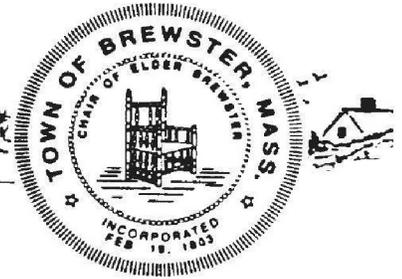
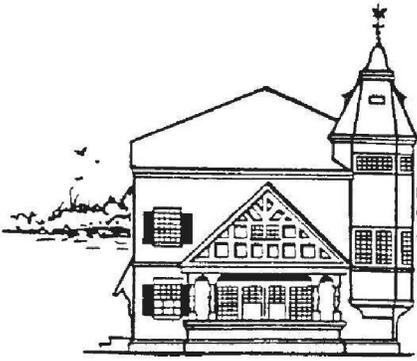


August 2018

BREWSTER COUNCIL ON AGING

BAYSIDE

CHATTER



1673 Main Street, Brewster, MA 02631 • (508) 896-2737 • Fax (508) 896-7587

Hours: 8:00am - 4:00pm Monday - Friday

Denise Rego, Director

Andrea Nevins, COA Board Co-Chair

Alice Stelzer, FOBE President

Sharon Tennstedt, COA Board Co-Chair

MISSION STATEMENT: To support and advocate for older adults and their families by providing programs, services and resources that promote individual living and quality of life.

What We Learned from the Community Forum

On May 30, the COA Staff and COA Board held a Community Forum to present the 5 Year Age-Friendly Action Plan that will guide the planning and implementation of programs and services. This Action Plan will be implemented starting in July 2018. The Plan is based on the findings of the needs assessment study, "The Future of Aging in the Town of Brewster", commissioned by the Town and COA and conducted by the Center for Social and Demographic Research on Aging in the UMASS-Boston Gerontology Institute. The Plan is also in line with the Age-Friendly Town Initiative currently undertaken by more than 100 agencies and organizations across Massachusetts, including Cape Cod. Check the COA page of the Town website for links to the Plan and the full report about the Forum.

The Plan includes programs and services in a range of areas. Close to 70 attendees provided feedback about the Plan, indicating areas of high interest and offering other suggestions. Attendees also ranked their interest in each program area from 1 (least) to 5 (most). Results of the rankings are shown in the table on page 2, indicating highest levels of interest in fitness/exercise, social or group activities, lifelong learning, and housing.

(article cont'd on page 2)

Beach Wheelchairs available!

Did you know that the COA has 2 Beach Wheelchairs available, one of which can actually go right into the water! We loan them out for 2 days at a time and we ask for a donation of \$10.00. They can be used at any of the Brewster beaches (either Bay or Pond beaches), and must stay within town lines.

For more information, and/or to reserve, please call the COA at: (508) 896-2737

Introduction to Sailing



Sponsored by

Pleasant Bay Community Boating

1:30-4:00pm Friday, August 17th

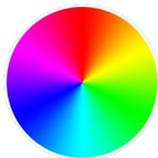
Once again, PBCB has graciously offered us an opportunity to introduce sailing to seniors who have never had the opportunity to sail. We will be taking a small group over to beautiful Pleasant Bay for a couple of hours on the water with their instructors. If you have never explored our Cape Cod waters this way, consider taking advantage of this amazing offering. Due to boat accessibility, all participants must be ambulatory and able to walk without any cane, walker or human assistance.

This program is for **Brewster residents only**. All participants will be required to sign a liability waiver. Transportation to the site can be provided. Space is limited.

Pre-Registration is required.

Call the COA at (508) 896-2737 to sign up!

Color Me Creative!



Monday, August 20th 1:00pm
Brewster COA, 1673 Main Street

Free! If you love to color, you'll LOVE this workshop! First, we view and discuss a painting from the Cape Cod Museum of Art. Next, we grab our colored pencils, markers and a coloring-book version of that same painting and get creative! Come meet new friends and relax while you unlock your own creativity.

Light, summer refreshments will be served!

Please call the COA at 508-896-2737 to sign up for this fun program!

What We Learned from the Community Forum
(cont'd from page 1)

There was strong interest in a community center, with note of its advantages for socialization, interactions with others, and friendship. In particular, it was noted that, in order to attract more people, the center name should not be the Senior Center or COA. Many participants preferred programs at a central accessible building rather than spread across various venues, although it was recognized that this might be necessary in the immediate future.

The COA Staff and Board are now identifying and planning those programs of greatest interest, especially in the areas of fitness / exercise and social activities, which can be implemented in the coming year. A Program Coordinator is being hired to help with new programs. Watch for more news in upcoming newsletters!

PROGRAM AREA	AVERAGE SCORE
Exercise and Fitness Programs	4.1
Social and Group Activities	4.0
Education and Life Long Learning	3.8
Housing Options, Maintenance, Aging in Place	3.6
Health Promotion and Disease Prevention Programs	3.3
Intergenerational Programs	3.2
Caregiver Education and Support	3.2
Long Term Care Options and Planning	3.1
Education and Support Programs for Chronic Illness	3.0
Nutrition Education and Support; Meals on Wheels	2.9

Exercise your Options!

