> ~ Osteoporosis** ~ Do you have a fear of falling and not being able to stand up or worse break a bone? Healthy bone and the prevention of osteoporosis can be achieved at any age with proper nutrients, exercise, balancing hormones and rest. Hormonal imbalance can lead to brittle, painful bones especially for the postmenopausal female. Pros and Cons of the DEXA (bone density) test will be discussed. Dr. Preston will provide you with practical applications and solutions to promote well being and prevent this debilitating disease. **PLEASE CALL THE COA TO RESERVE YOUR SPOT FOR THESE FREE, INFORMATIVE WORKSHOPS !!**



## ◆ FOR YOUR SUPPORT

◆ **ALZHEIMER'S/DEMENTIA CAREGIVER'S SUPPORT GROUP:** Facilitated by Alzheimer's Family Support Center Executive Director Dr. Molly Perdue. Loved ones with Mild Cognitive Impairment or early-stage Alzheimer's are welcome, for whom separate support will be provided. Second Tuesday of each month, 3 - 4:30 PM ~ September 8, October 13. Call the COA or the Support Center for more information 508-737-7934

◆ **BEREAVEMENT SUPPORT GROUP:** Sponsored by VNA Hospice & Palliative Care of Cape Cod, facilitated by Mary Cullity, LICSW. 2<sup>nd</sup> & 4<sup>th</sup> Thursdays, 10 - 11:30 AM. This is an open, drop-in style group for anyone who is grieving the death of a loved one. Emotional support, coping skills & companionship in a safe, non-judgmental environment. Call Mary for more information at 508-237-6766.

◆ **CAREGIVER'S SUPPORT GROUP:** If you are a caregiver for someone in the Outer Cape area, you don't have to go it alone. This COA sponsored support group can be a powerful tool, providing participants with many benefits. Comprised of fellow caregivers and knowledgeable group leaders, there is a wealth of information, resources and peer support available. Meetings are held at the COA on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month, from 10-11:30 AM. The meetings are free and all are welcome. September 12, 15 & October 6, 10.



## Alzheimer's Family Support Center

*Created by caregivers for caregivers*

2095 Main Street  
Brewster, MA 02631  
(508) 896-5170  
[www.alzheimerscapecod.com](http://www.alzheimerscapecod.com)

### Home Safety for Caregivers of People With Alzheimer's Training and Dementia

Taught by  
Fran Lavin, RN

This free 1 ½ hour course will provide the basics of home safety for caregivers of people with Alzheimer's or dementia-related illness. The course will include a brief overview of the stages of cognitive disease, and specific instructions for how to avoid injury and harm at all stages of the disease progression. Information will be tailored to meet the specific caregiving needs of each class participant, with much attention given to answering questions, problem solving, and strategizing.

**Fran Lavin** (RN, Dementia Specialist) has been working in the dementia care field on Cape Cod for more than 30 years. Ms. Lavin created the first long-term and assisted living dementia-specific units on Cape Cod, and continues to work one-on-one with families navigating the complex world of dementia-related illness.

**Tuesday, September 29, 12-1:30 pm, Wellfleet COA**

***Please pre-register at the COA***

***(508)349-2800 or (508)349-0313.***

**Please call (508) 896-5170 for more information.**

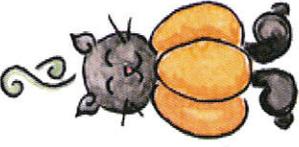
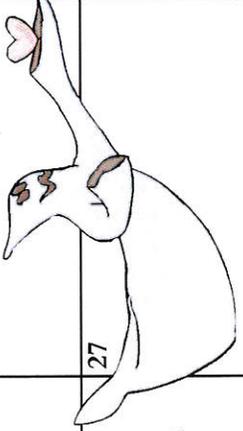
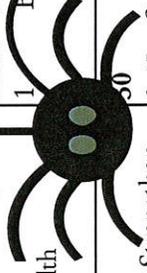
This program is being offered through the **Alzheimer's Family Support Center of Cape Cod**, a 501(c)3 non-profit dedicated to providing free supportive services to families and individuals dealing with Alzheimer's and dementia-related illnesses on Cape Cod. For information, or to receive free services, please call (508) 896-5170; email [alzheimerscapecod@gmail.com](mailto:alzheimerscapecod@gmail.com); or visit our website at [www.alzheimerscapecod.org](http://www.alzheimerscapecod.org).

