

WINDMILL WHISPERINGS

"Grist for Thought"



EASTHAM SENIOR CENTER

Box 1203, 1405 Nauset Road
North Eastham, MA 02651

www.eastham-ma.gov

508.255.6164

Sandra Szedlak, Director

EasthamCOADirector@comcast.net



THE GATHERING PLACE

A Supportive Day Center

www.ccgatheringplace.com

508.255.6734

Jill Benelli, Director

LCADC@comcast.net

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INCLEMENT WEATHER

When Nauset Public Schools are closed, Senior Center activities, medical transportation and *The Gathering Place* program are all cancelled. However, the staff will be working and available to assist you. If the Eastham Town Hall is closed, the Senior Center will not be open. Feel free to call us with any questions at 508.255.6164.

MY SENIOR CENTER

The *My Senior Center* computer program was introduced to the Center in July. It is a computer-based management and reporting system that includes a barcode scanner, touch screen computer, and individual key tags. **This system assists the staff in the record-keeping required to secure our State Formula grant which funds our transportation program.** Many of you have already used the system; we thank you for your cooperation. For those that haven't received a key tag, please stop by the Center as soon as possible. We look forward to seeing you!

INCOME TAX PREPARATION

AARP will offer income tax preparation services at the Center. Appointments will run from February-April. The tax preparation services are only available by appointment. Please call 508.255.6164.

Business Sponsors

Eastham Discount Oil

Kerry Insurance Agency

Seamen's Bank

FREE BREAD

Monday-Thursday, our volunteers deliver donated baked goods. If you stop by to pick up some treats and enter through the main hall... **please stop by the main lobby to sign in.** It is important to us that every time you enter the Center you sign in. Thanks.

FAMILY SUPPORT CHOIR

Do you love to sing? Please join the Alzheimer's Family Support Center for the Remarkable Multigenerational Chorus **every 2nd and 3rd Wednesday from 9:45-10:45 am.** The first session begins on January 14. Under the direction of Brianna LePage, the chorus brings together people with cognitive impairment, caregivers, and children as we learn new songs and remember old ones.

SPECIAL PROGRAMS / OPPORTUNITIES

MID-WINTER BARBECUE

FEATURING PAUL ASHLEY!!

Friday, January 9, 2015 10:30 AM

Enjoy the guitar playing and singing of Paul Ashley at our midwinter barbecue. The menu will include country ribs, coleslaw, baked beans and corn bread. Cost is just \$8.00. RSVP and prepayment required. To make a reservation please call us at 508.255.6164 by noon on Friday, January 2nd. Make your reservation early!

SPELLING BEE WITH 5TH GRADERS

Friday, February 6, 2015

10:30 AM

Our **Spelling Bee** with combined teams of Eastham Elementary School 5th graders and Eastham Seniors is back by popular demand! **WE NEED AT LEAST 15 VOLUNTEERS TO REPRESENT THE SENIOR CENTER. PLEASE CALL US TODAY TO VOLUNTEER AT 508.255.6164.** We will even provide you with a list of words ahead of time!

MUSICAL PROGRAM TO HONOR OUR BOSTON POST CANE RECIPIENTS

Friday, February 20, 2014 10:30 AM

Join us for a celebration in honor of our Boston Post Cane recipients:

- **Roel Hoozeboom 99 on January 14th**
- **Russ Moore 99 on February 12th**
- **Vivienne B Demuth 99 on March 8th**

We will honor Roel, Russ, and Vivienne with delicious food and a musical performance by Julie Charland! Following the program, we will serve clam chowder, dessert and beverages. Cost is just \$2.00. RSVP and prepayment required by noon on Friday, February 13th. Please call 508.255.6164. We will sell out so be sure to make your reservation early!

FECOIA THRIFT SHOP

Did you know...Edna Heeg, 93, has been volunteering at the FECOA Thrift Shop for 30 years! In fact, she was the first-ever volunteer! Most recently Edna volunteered at the shop with her great-grandson Devin Cannistraro! Won't you join them? The shop is actively looking for volunteers! To volunteer, please call 508.255.6164. The shop is closed in January and reopens February 5, 2015! All proceeds benefit the Senior Center.