The Brewster Council on Aging offers the following exercise and wellness classes to help you have a healthy, active and enjoyable season! Come check us out!

Keep Movin' Mondays and Fridays 9:45 am - 10:45 am

This program is primarily strength-training for seniors. The classes are friendly, and a fun way to relieve arthritis symptoms and learn important strengthening exercises. Classes start easy and help to build strength and coordination each week by using hand & leg weights and bands. The cost is \$50 for the 10-weeks (20 classes per session). To sign up, stop in any Monday or Friday and speak to the instructor, Linda Fraser. You may observe the class, but may not participate unless signed up by the instructor.

Yoga Tuesdays 8:30 am - 10:00 am

This class uses breathing techniques as a foundation for exploring gentle and safe stretching. It is appropriate for all fitness levels, and helps with relaxation and focus. \$10.00 per class. No need to sign up in advance. Feel free to check out a class to see if it's right for you! Our long-time instructor is Marilou Raposa.

Line Dancing Wednesdays 8:45 am - 9:30 am

A fun, new way to get light exercise and meet new friends. This is NOT your usual Country-Western line dance class. We dance to all styles of music! No dancing experience required! \$4.00 per class when paid monthly, \$6.00 per class for drop-ins. Come at 8:35am for an optional 10-minute warm-up period for students with knowledge of jazz boxes, grapevines, paddle turns, etc. Our instructor, Karen Shackelford, comes to us from 'Cape Sands Ballroom'. Come dance your cares away!

Qi Gong Thursdays 9:00 am - 9:45 am

Qi Gong is an integration of physical postures, breathing techniques and focused intentions. The gentle, rhythmic movements help to reduce stress, build stamina, increase vitality and enhance the immune system. Qi Gong's greatest appeal is that everyone can benefit! The instructor also incorporates some elements of Tai Chi into each session. \$2.00 per class or \$10.00 per 5-week session. You're welcome to come check it out! Our instructor is Ray DiPietro.

PLEASE NOTE: If you are new to the COA's Qi Gong program, be sure to give the COA a call before dropping by the class. On particularly good-weather days, class sometimes meets at the gazebo in Drummer Boy park. Just give us a call at 508-896-2737 if you're unsure of where they are meeting.

Computer Help

Brewster COA, 1673 Main Street
Thursdays: 9:00am - 2:00pm

Do you need help using your computer? We have one-on-one sessions available to help you feel more confident in your computer skills. Sessions are one hour and FREE! **August's dates are: 2, 9, 16, 23, 30**

If you'd like to make an appointment, please contact the Brewster COA at 508-896-2737

Computer Users Group

Brewster COA, 1673 Main Street
Thursdays: 1:00pm - 3:00pm

PLEASE NOTE: *The Computer Users Group will not be meeting in August. We'll see everyone again next month!*

W.O.W. (Wonderful Older Women)

Tuesdays: 9:30am - 11:00am
Brewster COA, 1673 Main Street

Are you sitting at home talking to yourself? Do you like to discuss books, movies, current events and issues, or whatever?

Then WOW would love to welcome you into our weekly discussion group. You don't have to come every week. Just join us when you can at the COA! You'll find us to be a very friendly group.

If you have any questions, please call the COA at 508-896-2737.

Brewster Mens' Coffee Club

Thursdays, 2:00pm - 4:00pm
Brewster COA, 1673 Main Street

It's summertime! The Brewster Mens' Coffee Club will be meeting on the following Thursday afternoons in August:

2, 9, 16, 23, 30

Come enjoy a cup of coffee and some lively conversation. We're always looking for new members as well as Guest Speakers! We welcome you to join us!

Would you like to speak with a member of the Select Board?

Have you ever watched a Select Board meeting on TV? Here is your chance to meet with Select Board member, Ben deRuyter, in a much less formal setting! He will be hosting office hours right here at the COA on:

Tuesday, August 21st at 9:00am

No need to phone first; just stop by! First come, first served!

Programs Changed or Ended for the Summer:

- ◆ No Massages with either Marilou Raposa or Sandra Smith until September.
- ◆ There are no meetings for Sight Loss until September.
- ◆ No swimming at Brewster Green until September.
- ◆ Yoga meets from 8:30 - 10:00am on Tuesdays in August.

Help your COA

This newsletter is prepared for mailing each month by a wonderful group of volunteers. Beginning with our September issue, the COA is pleased to announce that we will be doubling the number of folks who receive it. This means that we are desperately in need of more volunteers who could help us by putting on the mailing labels, and/or folding and taping the newsletter.

We'd like to build a list of those who would consider giving a little bit of their spare time each month to this project. Days/times will vary each month. You don't have to come every month either! If you'd like to help us, please give the COA a call at 508-896-2737 to get your name added to the list. Then, when we need some help, you'll definitely hear from us!

A BIG Thank-you to the members of the Anglican Church of the Resurrection in Brewster!

Over the years, the ACR has continuously supported the COA by regularly donating toilet paper, paper towels and personal care items for us to distribute to our seniors who need them! Thank you from all of us!!