We are grateful to Rogers & Gray Insurance for their generous funding of this program.

# September 2015 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>8:45 Strength Training 10 Caregiver's Support Grp.</p> <p><b>Featured Great Pond Artist ~ Robert Henry</b></p>	<p><b>8</b></p> <p>8:45 Strength Training 10:15 Denya LeVine &amp; SeaBabies 3 Alzheimer's/Dementia Caregiver's Support Grp.</p>	<p><b>2</b></p> <p>8:45 Strength Training 9 Gosnold Counseling 10:15 Balance/Exercise 11:45 Arthritis Exercise 12 Congregate Luncheon 12:30 Ask A Nurse</p>	<p><b>3</b></p> <p>8:45 Stretch &amp; Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble</p>	<p><b>4</b></p> <p>8:45 Strength Training 10:15 Balance/Exercise 1 Bridge</p>
<p><b>7</b></p> <p><b>CLOSED TODAY FOR LABOR DAY</b></p>	<p><b>8</b></p> <p>8:45 Strength Training 10:15 Denya LeVine &amp; SeaBabies 3 Alzheimer's/Dementia Caregiver's Support Grp.</p>	<p><b>9</b></p> <p>8:45 Strength Training 9 Gosnold Counseling 10 Legal Aid 10:15 Balance/Exercise 11:45 Arthritis Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 4 Friends of COA</p>	<p><b>10</b></p> <p><b>DINE OUT AT THE BOOKSTORE</b> 8:45 Stretch &amp; Strengthen 10 Bereavement Support 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble</p>	<p><b>11</b></p> <p><b>DINE OUT AT THE PEARL</b> 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge</p> 
<p><b>14</b></p> <p>8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise 11:45 Arthritis Exercise</p>	<p><b>15</b></p> <p>8:45 Strength Training 10 Caregiver's Support Grp.</p>	<p><b>16</b></p> <p><b>DINE OUT AT MOBY'S</b> 8:45 Strength Training 9 Gosnold Counseling 9 COA Board 10:15 Balance/Exer. 11:45 Arthritis Exer. 12 Congregate Luncheon 12:30 Ask a Nurse 4 Are You Ready for Medicare?</p>	<p><b>17</b></p> <p>8:45 Stretch &amp; Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 1:30 Book Club ~ <i>The Bully Pulpit</i> 2 Scrabble</p>	<p><b>18</b></p> <p><b>DINE OUT AT THE PEARL</b> 8:45 Strength Training 9:45 Walking Meditation 10:15 Balance/Exercise 1 Bridge</p>
<p><b>21</b></p> <p><b>DINE OUT AT MARCONI BEACH</b> 8:45 Strength Training 10:15 Balance/Exercise 11:45 Arthritis Exercise</p>	<p><b>22</b></p> <p>8:45 Strength Training</p> 	<p><b>23</b></p> <p>8:45 Strength Training 9 Gosnold Counseling 10:15 Balance/Exercise 11:45 Arthritis Exercise 12 Congregate Luncheon 12:30 Ask A Nurse</p>	<p><b>24</b></p> <p><b>8:45 NO STRETCH &amp; STRENGTHEN CLASS TODAY</b> 10 Bereavement Support 11:30 Gosnold Counseling 12:30 Iris's Café 1:45 Vibrant Health 2 Scrabble</p>	<p><b>25</b></p> <p>8:45 Strength Training 9 Dr. Campo 9:45 Walking Meditation 10:15 Balance/Exercise 1 Bridge</p>
<p><b>28</b></p> <p><b>DINE OUT AT CATCH OF THE DAY</b> 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise 11:45 Arthritis Exercise</p>	<p><b>29</b></p> <p>8:45 Strength Training 12 <b>Home Safety Training for Caregivers of People with Alzheimer's and Dementia</b></p>	<p><b>30</b></p> <p>8:45 Strength Training 9 Gosnold Counseling 10:15 Balance/Exercise 11:45 Arthritis Exercise 12 Congregate Luncheon 12:30 Ask A Nurse</p>	<p><b>DINE OUT</b> <b>Sunday, Sept. 20th at</b> <b>THE WICKED OYSTER</b></p>	