CARD MAKING & SCRAPBOOKING!

Do you make your own cards or scrapbook? Would you like to join a group to meet some friends while you chat and make beautiful things? Whether you are a beginner or expert — all are welcome! If there is enough interest we will start a group on Wednesdays at 1:15 pm. For more information call us at 508.255.6164.

SO MANY NEWSLETTERS!

Did you know we design, print, label and mail our newsletter in-house? Bi-monthly we mail over 2,000 newsletters. We are always looking for volunteers to help with the mailing. If you're interested, please call 508.255.6164. **Thank you to our current volunteers!! We couldn't do it all without you!!**

INTERNET AND COMPUTER CLASS

January: Wednesday, 7, 21 / Friday, 9, 23

February: Wednesday, 4, 18 / Friday, 6, 20

We have a free computer center, with internet, open to the public weekdays from 8:00-3:30 (closed from 9-12 every Monday). Mindy Baransky offers PC computer sessions at 1:00 pm on Wednesdays and Fridays. Call to reserve a spot, 508.255.6164.

ANDROID TRAINING SERIES

Thursday, February 5, 12, 19 & 26 1:30 PM

Library Director Debra DeJonker-Berry will teach an Android class every Thursday starting on February 5. The series will run for four consecutive weeks (one session a week). With hands-on support, you'll learn the basics of using your android. Note: you must bring your own device. RSVP required to 508.255.6164.

ELDER LAW ATTORNEY

Wednesday: January 28 and February 25

To schedule an appointment with our pro bono Elder Law Attorney, Tom Kosman, call 508.255.6164. He is only here once a month on Wednesdays and appointments are required.

PEDI-CARE

January 27th & February 24th

Appointments are available the **4th Tuesday** of the month! Please arrive 5-10 minutes before your appointment with checks made out to "Pedi-Care." Cost is \$29: home visits are \$50. Call 508.255.6164 for an appointment.

FITNESS / HELEN PETERSON PUZZLE / MEDICARE RATES

YOGA

Tuesdays 8:30 AM Thursdays 8:00 AM

Tailored to meet everyone's physical needs, instructor, Geof Karlson, works with each person to find the right yoga pose to benefit each person's body! Bringing your own yoga mat is encouraged. The cost is just \$5 a class.

CHAIR YOGA

Thursdays 10:45 AM

Join our very own Janet Reinhart every Thursday morning at 10:45 for chair yoga! Get fit and relaxed while you sit. Chair yoga reduces stress, promotes well-being and helps improve flexibility. The cost is just \$5 per class.

T'AI CHI

Thursdays 9:30 AM

Balance and accommodates all physical levels. It offers slow, gentle, meditation in motion. It is great for balance and strengthening. Instructor, Geof Karlson, works with individuals to customize motions to benefit the body. The cost is just \$5 per class.

SIT & BE FIT

Monday & Wednesday, 11:00-11:45 AM

Our most popular class-only \$1.00! Exercises are done sitting and using weights. It is good for stretching and getting you going. All levels of fitness are welcome to attend!

SENIOR EXERCISE

TUESDAY & THURSDAY, 12:00-1:00 PM

A light exercise and strengthening class, using weights, walking and movement to increase your heart rate, bone density, muscles and agility. The last half of the class is usually done with a chair, either sitting or holding on.

TRIAD-NEIGHBORHOOD WATCH

Dottie Reid and Larry DiBona are the co-directors of the Eastham 'Neighborhood Watch'. Quarterly meetings are held on the 1st Tuesday in the months of March, June, September and December. The group is always looking for new members. If you are interested in becoming a member, please call Larry DiBona at 508.240.0494.

HELEN PETERSON PUZZLE

Directions: Fill in the blanks with three words, each containing the same six letters in different order.

THE BAD, BAD BOY

"He _____ no one with his jokes.
The farmer's horses he un-yolks.
The housewife's _____ he pulled off the rod.
The fish in the pond he _____ with sod.

The solution to last issue's puzzle:

IN THE WOODS

"**Listen** to the wind", the hiker said"/ Soon raindrops fell like **tinsel** on the trees./ The rain filled the **inlets** on the road ahead./ Then suddenly all was **silent** except some humming bees. The following people called in the correct answers: Barbara Rickman, Henriette Camp, Kay Richardson, Irma Vincello, Mary Alice Cadmus, Jean Snow and Jerry Hequembourg.