PLEASE NOTE: There will be NO Pet Grooming available in August. The service will return again in September. Please mark you calendars.

'Brewster Bayside Chatter' Online:

The 'Brewster Bayside Chatter' is available online each month and can be found on our website at: www.brewster-ma.gov. Search under 'Departments' and select 'Council on Aging'. Scroll down to where it reads: 'our newsletters are available online' and click on the link! Happy Reading!

August Program Notes

Check out the exciting and informative programs and events we've got planned for you this month! All programs take place at the Brewster COA, 1673 Main St. (unless otherwise noted)

Food to Encourage

**2nd & 4th Thursdays: August 9th & 23rd
9:45 am to 11:30 am**

Lower Cape Outreach Council in partnership with the Barnstable County Public Health Nurses and the Brewster COA are looking to explore the impact of Nutrition & Healthy eating on Diabetes & Hypertension.

This program is open to everyone. Health monitoring by a nurse, involving Blood Pressure and Glucose checks, will be provided. Each participant will receive a bag of fresh fruits/veggies every other week, along with free recipes! Just stop by at any point during the time period listed above!

Monthly General Grief Support Group

**Wednesday, August 15th
1:00 – 2:30 p.m.**

Have you lost a loved one? It might be difficult on these summer days when it seems that everyone else is happy but you are still grieving. Hope Hospice will be hosting a support group here at our senior center. All Hope Hospice grief support groups provide a safe, confidential and supportive setting for anyone experiencing a loss. These are mutual support groups led by specially trained facilitators. Registration is required.

For more information and to register, **please contact Hope Hospice at 508-957-0304.**

Crafts with Megan!

**Thursday, August 16th
10:30am - 12:30pm**

Free! Come join us for another great day! You'll be creating an easy, fun new craft each month. All supplies are included. Meet new friends and indulge your creative side while our instructor, Megan, offers guidance in all projects. This month's project is a **Seashell Paperweight**. **There is a maximum class size of 6. Please contact the COA by Friday, August 10th** to let us know you are interested: 508-896-2737

Meditation for Beginners

**Thursdays: August 2nd and 9th
10:00am - 11:00am**

Is your world moving too fast? Do you sometimes wish you could stop, take a deep breath and stay still for a short period of time? In this beginner's meditation class, we are focusing on building internal awareness with an orientation toward the heart and breath. Carol will also talk about the many benefits of meditation, as well as some of the research, and use a guided meditation format.

Our instructor, Carol Marcy has a Master's degree in Dance/Movement Therapy, a doctorate in Clinical Psychology, had a private practice for 26 years in Maryland, and was the Director of the Office of Stress Management for the Montgomery County Police Department for 7 years. She comes with a lot of knowledge, and you can benefit from it!

\$2.00 per class. Drop-ins welcome!

Friends of Brewster Elders Sea Captain's Thrift Shop

**66 Harwich Road (Route 124)
Monday - Saturday 10:00 am to 4:00 pm**

Looking for some summer deals? Be sure to check out the great values at the shop! We've got everything you need for those warm, sunny days!

We're open 6 days a week, so come stop in!

More Thank-you's!

This newsletter is made possible each month through the support of the advertisers found within these pages. Without them, the Brewster COA would not be able to continue producing this publication. With that in mind, the COA would like to thank the following services/agencies/offices for their kindness in supporting the seniors of our community:

ADT Home Security
Advanced Audiology
Cape Cod Memorials
Cape Cod Home Safety
Doane, Beal & Ames Funeral Home
Herbert L. Gumpright, Jr., D.D.S.
Hart Farm Nursery & Garden Center
Morris, O'Connor & Blute Funeral Home
Nickerson Funeral Homes
Paulo's Painting
Wingate Residences of Brewster and Harwich
24Seven Medical Alert System



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 8:45am Line Dancing 9:30am Balancing Act 10:30am BINGO 1:00pm Quilters 1:00pm SHINE	2 9:00am Qi Gong 9:00am Computer Help 10:00am Meditation 2:00pm BMCC	3 9:45am Keep Movin'! 10:30am BINGO
6 9:45am Keep Movin'!	7 8:30am Yoga 9:30am W.O.W. 1:00pm SHINE 1:00pm Bridge	8 8:45am Line Dancing 9:30am Balancing Act 10:30am BINGO 1:00pm Quilters 1:00pm SHINE	9 9:00am Qi Gong 9:00am Computer Help 9:45am Food to Encourage 10:00am Meditation 2:00pm BMCC	10 9:45am Keep Movin'! 10:30am BINGO
13 9:00am Pedicare 9:45am Keep Movin'!	14 8:30am Yoga 9:00am Pedicare 9:30am W.O.W. 1:00pm SHINE 1:00pm Bridge	15 8:45am Line Dancing 10:30am BINGO 1:00pm Quilters 1:00pm Grief Support Group 1:00pm SHINE	16 8:30am Hearing Screenings 9:00am Qi Gong 9:00am Computer Help 10:30am Crafts with Megan 1:00pm Financial Planning 2:00pm BMCC	17 9:45am Keep Movin'! 10:30am BINGO 11:00am Rep. Tim Whelan 1:30pm Trip: Sailing on Pleasant Bay
20 9:45am Keep Movin'! 1:00pm Color Me Creative!	21 8:30am Yoga 9:00am Chat with Select Board Member Ben deRuyter 9:30am W.O.W. 1:00pm SHINE 1:00pm Bridge	22 8:45am Line Dancing 9:00am Mobile Dental Hygiene Service 10:00am Legal Help with Atty. Katie Wibby 10:30am BINGO 1:00pm SHINE 1:00pm Quilters	23 9:00am Qi Gong 9:00am Computer Help 9:45am Food to Encourage 2:00pm BMCC	24 9:45am Keep Movin'! 10:30am BINGO
27 9:45am Keep Movin'!	28 8:30am Yoga 9:30am W.O.W. 10:00am BP/Glucose Testing & Health/BLL 1:00pm SHINE 1:00pm Bridge	29 8:45am Line Dancing 10:30am BINGO 1:00pm Quilters 1:00pm SHINE	30 9:00am Qi Gong 9:00am Computer Help 2:00pm BMCC	31 9:45am Keep Movin'! 10:30am BINGO