# October 2015 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>OCTOBER ARTIST OF THE MONTH:</b> <b>Louise Zipperman</b></p>	<p><b>Mass Appeal Pork Dinner Fundraiser is HERE on Saturday, Oct. 10 ~ See Page 3 for details</b></p> 			
<p><b>5 DINE OUT AT VAN RENSSELAER'S</b> 8:45 Strength Training 10:15 Balance/Exercise 11:45 Arthritis Exercise</p>	<p><b>6</b> 8:45 Strength Training 10 Caregiver's Support Grp. 10:15 Denya LeVine &amp; SeaBabies</p>	<p><b>7</b> 8:45 Strength Training 9 Gosnold Counseling 10:15 Balance/Exercise 11:45 Arthritis Exercise 12 Congregate Luncheon 12:30 Ask A Nurse</p>	<p><b>8 DINE OUT AT PB BOULANGERIE</b> 8:45 Stretch &amp; Strengthen 10 Bereavement Support 11:30 Gosnold 12:30 Iris's Café 2 Scrabble</p>	<p><b>9</b> 8:45 Strength Training 9 Dr. Campo 9:45 Walking Meditation 10:15 Balance/Exercise 1 Bridge</p> <p><b>DINE OUT AT PJ'S ON SATURDAY, 10/3</b></p>
<p><b>12 CLOSED TODAY FOR COLUMBUS DAY</b></p>	<p><b>13</b> 8:45 Strength Training 3 Alzheimer's/Dementia Caregiver's Support Grp.</p>	<p><b>14</b> 8:45 Strength Training 9 Gosnold Counseling 10 Legal Aid 10:15 Balance/Exercise 11:45 Arthritis Exercise 12 Congregate Luncheon 12:30 Ask A Nurse</p>	<p><b>15 DINE OUT AT WINSLOW'S TAVERN</b> 8:45 Stretch &amp; Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 1:30 Book Club ~ <i>Excerpting I Never Told</i> 2 Scrabble</p>	<p><b>16</b> 8:45 Strength Training 9:45 Walking Meditation 10:15 Balance/Exercise 1 Bridge</p>
<p><b>19 8:45 Strength Training 10:15 Balance/Exercise NEW 10 WEEK SESSION</b> 11:45 Arthritis Exercise</p>	<p><b>20</b> 8:45 Strength Training 10 Caregiver's Support Grp.</p> 	<p><b>21</b> 8:45 Strength Training 9 Gosnold Counseling 9 COA Board 10:15 Balance/Exercise 11:45 Arthritis Exercise 12 Congregate Lunch 12:30 Ask A Nurse 4 Are You Ready For Medicare?</p>	<p><b>22</b> 8:45 Stretch &amp; Strengthen 10 Bereavement Support 11:30 Gosnold Counseling 12:30 Iris's Café 1:45 Vibrant Health 2 Scrabble</p>	<p><b>23</b> 8:45 Strength Training 9:45 Walking Meditation 10:15 Balance/Exercise 1 Bridge</p> 
<p><b>26</b> 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise 11:45 Arthritis Exercise</p>	<p><b>27</b> 8:45 Strength Training</p>	<p><b>28</b> 8:45 Strength Training 9 Gosnold Counseling 10:15 Balance/Exercise 11:45 Arthritis Exercise 12 Congregate Luncheon 12:30 Ask A Nurse</p>	<p><b>29</b> 8:45 Stretch &amp; Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble</p>	<p><b>30</b> 8:45 Strength Training 9 Dr. Campo 9:45 Walking Meditation 10:15 Balance/Exercise 1 Bridge</p>

**Wellfleet Council on Aging**  
**715 Old King's Highway**  
**Wellfleet, MA 02667**

**COA Board Members:**

Carol Magenau ~ Chair  
Evelyn Sheffres ~ Vice-Chair  
Patricia Shannon ~ Secretary  
Ernie Bauer  
Paul Goetinck  
Sarah Multer  
Fred Nass  
Brian Quigley  
Evelyn Savage  
Maureen Schraut ~FCOA Liason  
Robin Slack

**Friends of the COA:**

Maureen Schraut ~ President/COA Board Liaison  
Carol Parlante ~ Vice President  
Sylvia Smith ~ Treasurer  
Sandy Wonders ~ Clerk  
Meredith Blakeley  
Greta Einig  
Peter Hall  
Sarah Multer  
Marge Piercy  
Roger Putnam