2015 MEDICARE RATES/DEDUCTIBLES

Part A Free (for most persons)
Part B **\$104.90 for most** (higher if income above \$85,000 if single, \$170,000 if married: \$146.90 - \$335.70/month)
Part D (drugs) Range \$15.60 - \$128.80/month
1% penalty calculation (\$00.31 for each month not in a program)

Deductibles and Coinsurance Amounts

Part A (Hospital Insurance): \$1260 deductible per benefit period (60 days between services)
Skilled Nursing Facility: \$157.50 per day of each benefit period days 21-100
Part B (Medical Insurance): \$147 per year deductible – 20% co-insurance after deductible
Foreign Travel – Medicare pays nothing

DISPLAY CASE

Our display case is calling out for an exhibit! Currently, we are exhibiting works of art from our award-winning Needlepoint group — stop by to take a look! Call us at 508.255.6164 to put your collection on display today!

VOLUNTEERS STILL NEEDED

Extra time on your hands? Looking for a way to help our community? We need volunteers! We have several opportunities. Please stop by to complete a volunteer application/CORI form. Thanks to our volunteers!

HEALTHY YOU / OUTREACH CORNER NEWS

WALKING IN WINTER!

Healthy You, Janet Reinhart, Exercise Instructor

Walking, just getting up and moving around, is important, really important! Walking speed and cardio respiratory fitness, (how well you breathe during exertion or how tired you get) is a good measurement of health in late midlife and is an important marker of mortality risk. Meaning the slower and less we get up and move around, the more likely things aren't going well for us overall.

But it's not easy in winter! If you can't get outside, and you don't feel safe walking alone, sit in a chair and walk; same movements, same effectiveness. **One half hour a day is all we need to improve our health!**

- Walk when you're on the phone, waiting for the tea pot to boil, or watching the snow fall. The little moments of 100 steps or so do count.
- Watch TV and walk during commercials. Sit on your sofa if you want.
- Meet your friends at the mall, walk around a museum, and take advantage of our Seashore parks and walk with a friend.
- Get an audio book from the library and walk for a chapter.
- Do at least one errand a day on foot. On the Cape that isn't easy, so yes, park farther away.
- Go up and down your stairs---Safely!

**You'll feel better! The best and the easiest way is to come to
Sit & Be Fit Class on Mondays and Wednesdays from 11-11:45 am!**

IN 2015, CHECK YOUR LOCAL PUBLIC ACCESS CHANNEL FOR JANET'S SIT & BE FIT CLASS!!

HAPPY NEW YEAR!!

Outreach Corner News, Cindy Dunham LPN 508.240.2327

Wow, the New Year has arrived after such a busy 2014! We had our share of excitement for sure and are looking forward to this new year, a blank slate, ready for anything! Now we'll settle in for the thick of the winter, which we hearty New Englanders manage quite well. I enjoy seeing a blanket of snow occasionally when I wake up in the morning, birds at our feeders, and some small animals scurrying about in the yard. But we do know there can be issues when that snow does arrive...

This leads to the question we must ultimately ask ourselves, Am I prepared? Does the oil tank need to be filled for example. Will there be a person to shovel or plow in the event of a snowstorm? Are there sufficient flashlights, candles, non perishable foods and other needed items in the event of a power outage?

Our Senior Center personnel are here if you need any help. We especially want you to be aware that we have Fuel Assistance applications here. In addition we have SNAP applications to help you get food. All are welcome to fill out applications, but we ask that you call and make an appointment.

For convenience sake, we have a dry goods pantry on premises. We feel that no one should go hungry or be cold and we'll work hard to help you!

FREE MOVIE FRIDAY

12:30 start time

Please don't forget to check out our free movie Fridays listed in the monthly calendars in this newsletter. Occasionally there will be a Friday we will not have a movie. We have beverages, popcorn, and other treats available to you at no charge! It's a fun afternoon! If you have any questions or want to know the movie titles, don't hesitate to call the Center! Or just come by and see what movie we do have! Be surprised!