Mobile Pantry - “Healthy Food to Go”

We are pleased to bring you this program in cooperation with The Family Pantry of Cape Cod. Participants select their food in advance using the provided shopping list, which includes standard non-perishable foods, along with special non-perishable foods, fresh produce, bread products, dairy and meats.

Your shopping order is pre-bagged at the Family Pantry and kept in a refrigerated truck until you pick it up. This takes place on the 2nd Wednesday of each month, from 11:00am to 12:00pm at Frederick Court. **Our next date is Wednesday, August 8th.**

Participants must register and be income-qualified. For more information, please call Debra or Brenda at our Outreach Office at (508) 896-2737.

SHINE NEWS...

Hospital Observation Stays and Original Medicare

Hospitals often admit patients under **observation status**. Patients under “observation” are considered outpatients even though they may stay in a hospital bed for many days. For those with Original Medicare, outpatient stays at a hospital could result in increased costs. For instance, Medicare requires a three-day inpatient stay at a hospital before it will pay for any stay in a skilled nursing facility and time spent under “observation” in a hospital will not count toward that three-day minimum.

In addition, a Medicare Supplement (Medigap) **will not** cover any of the costs of the skilled nursing care if Medicare has not paid first. So patients with Original Medicare who have been under **observation status**, whether they have a Medigap or not, must decide whether to pay out-of-pocket for the medically necessary rehab/skilled nursing care, or cut care short and return home, because they are unable to cover the costs.

Medicare Advantage plans (HMOs, PPOs) **will** cover costs of skilled nursing facility care, if it is medically necessary, because they do not have a three-day minimum in a hospital stay requirement. However, in a Medicare Advantage plan, skilled nursing facility services are subject to co-payments, which can be substantial.

SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Please call the Senior Center at 508-896-2737 to schedule a SHINE appointment.

Go Cruisin’ this Summer!

The COA still has senior discount coupons for the Hyline High Speed Ferry service to the Islands, as well as the Hyannisport Harbor Cruise and the Cape Cod Canal Cruise. **Please note:** these coupons are to be used for individual travel only (not for groups).

Just stop in at the COA office to pick one up before you embark on your new adventure!



DISCLAIMER:

The Brewster Senior Center offers many legal, financial, recreational, medical screening or other services and/or activities by volunteer or nominal-cost practitioners. Seniors participating in these services do so with the understanding that the Brewster Council on Aging, The Brewster Senior Center, the Town of Brewster, Friends of Brewster Elders (aka F.O.B.E.) or its employees or agents DO NOT ASSUME ANY LEGAL RESPONSIBILITY FOR ANY ADVICE OR SERVICES RENDERED BY SUCH VOLUNTEER OR NOMINAL COST PRACTITIONER. Any act, advice, or service by outside providers at the Council on Aging SHOULD NOT BE PRESUMED TO BE ENDORSED OR SPONSORED BY THE BCOA.

WEEKLY/MONTHLY PROGRAMS/ACTIVITIES:**ALZHEIMER'S CAREGIVERS SUPPORT GROUP & ACTIVITY GROUP for PEOPLE WITH COGNITIVE IMPAIRMENT:**

1st & 3rd Tues. of each month ~ 1:00 - 2:30pm at Maplewood of Brewster, 820 Harwich Road (Route 124). The Caregivers support group and the Dementia support group run simultaneously. Dr. Molly Perdue, facilitator. Drop-ins welcome. Call (508) 896-5170 for more information.

BANKING ASSISTANCE: For help balancing seniors' checkbooks. **By appointment only.** Please call the COA at (508) 896-2737 to reserve.

BINGO: Wednesday and Friday ~ 10:30 - 11:30am.

BLOOD PRESSURE & GLUCOSE TESTING/HEALTH COUNSELING: **4th Tuesday of the month** at the Brewster Ladies Library, lower level. 10:00am – 2:00pm - **On a drop-in basis.** Provided by VNA of Cape Cod.