*Thank you to the Friends of the Council on Aging for providing supplemental printing costs for THE WAVE.*

**IRIS'S CAFÉ**

**Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert,  
reservations required by Wednesday**

<b>September 3<sup>rd</sup></b>	Curried chicken salad w/toasted almonds & raisins, green pea & spinach salad with mint
<b>September 10<sup>th</sup></b>	Ratatouille ~ stewed summer vegetables with pasta, leafy green salad
<b>September 17<sup>th</sup></b>	Fresh cod fish cakes, coleslaw, bean casserole
<b>September 24<sup>th</sup></b>	Chicken & cheese enchiladas, Spanish rice, corn, tomato & black bean salad
<b>October 1<sup>st</sup></b>	Vegetarian stuffed cabbage rolls with carrots
<b>October 8<sup>th</sup></b>	Turkey shepherd's pie with sweet potato
<b>October 15<sup>th</sup></b>	Potato and ham gratin, Caesar salad
<b>October 22<sup>nd</sup></b>	Neapolitan cod (cod baked with tomato and capers), orzo and vegetable salad
<b>October 29<sup>th</sup></b>	Meatloaf, mashed potatoes, peas

**SUMMER SALADS BY IRIS:** Available every Monday, a different summer salad, packed to go, \$4.00/pint, through September (may be soup depending on weather)

**IRIS'S SOUP TO GO**

**Prepared on Monday, packed to travel ~ \$4.00 pint**

<b>October 5<sup>th</sup></b>	Corn chowder	<b>October 19<sup>th</sup></b>	Chick pea & tomato with basil
<b>October 13<sup>th</sup></b>	Portuguese kale	<b>October 26<sup>th</sup></b>	Pureed butternut squash

***(Tuesday due to holiday)***

## WELLFLEET DINES OUT ~ 2015

Between Labor Day and Columbus Day, food lovers can dine out at a Wellfleet restaurant and double their fun by giving to a good cause. Participating restaurants have chosen an evening when they will donate a percentage of their food sales to the Friends of the Wellfleet Council on Aging. The donation will support the senior center programs, services and other special needs of Wellfleet's seniors. Here are the scheduled days of participating restaurants:



***The Bookstore - Thursday, 9/10***  
***Moby Dick's - Wednesday, 9/16***  
***The Pearl - Friday, 9/18***  
***The Wicked Oyster - Sunday, 9/20***  
***Marconi Beach - Monday, 9/21***  
***Catch of the Day - Monday, 9/28***  
***Bob's Sub and Cone - Thursday, 10/1***  
***PJ's Family Restaurant - Saturday, 10/3***  
***Van Rensselaer's - Monday, 10/5***  
***PB Boulangerie Bistro - Thursday, 10/8***  
***Winslow's Tavern - Thursday, 10/15***

***Each restaurant will donate a percentage of its evening food sales to the FCOA.***  
***Visit your favorite restaurants and try a new one too!***

# FRIENDS OF THE WELLFLEET COUNCIL ON AGING (FCOA)

PO Box 306 ~ Wellfleet, MA 02667

## 2015-2016 ANNUAL MEMBERSHIP DUES

*Membership dues for the "Friends" are now being accepted for July 1, 2015 - June 30, 2016*

FCOA provides supplemental funding to the Council for programs, senior/client assistance, transportation, newsletter printing & many other services that your dues & donations help support. Thank you!

Please complete the membership form below, enclose it with your tax-deductible dues and mail it to the FCOA at the above address or drop it off at the COA.

Individual memberships # \_\_\_\_\_ @ \$25.00 (per person)

Optional tax-deductible donation \_\_\_\_\_

NAME: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

\_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_ PHONE: \_\_\_\_\_

Newsletter preference(circle one):      hard copy      e-mail

*Please make  
checks  
payable to  
FCOA*

**REMEMBER: ANYONE OF ANY AGE CAN BE A FRIEND**

*NOTE: Due to increasing printing and postal rates, only DUES PAYING MEMBERS will receive print copies of The Wellfleet Wave newsletter.*

**THANK YOU! THANK YOU! THANK YOU! THANK YOU!**