BLOOD PRESSURE READINGS

Blood pressure is available during business hours, but please call ahead to confirm Cindy is available, 508-240-2327.

SIGHT LOSS SUPPORT GROUP

10:00 2nd Friday of the Month: January 9 and February 13

This group provides the latest information and support for those experiencing sight loss. All are welcome! For more information please call Sight Loss Services at (508) 394-3904.

SPECIAL OUTREACH OFFERINGS, PROGRAMS & SUPPORT GROUPS

MOST PROGRAMS START AT 11, BUT CHECK THE TIME. CALL IF YOU ARE JOINING US! REFRESHMENTS ALWAYS SERVED!!

“AAA’S CAR DOCTOR TALKS ABOUT ADVANCED VEHICLE SAFETY & TECHNOLOGY” Presented by John Paul, AAA’s Car Doctor, talks about technology and how to safely enjoy it in your car!	Friday	February 13	11:00
NEW!! ALZHEIMER’S FAMILY CAREGIVER SUPPORT GROUP: Facilitated by Molly Perdue. This group is open to all. Families are encouraged to attend.	Thursday	January 15 February 5	10:30
SPECIAL ALZHEIMER’S PROGRAM HOSTED BY MOLLY PERDUE an educational presentation concerning memory issues. Join Molly Perdue for this very information program.	Friday	February 27	11:00
“EMERGENCY PREPAREDNESS FOR SENIORS” Presented by Joseph Gordon, Emergency Management Director from the Barnstable County Sheriff’s Department.	Friday	January 30	11:00
HOPE DEMENTIA & ALZHEIMER’S SERVICES “CARES” SUPPORT GROUP: Offers caregivers and their care partners participation in two separate support groups—held simultaneously. Please feel free to bring your loved one, but call ahead so we can provide care.	2nd & 3rd Tuesday	January 13 & 20 February 10 & 17	10:30
KENNEDY DONOVAN CENTER SUPPORT GROUP: Julianne Dillon leads this wonderful support group. It is primarily for caregivers of individuals with developmental disabilities.	4th Tuesday	January 27 February 24	10:30
PARKINSON’S DANCE, MOVEMENT & EXERCISE: A <i>FREE</i> and fun class open to all. The lead dance instructors trained by Mark Morris Dance for PD, Brooklyn, NY. Join the class anytime!	Tuesday	January 6,13,20 & 27 February 3,10,17 & 24	10:30
MAUREEN BRADLEY FROM THE ROYAL HEALTH GROUP PRESENTS: “Are You Concerned about a Loved One’s Forgetfulness”? Learn how to recognize the signs and strategies to help!	Friday	January 16	11:00

FECOFA FUNDRAISING TRAVEL SECTION

TRIPS MUST BE BOOKED WITH FECOFA REPRESENTATIVE FOR CREDIT. US/CANADA TRIPS CALL JEANETTE, 508.240.1354. PRICING IS PER PERSON/DOUBLE OCCUPANCY. TRIPS INCLUDE DELUXE MOTORCOACH (UNLESS OTHERWISE NOTED).

POPE’S VISIT: In late September 2015 a multi-day trip to Philadelphia will be planned. Call now to reserve your spot!	Sep 2015	\$ TBC
RHODE ISLAND FLOWER SHOW: Admission to Flower Show, guided behind the scenes tour & tour director/driver gratuity.	Feb. 20	\$62
PHILADELPHIA AND THE PA FLOWER SHOW: Admission to the Flower show/National Constitution Center/Betsy Ross House, guided tours of Philadelphia/Independence Hall, 2 nights at Hampton Inn City Center, 1 dinner at City Tavern, 2 expanded continental breakfasts, baggage handling & tour guide/director/driver gratuity.	Mar. 3-5	\$499
THE SILK ROAD ENSEMBLE & YO YO MA: \$120 for rear 1 st balcony seating or \$132 for front 1 st balcony seating for 8:00 PM show & tour director/driver gratuities.	Mar. 4	\$120/ \$132
BOSTON FLOWER SHOW: Admission to Boston Flower Show at the Seaport World Trade Center & tour director/driver gratuity.	Mar. 14	\$65
JFK LIBRARY & MUSEUM: Lunch at The Black Rose, admission to museum, lunch/tour director/driver gratuities.	Mar. 19	\$102
GRAND ALASKAN CRUISE & TOUR: 7 nights cruise, 5 night land tour staying at McKinley Chalet Resort, 2 nights in Vancouver, 6 breakfasts, 1 lunch, 5 dinners, excursions on Turnagin Arm Rail/Denali Tundra Explorer/Riverboat Discovery.	June 5-19	Starts at \$2,551
NORWEGIAN DAWN BOSTON TO NEW ORLEANS 2015 CRUISE: <u>BOOK NOW FOR 2015!</u> Departs from Boston and visits San Juan, Bonaire, Curacao, Aruba, Jamaica, Grand Cayman, Cozumel and ends in New Orleans. Price includes cruise/meals, flight back to Boston/airport transfer, one complimentary bottle of wine and Durgan Travel Service travel bag. Call Russ 508.255.7076.	Oct. 30- Nov. 13, 2015	\$1,269