BREWSTER MEN'S COFFEE CLUB (BMCC): Thursdays ~ 2:00pm.

BRIDGE (men's and women's groups): Tuesdays ~ 1:00pm.

COMPUTER HELP: Thursdays ~ 9:00am – 2:00pm

By appointment only. 1-hour sessions are hands-on, one-on-one, and participants choose their own pace and area of interest.

Call (508) 896-2737

PLEASE NOTE: This month's dates: August 2, 9, 16, 23, 30

COMPUTER USERS GROUP:

PLEASE NOTE: There will be no meetings of the Computer Users Group until September. See next month's 'Bayside Chatter' for more information.

DENTAL HYGIENE SERVICE: 4th Wednesday ~ 9:00am

Mobile Dental Hygiene Service offers friendly, convenient and affordable preventative oral health care at the COA! To make an appointment, please call Mobile Dental Hygiene Svc. at (508) 827-6725 or visit their website at smiles@mobiledentalhygiene.com

PLEASE NOTE: This month's date is Wednesday, August 22

FINANCIAL PLANNING: 3rd Thursday ~ 1:00pm.

By appointment only. A knowledgeable volunteer answers questions and provides information concerning Long Term Care and Financial Planning. Call (508) 896-2737

HEARING SCREENINGS: 3rd Thursday ~ 8:30am By appointment only. FREE. Includes ear inspections and hearing-aid checks if needed. Appointments are 15 minutes each. Call (508) 896-2737.

KEEP MOVIN'!: Mondays and Fridays ~ 9:45 - 10:45 am. 10-week session/20 classes, for the cost of \$50.00. Strength training for seniors. Classes help to relieve arthritis symptoms using adjustable weights and stretch bands. **PLEASE NOTE: If you are interested, please stop by the class and speak with the instructor.**

LEGAL HELP: 10:00am on the 4th Wednesday with Atty. Katie Wibby. Atty. Adam Dupuy still offers legal advice, but does not have scheduled dates at the COA. 1/2-hour appointments. **By appointment only: (508) 896-2737** The attorney will answer your legal questions. Free for initial appointment.

LINE DANCING: Wednesdays ~ 8:45am - 9:30am No dance experience required. \$4.00/class when paid monthly, or \$6.00/class for drop ins. Cash or checks payable to "Cape Sands Ballroom". No need to call first; just come and join us!

MASSAGE:

No Massages with Marilou Raposa or Sandra Smith are available until September.

MEALS ON WHEELS: Provided to each homebound elder who is unable to prepare nutritionally balanced meals.

Call Kelly Kirby at (508) 896-5070.



MEDITATION: Thursdays, August 2 & 9 ~ 10:00am Building internal awareness with an orientation toward the heart and breath. Friendly and calm environment. If your life seems a bit too harried, come to this class and take a time-out for yourself! \$2.00 per class. Drop-ins welcome!

OLD FASHIONED QUILTING BEE: Wednesdays ~ 1:00pm.

Fellow quilters bring in their quilting projects and enjoy the camaraderie of other quilters. Come join in with the 'Brewster Basters'!

OUTREACH ASSISTANCE: The Outreach Workers will answer any questions you have about resources and programs you may be entitled to, assist with assessing needs, file-of-life, fuel assistance applications, etc.

Please call (508) 896-2737 to make an appointment.

PEDICARE: 2nd Monday of the month ~ 9:00am - 2:30pm (Diabetics must see a MD/Podiatrist). ½ hr. appointments - \$29.00 Home Visit - \$50.00 **Please call (508) 896-2737 for appointment.**

PLEASE NOTE: Pedicare is available on August 13 and 14.

PET GROOMING: Buttons & Bows ~

PLEASE NOTE: No Pet Grooming available in August.

PICKLEBALL: Courts are available at 384 Underpass Road. **Contact the Brewster Recreation Dept. at (508) 896-9430 for more information.**

QI GONG: Thursdays ~ 9:00am - 9:45am. \$10.00 for 5 sessions.

Chinese method for enhancing the immune system; utilizing posture and breathing exercises, along with focused intentions. Gentle and calming.

PLEASE NOTE: Please call the Brewster COA at (508) 896-2737 for more information, and to find out where the class is meeting during the summer months.

REP. TIM WHELAN: 3rd Friday of the month ~ 11:00am - 12:00 pm Offered on a drop-in, first-come-first served basis.

SENIOR DINING: Hot lunches are provided Monday through Friday at the COA. Suggested donation is \$3.00 per meal. **24-hour notice required. Please call (508) 896-5070 no later than 11:00am the day before.** Come at 10:30am on Wednesdays and Fridays to play BINGO before lunch! Live piano music Wednesdays and Thursdays at 11:30am.

SENIOR STRIDERS: This program has been discontinued until further notice per the Brewster Recreation Dept.

SHINE: Serving the Health Information Needs of Everyone Tuesdays & Wednesdays - 1:00pm - 4:00pm Highly-trained volunteer counselors help seniors and Medicare beneficiaries understand their rights and benefits. **Please contact the COA for an appointment at: 508-896-2737. Appointments are FREE!**

SIGHT LOSS GROUP: September - June on the 2nd Wednesday of each month at the Brewster Ladies Library ~ 11:30am - 1:00pm ~ **Call Sight Loss at (508) 394-3904 for more information.**

PLEASE NOTE: No Sight Loss meetings until September

SWIMMING: Brewster Green Pool ~ Fridays: 10:00am - 12:00pm.

This is ONLY available for Brewster's senior (60+) residents. You ALSO need to have your Brewster COA Swipe Card for admittance.

A donation of \$1.00 per swim is recommended and this is done by an Honor system. Stop by the COA on a monthly or quarterly basis to support this activity! **PLEASE NOTE: No swimming until September**

TENNIS: Mondays, Wednesdays & Fridays ~ 9:00am – 11:00am (Open play during winter months). Tennis courts are at 384 Underpass Road. **Please call the Brewster Recreation Department at (508) 896-9430 for more information.**

W.O.W.: (Wonderful Older Women): Tuesdays ~ 9:30am - 11:00am

This friendly group of women review current events, talk about movies & books, give each other support & enjoy conversation. Stop by!

YOGA: Tuesday mornings from 8:30am - 10:00am.

\$10 per class. Class uses breathing techniques as a foundation for exploring gentle & safe stretching. Drop-ins welcome!

**A Message from Charles Altieri, RN
Public Health Wellness Nurse, VNA of Cape Cod
*Home visits will occur on Mondays.***

Eating Leafy Greens May Help Preserve Memory

Popeye and his cans of spinach aside, most leafy greens aren't commonly thought of as "super foods." However, new research suggests that salad staples such as spinach, kale, collard greens and other types of lettuce may be super foods when it comes to preserving memory and brain function.

The study published in *Neurology* on Jan. 16, 2018, involved 960 adults with an average age of 81. At the study onset, all participants were free of any form of dementia, including Alzheimer's disease, and had detailed nutritional assessments. Participants took part in periodic cognitive assessments over about five years to determine thinking or memory changes.

When the data were analyzed, those who ate mostly leafy greens were equivalent to about 11 years younger in terms of age-related cognitive decline than were those who rarely or never ate leafy greens. This finding adds to other studies that have suggested a similar link.

Those who ate mostly leafy greens were consuming one to two servings of leafy greens daily. In the study, a serving equaled one cup of raw, shredded greens or a half-cup of cooked greens. The study was inconclusive regarding which specific nutrients in leafy greens were associated with the greater benefit. Rather, it appeared that it's possible that it's the mix of nutrients found in greens working synergistically that has beneficial effects on the brain.

It's always difficult to prove cause and effect with nutrition studies. However, there's overwhelming evidence that consuming daily servings of a wide variety of vegetables – including leafy greens – is part of an optimal dietary foundation for good overall health and weight maintenance.

(Mayo Clinic July, 2018)

Happy and Healthy Summer Days!

Charlie Altieri, RN, Public Health Nurse

If your vision of a leafy green is a wedge of iceberg lettuce, take another look. Leafy greens are very versatile and easy to mix into various recipes including soups, stews, stir-fries and casseroles.

Mobile Dental Hygiene Service

Mobile Dental Hygiene Services is offering friendly, convenient, and affordable preventative oral health care at the Brewster Council on Aging! The following services are FREE to eligible individuals with MassHealth: cleanings, screenings, oral cancer exams, fluoride treatments, denture care, education, referrals.

No dental insurance? They offer affordable options! This service will be held **on the 4th Wednesday of every month. This month's date is Wednesday, August 22nd.**

Please contact Mobile Dental Hygiene Services if you have any questions or you would like to make an appointment. Their telephone number is **508-827-6725** or check them out at: **smiles@mobiledentalhygiene.com**

Looking for Medical Equipment?

If you are currently looking for Medical Equipment, either for yourself or for someone you know, please contact the COA to find out if we have anything that you could use.

We often receive donations of crutches, walkers, canes, shower/tub benches, commodes and wheelchairs that we lend out, free of charge, as long as they are needed.

Give us a call at 508-896-2737. We may just have what you're looking for!

Sightings from the Poop Deck



**“A man’s home is his castle”
17th Century English jurist Sir Edward Coke**

Our first trip to Cape Cod took us to the Seashore Park Motor Lodge in Orleans in 1974. The three kids had a great time, especially taking advantage of the indoor pool on rainy days, and in 1975 we came back again, which was a first, since we were used to travelling to different places year after year. In 1976 we bought the second house we looked at and knew that eventually we would settle down and retire here in Brewster. So, for the next twenty years we commuted from Clifton, New Jersey, every other weekend to be able to spend some time here even though it was a grueling 280 mile trip. Joanie Carfora and I managed to cover the Cape from one end to the other on those weekends, since there is always excitement in not knowing what is just around the corner. Eventually the gunkholing tapered off and we had to get down to making some serious decisions about what improvements we would consider making if, after all, this was going to be our final destination in our retirement years.