JANUARY 2015

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
			NEW YEAR'S DAY ~ CLOSED	
5 9:00 Rug Hooking 11:00 Sit & Be Fit 12:30 Mah Jongg 2:00 Yarn Club	6 8:30 Yoga 8:30 Market Van 10:30 Parkinson's Exercise 12:00 Senior Exercise 1:15 Humanities	7 11:00 Sit/Be Fit 12:30 Mah Jongg 1:00 Computer Class 1:15 Needlepoint	8 8:00 Yoga 9:30 T'ai Chi 10:45 Chair Yoga 12:00 Senior Exercise 12:30 Open Bridge	9 10:00 Sight Loss Support 10:30 Paul Ashley followed by BBQ Lunch RSVP 1:00 Computer Class
12 9:00 Rug Hooking 11:00 Sit & Be Fit 12:30 Mah Jongg 2:00 Yarn Club	13 8:30 Yoga 8:30 Market Van 10:30 Caregiver's Support Group 10:30 Parkinson's Exercise 12:00 Senior Exercise 1:15 Humanities	14 9:45 Family Support Choir 11:00 Sit & Be Fit 12:30 Mah Jongg 1:15 Needlepoint	15 8:00 Yoga 9:30 T'ai Chi 10:30 Alzheimer's Family Support 10:45 Chair Yoga 12:00 Senior Exercise 12:30 Open Bridge	16 11:00 Maureen Bradley Memory Program 12:30 Movie
19 MLK DAY CENTER CLOSED	20 8:30 Yoga 8:30 Market Van 10:30 Caregiver's Support Group 10:30 Parkinson's Exercise 12:00 Senior Exercise 1:15 Humanities	21 9:45 Family Support Choir 11:00 Sit & Be Fit 12:30 Mah Jongg 1:00 Computer Class 1:15 Needlepoint	22 8:00 Yoga 9:30 T'ai Chi 10:45 Chair Yoga 12:00 Senior Exercise 12:30 Open Bridge	23 12:30 Movie 1:00 Computer Class
26 9:00 Rug Hooking 11:00 Sit & Be Fit 12:30 Mah Jongg 2:00 Yarn Club	27 8:30 Yoga 8:30 Market Van 10:00 Pedicare 10:30 Parkinson's Exercise 10:30 KDC Support Group 12:00 Senior Exercise 1:15 Humanities	28 11:00 Sit & Be Fit 12:30 Mah Jongg 12:30 Elder Law Attorney 1:15 Needlepoint	29 8:00 Yoga 9:30 T'ai Chi 10:45 Chair Yoga 12:00 Senior Exercise 12:30 Open Bridge	30 11:00 Being Prepared for an Emergency Program