So we added a family room, a bathroom, a shed, a two-car garage, a gazebo and a very large brick patio for outside summer cookouts. We had been doing very nicely keeping up with the basic house maintenance on our weekend forays, the painting inside and out, the grounds and various plantings to spruce the place up. In 1996 we said goodbye to New Jersey, packed up those things I could not part with and wound up with two of everything from lawn mowers, snow blowers, rakes, shovels, you get the picture. Our two car garage could now barely accommodate one car.

In the old days we could usually get through our chores in a day, maybe sometimes a weekend. Here it is the second hottest day of the season and I am now proudly proclaiming that I have swept off the patio and my work for the day is done. The lawn, or at least half of it, will have to wait until tomorrow. The shed, with its beautifully stenciled floor, will also wait to be scrubbed from top to bottom. By the way, my shed is for members only. During the winter months when the snow is waist high, we shovel a path from the house to the shed and imitate Thoreau...“I went to the woods because I wished to live deliberately”... light the portable heater, break out the Gran Marnier and wish that the gazebo, garage, patio, and additional add-ons would all disappear just to make our lives easier and simpler - my age is showing. I want to be lazy again!

Peter R. Scheffer (“Life is Good!”) - “Lazy Again?” Nah, still!!

poop deck, n., a deck above a ship’s main afterdeck

COME JOIN US FOR LUNCH!

Simply call Kelly in our Brewster COA Nutrition Center at (508) 896-5070 **by 11:00am the day before** and she will make sure your delicious, hot meal will be ready for you when you come the following day.

Join us at 10:30am on Wednesdays and Fridays to play BINGO before lunch!
Or, join us for some lively piano music on Wednesdays (after Bingo) and Thursdays, provided by our wonderful volunteer pianists!

This program is sponsored by Elder Services of Cape Cod and the Islands.
Requested meal donation is \$3.00. Transportation can be arranged.
You might enjoy the new friendships that you can make at the Senior Center!



BHT - BOSTON HOSPITAL TRANSPORTATION

Enjoy comfortable and safe transportation from Cape Cod DIRECT to Boston hospitals on a wheelchair-accessible van.

MONDAY thru FRIDAY SCHEDULE

- 7:30a.m. Orleans (Shaw's)
- 7:45a.m. Harwich (Route 124 Commuter Lot)
- 8:00a.m. Barnstable (Route 132 Commuter Lot)
- 8:15a.m. Sagamore (Rotary Commuter Lot)

RESERVATIONS are a MUST!!!

(Reserve no later than 11a.m. the day before)
\$30.00 Round Trip/\$15.00 One-way
 Cash or Checks (Payable to CCRTA) accepted
 For reservations call **1-800-352-7155**
 Monday – Friday: 8:00a.m. – 5:00p.m.

Schedule your medical appointments between 10am & 2pm. The van will leave Boston by 3pm.

Please visit the website for more information:
www.capecodrta.org

TRANSPORTATION INFORMATION

COA VAN – Scheduled trips include:

Monday – Friday to nutrition site and home after lunch: **FREE!!**

Grocery Shopping in Orleans: Tuesdays and Thursdays from 11am - 1pm.

Post office, banking & pharmacy trips: Mondays, Wednesdays and Fridays

The suggested donation is **\$2.00** for these errands.

Please contact the COA at (508) 896-2737 to schedule your ride.

MEDICAL APPOINTMENTS – Volunteer drivers are available for transport to medical appointments in their personal cars. Please call the COA at 508-896-2737 as soon as you make an appointment or **at least four business days (Monday thru Friday)** in advance so that we can find a volunteer to provide your ride. Please notify the COA if you can't keep your appointment so we can notify our drivers. Donations are accepted for this service.

WHEELCHAIR-ACCESSIBLE MEDICAL VAN – Transportation to medical appointments is provided on a volunteer basis, Monday through Friday. **A one-week advanced reservation is required.** Donations are accepted for this service. Call the COA for more information at (508) 896-2737.

This agency and its programs are funded (in whole or in part) by a contract from Elder Services of Cape Cod and the Islands, the MA Executive Office of Elder Affairs, and the Federal Administration for Community Living.

DART - DIAL-A-RIDE TRANSPORTATION Service:

CCRTA provides a daily general public demand response service that is wheelchair-accessible, door-to-door, and ride-by-appointment. This service is available to all Cape Cod residents and is available Monday through Saturday in all towns, with limited Sunday service. The DART does not run on holidays. **For available times in Brewster please call Customer Service toll-free at (800) 352-7155, Monday-Friday, 8:00am - 5:00pm.**



OR CURRENT RESIDENT

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 02653

FRIENDS OF BREWSTER ELDERS
 1673 MAIN STREET
 BREWSTER, MA 02631

ELDER NUTRITION PROGRAM
Barnstable County AUGUST 2018

508-896-5070



access / service / advocacy

Reservations & Cancellations must be made two business days in advance.

Menu subject to change without notice.

Main Office in S. Dennis: 508-394-4630

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Thank you for your voluntary donation of \$3.00 per meal towards actual cost of \$8.75 * indicates item w/ more than 500mg sodium.	<i>In order to reduce sodium at this meal, you may want to omit condiments and/or save items such as bread, milk, or dessert & have them with another meal or snack.</i>	1 Beef Stew(143) Whipped Yams(31) Diced Beets(173) Multigrain Bread(150) Pudding(200) MOD: Applesauce(14)	2 Omelet with American Cheese(467) French Toast(320) Diet Maple Syrup(30) Zucchini w/Red Pep.(2) Fresh Orange(0) Fruited Yogurt(75)	3 American Chop Suey(277) Peas & Cauliflower(50) Wheat Bread(150) Hot Cinn Peaches(64)
		714 cal; 835mg sodium	787 cal; 1032mg sodium	799 cal; 678mg sodium
6 Chicken with Black Beans & Corn Salsa(348) Baked Potato(6) Sour Cream(13) Collards with Onion(50) Multigrain Bread(150) Lemon Square(105) MOD: Grahams(95)	7 Beef Tips with Sherry-Thyme Gravy(125) Barley Pilaf with Carrots(112) Roman Veg Blend(12) Italian Bread(380) Fresh Nectarine(0)	8 Lasagna(290) with Meat Sauce(102) Parmesan Cheese(35) Brussels Sprouts(17) Whole Wheat Roll(180) Hot Cinn Pears(64)	9 Catch of the Day with Sour Orange Sauce(304) Roast Potato(6) Summer Veg Blend(65) Oatmeal Bread(150) Pudding(200) MOD: Applesauce(14)	10 Roast Pork with Gravy(70) Whipped Yams(31) Green & Wax Beans(4) Pumpnickel Bread(280) Fresh Apple(2)
711 cal; 810mg sodium	786 cal; 768mg sodium	715 cal; 826mg sodium	679 cal; 861mg sodium	709 cal; 523mg sodium
13 Beef Lo Mein(215) Asian Veg Blend(25) Whole Wheat Roll(180) Hot Cinn Peaches(64)	14 COLD PLATE Minestrone Soup(231) <i>soup for cong only</i> Chicken Salad(70) CarrotPineappleSal.(105) SpinachMandarinSal.(33) Mini Kaiser Roll(200) Pudding(200)/MOD: Applesauce(14)	15 Swedish Meatballs(237) Buttered Egg Noodles(38) Broccoli & Carrots(39) Oatmeal Bread(150) Fresh Pear(2)	16 Rst Turkey w/Gravy(627) Cranberry Sauce(4) Apple-Butternut Sq.(4) Peas with Pearl Onion(68) Wheat Bread(150) Brownie(100) MOD: Grahams(95)	17 Salmon with Florentine Sauce(106) Tater Tots(341) Green Beans & Cauliflower(11) Corn Muffin(290) Raisins(4)
734 cal; 621mg sodium	704 cal; 978mg sodium	696 cal; 604mg sodium	739 cal; 1090mg sodium	765 cal; 889mg sodium
20 Cheddar Omelet(460) Tomato-Braised Potato(38) Spinach with Mushrooms(184) Snack Loaf(115) Cantaloupe(14)	21 Breaded Pollock(190) Tartar Sauce(130) Mashed Potato(135) Peas & Carrots(74) Oatmeal Bread(150) Fresh Orange(0)	22 BBQ Pork Patty(280) Lentils with Tomato & Basil(47) Winter Veg Blend(14) Mini Kaiser Roll(200) Raspberry Cookie(195) MOD: Vanilla Bites(50)	23 Pot Roast with Gravy(46) Roast Sweet Potato(41) Green Beans & Corn(3) Pumpnickel Bread(280) Fruited Yogurt(75)	24 Chicken Pasta Primavera(350) Stewed Tomatoes(251) Multigrain Bread(150) Hot Cinn Apples(64)
796 cal; 949mg sodium	663 cal; 817mg sodium	718 cal; 873mg sodium	719 cal; 582mg sodium	800 cal; 952mg sodium
27 <i>holiday meals delivery</i> Ravioli(477) with Meat Sauce(102) Parmesan Cheese(35) Broccoli & Corn(7) Oatmeal Bread(150) Hot Cinn Pears(64)	28 Chicken with Mushroom & Red Pepper(401) Roast Sweet Potato(41) Gr.Beans/Cauliflower(11) Wheat Bread(150) Cupcake(170) MOD: Vanilla Bites(50)	29 COLD PLATE Tuna Salad(120) Potato Salad(57) Broccoli & Tomato Salad(64) Mini Kaiser Roll(200) Pudding(200) MOD: Applesauce(14)	30 Aloha Pork(72) Fried Brown Rice(4) Asian Veg Blend(25) Whole Wheat Roll(180) Fresh Nectarine(0)	31 Homemade Meat Loaf with Gravy(133) Cheddar Mashed Potato(265) Chef's Choice Veg(51) Pumpnickel Bread(280) Fresh Orange(0)
701 cal; 972mg sodium	770 cal; 909mg sodium	699 cal; 778g sodium	744 cal; 418mg sodium	796 cal; 865mg sodium

NUTRITION INFO: Total calories (cals) & sodium are for the ENTIRE meal, including margarine & milk. Each item is followed by mg of sodium in parentheses. Margarine adds 30mg; Milk adds 107mg sodium.