FEBRUARY 2015

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
2 9:00 Rug Hooking 11:00 Sit & Be Fit 12:30 Mah Jongg 2:00 Yarn Club	3 8:30 Yoga 8:30 Market Van 10:30 Parkinson's Exercise 12:00 Senior Exercise 1:15 Humanities	4 11:00 Sit & Be Fit 12:30 Mah Jongg 1:00 Computer Class 1:15 Needlepoint	5 8:00 Yoga 9:30 T'ai Chi 10:30 Alzheimer's Family Support 10:45 Chair Yoga 12:00 Senior Exercise 12:30 Open Bridge 1:30 Android Class	6 10:30 Annual 5 th Grade Spelling Bee and Luncheon RSVP 1:00 Computer Class
9 9:00 Rug Hooking 11:00 Sit & Be Fit 12:30 Mah Jongg 2:00 Yarn Club	10 8:30 Yoga 8:30 Market Van 10:30 Caregiver's Support Group 10:30 Parkinson's Exercise 12:00 Senior Exercise 1:15 Humanities	11 9:45 Family Support Choir 11:00 Sit & Be Fit 12:30 Mah Jongg 1:15 Needlepoint	12 8:00 Yoga 9:30 T'ai Chi 10:45 Chair Yoga 12:00 Senior Exercise 12:30 Open Bridge 1:30 Android Class	13 10:00 Sight Loss Support 11:00 AARP Car Expert 12:30 Movie
16 PRESIDENT'S DAY CENTER CLOSED	17 8:30 Yoga 8:30 Market Van 10:30 Caregiver's Support Group 10:30 Parkinson's Exercise 12:00 Senior Exercise 1:15 Humanities	18 9:45 Family Support Choir 11:00 Sit & Be Fit 12:30 Mah Jongg 1:00 Computer Class 1:15 Needlepoint	19 8:00 Yoga 9:30 T'ai Chi 10:45 Chair Yoga 12:00 Senior Exercise 12:30 Open Bridge 1:30 Android Class	20 10:30 Julie Charland and Boston Post Cane Recognition RSVP 1:00 Computer Class
23 9:00 Rug Hooking 11:00 Sit & Be Fit 12:30 Mah Jongg 2:00 Yarn Club	24 8:30 Yoga 8:30 Market Van 10:00 Pedicare 10:30 KDC Support Group 12:00 Senior Exercise 1:15 Humanities	25 11:00 Sit & Be Fit 12:30 Mah Jongg 12:30 Elder Law Attorney 1:15 Needlepoint	26 8:00 Yoga 9:30 T'ai Chi 10:45 Chair Yoga 12:00 Senior Exercise 12:30 Open Bridge 1:30 Android Class	27 11:00 Molly Perdue Alzheimer's Program 12:30 Movie

REMINDER: WE OFFER MEDICAL TRANSPORTATION!

Please call the office at least one week prior to schedule your appointments. Medical transportation, whether provided by volunteers or our paid drivers, follow the below minimum payment schedule. However, for those who could afford a little more, donations are appreciated to help fund the program!

Wellfleet/Orleans/Brewster line	\$5.00	Centerville/Mashpee	\$15.00
Chatham/Harwich/Brewster	\$8.00	Sandwich/Bourne	\$25.00
Truro/Provincetown	\$10.00	Falmouth/Plymouth/Wareham	\$35.00
Dennis/Yarmouth/Hvannis	\$10.00		

The Friends of the Eastham Council on Aging, Inc.
Eastham Council on Aging
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Orleans, MA 02653

Current Resident Or

The address label on this newsletter indicates when your FECOA (Friends) membership expires. If it says LF you are a life member. If it says FY14 or earlier, your membership has expired. The new fiscal year FY15 began on July 1, 2014. Please renew your membership at your earliest convenience.

F.E.C.O.A. MEMBERSHIP APPLICATION JULY 1, 2014 - JUNE 30, 2015 (FY15)

NAME(S)

_____ ☐ \$5/PP (annual) or ☐ \$25/PP (lifetime) \$ _____
___new ___renewal

_____ ☐ \$5/PP (annual) or ☐ \$25/PP (lifetime) \$ _____

___new ___renewal **Donation** \$ _____

MAKE CHECKS PAYABLE TO: FECOA **TOTAL** \$ _____

FOR OFFICE USE ONLY

___card given/sent
___cash/check#_____
check date_____
___Access input

MAILING ADDRESS _____

HOME ADDRESS _____

TELEPHONE _____

EMAIL _____

DOB _____

To receive your membership card, please send a self-addressed stamped envelope, or stop by the Center to pick it up.